ELF Patient Organisation Networking Day 2022
Wednesday 31 August 2022
10:30 – 16:00 CEST
Online event

Co-Chairs for the event are:
Kjeld Hansen, ELF Chair
Mikaela Odemyr, ELF Patient Advisory Committee Chair and Swedish Asthma and Allergy Association President

Timings below are in Central European Summer Time (CEST), please adjust for your timezone

10:30  Welcome
Kjeld Hansen (Norway) and Mikaela Odemyr (Sweden)
(15 mins)

10:45  ERS President Address
ERS President, Professor Marc Humbert (France)
ERS President-Elect, Professor Carlos Robalo Cordeiro (Portugal)
(10 mins)

10:55  Keynote Session

Introduction
Kjeld Hansen (Norway) (5 mins)

Self-management in people with chronic lung disease: from theory to implementation
Dr Tanja Effing-Tijdhof, Flinders University and University of Adelaide (Australia) (15 mins)

Patient perspective on self-management
Ilan, cystic fibrosis patient advocate and Israel Cystic Fibrosis Foundation (Israel) (15 mins)

Question and Answer with keynote speakers (15 mins)

11:45  Laughter Yoga
Marian Reilly (Ireland) (10 mins)
11:55  **Break (15 mins)**

12:10  **Patient organisation Experiences across Europe**

**Introduction**
Mikaela Odemyr (Sweden)  

**Tips and Trips with Self-Management**
Tessa Jelen, Asthma and Lung UK Westminster Support Group (UK)  

**Italian Sleep Apnea Association, from Screening Web App project to Apno-Point the digital volunteer**
Luca Roberti, Apnoici Italiani (Italy)  

**The evolving self-management needs of cystic fibrosis communities in Spain and Greece**
Carlos Pons, Respiralia Foundation (Spain) and Anna Spinou, Hellenic Cystic Fibrosis Association (Greece)  

**Online respiratory physiotherapy programme**
Armando Ruiz, Spanish Federation of Allergy and Airways Diseases Patients’ Associations (FENAER) (Spain)  

**Question and Answer with all patient organisation speakers (20 mins)**

13:20  **Lunch Break (45 mins)**
14:05  **Interactive breakout groups**

**Explanation and allocation into groups**
Kjeld Hansen (Norway) *(10 mins)*

**Breakout discussion**
All participants *(50 mins)*

Breakout discussion questions:
1. What experience have you had with self-management in your patient community?
2. What are the barriers to self-management, and what solutions have you found to overcome them?
3. Have there been changes to self-management approaches in your patient community since the pandemic?

15:05  **Break (15 mins)**

15:20  **Plenary discussion**
Chairs: Kjeld Hansen (Norway) and Mikaela Odemyr (Sweden) *(30 mins)*

15:50  **Closing words, Kjeld Hansen, ELF Chair** (Norway) *(10 mins)*

16:00  **End**