

## Awards for Learning, Development and Research

<b>Name of award holder</b>	Wendy Foo
<b>Award category</b>	Eden Travel Award
<b>Year</b>	2024
<b>Title of project</b>	Attendance and Presentation at European Cystic Fibrosis Conference 2024

Wendy Foo received the Eden Travel Award 2024 which supported her attendance and presentation at the 47<sup>th</sup> European Cystic Fibrosis Conference which took place in Glasgow, UK in June 2024. The three-day conference was attended by approximately 2500 delegates from Europe and across the world with plenary talks and workshops covering the latest advancements in research and treatments being developed in cystic fibrosis.

As part of the pre-conference programme, Wendy attended a study day for psychosocial professionals focussing on the topic of supporting wellbeing across the lifespan in patients, as well as the professionals supporting these patients. The main scientific conference then covered a wide range of topics addressing research across the body systems, optimising nutrition, physical activity and respiratory treatments, in addition to psychosocial topics. The conference also highlighted priorities for the cystic fibrosis community to tackle, such as age-related complications, supporting the mental health impacting of living with cystic fibrosis and supporting patients currently ineligible for modulator therapies that can significantly improve quality of life and morbidity.

During the conference, Wendy presented a poster describing a quality improvement project aimed at improving the provision of sexual and reproductive health care for patients at the cystic fibrosis unit where she works. The poster outlined results from a staff survey looking at self-reported knowledge and confidence and aimed to identify training needs to improve service delivery and experience for people with cystic fibrosis.

Wendy also presented a case study at the complex psychosocial issues/ nursing case study session describing her use of a cognitive rehabilitation approach with a patient who developed brain fog following commencement of a new modulator therapy, enabling adherence and improved quality of life. For her presentation, Wendy was awarded the best psychosocial case study prize by a panel of judges.

As the only occupational therapist in attendance, Wendy was able to promote her role with multidisciplinary colleagues from cystic fibrosis services around the world through networking opportunities and during her presentation to highlight the unique contribution of occupational therapists working within the specialty across the lifespan and around the world.

Wendy would like to thank RCOT for the award and the opportunities it has afforded as a result.