



## **CF-CATS (Cystic Fibrosis for adolescents through Tai Chi): Assessing the feasibility of teaching Tai Chi to adolescents with Cystic Fibrosis and carers. (Phase I)**

The International Congress of Complementary Medicine Research (ICCMR) 2013 (Long term conditions: developing global integrative and sustainable solutions) was held at the Institute of Education, University of London 11-13 April. A total of 38 countries were represented and there were approximately 450 delegates, 130 peer reviewed oral presentations and 200 posters. Professor Nicola Robinson and Dr Ava Lorenc of London South Bank University presented their initial exploratory research on the feasibility of teaching tai chi to people with CF (see poster below) which was supported by the Tracie Lawlor Trust.

Prof Robinson said: “Delivering one to one sessions of Tai chi was challenging as they had to take place in the home environment but participants reported various benefits, particularly for breathing and sleep. They welcomed the opportunity to be involved in the research, even though some had periods of illness during the study. It looks as though this can be used as a useful self management tool for all people with CF. We also have been developing a DVD for the study participant’s home practice which we are evaluating.”

In addition to the exploratory study, a systematic review of the literature using both western and Chinese scientific databases has been carried out to look at respiratory function and mindful movement. This has now been submitted to a scientific journal for publication.

There has been no previous work focusing on Tai chi and CF and this why the next phases of this work are so important.



Reference. Lorenc A, Robinson N, Mian A, Madge S. CF CATS: assessing the feasibility of teaching Tai chi to adults with cystic fibrosis and their carers. Poster 312 Forsch Komplementmed 2013; 20(suppl 1):p91.