

GRANT FOR PULMONARY FIBROSIS RESEARCH

Associate Professor Anne Holland, Clinical Chair in Physiotherapy of the Alfred Health Clinical School, is the recipient of an American Thoracic Society Foundation/Pulmonary Fibrosis Foundation Research Grant. The grant provides \$40,000 in funding per year for two years.



Dr Holland will study how pulmonary rehabilitation can be administered to best improve patient outcomes. There is no cure for the disease, but pulmonary rehabilitation, a program of exercise education, can improve breathing and walking ability.

'People with pulmonary fibrosis live with distressing breathlessness and few treatment options. Our research has shown that exercise programs can help, which is an exciting start, but there is still much to learn about how and when such programs should be given,' says Dr Holland.

Pulmonary fibrosis is a disease in which tissue deep in a patient's lungs becomes thick and stiff, or scarred, over time. In most cases, doctors cannot determine the cause of the disease, so it's known as idiopathic pulmonary fibrosis (IPF).

The study will provide patients and doctors with certainty regarding the role and timing of pulmonary rehabilitation in IPF, ensuring best possible outcomes in patients' quality of life and community functioning.

'With this grant we can work out how to maximise the benefits of pulmonary rehabilitation, so that people with pulmonary fibrosis can live better lives with fewer symptoms,' says Dr Holland.

Since 2004, the Foundation of the ATS has awarded nearly \$10 million in grants to researchers investigating a wide spectrum of lung diseases. The ATS Foundation is the philanthropic arm of the American Thoracic Society, whose goal is to improve health worldwide by advancing research, clinical care and public health in respiratory disease, critical illness and sleep disorders.

MORE INFORMATION

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