



PHYSIOTHERAPY

WINNER OF THE CHIRON BEST CARE SCHOLARSHIP 2006

Alena Scherbakova from the Research Centre for Medical Genetics, Russian Academy of Medical Sciences, Department of CF in Moskvorehie, Russia is the deserving winner of the 2006 Chiron Best Care Scholarship. She plans to study and undertake practical training at specialist centers in the United Kingdom. Alena is specialised in exercise training and hippo therapy and has a 13 year old daughter with CF. She wants to further her theoretical knowledge in exercise training and improve her practical skills of the different modern airway clearance techniques. She also wishes to learn about improving quality of life in CF. She expects that dissemination of this knowledge in Russia to patients, their families and health professionals will assist in improving patients' clinical status, lung function and quality of life. This will consequently lead to better adherence to therapy. She plans to disseminate this new knowledge and the practical skills acquired through seminars, conferences and practical workshops, not only in her region, but also by their Russian website for CF (www.mucoviscidos.ru) to reach physiotherapists, CF patients and caregivers all over Russia. She also plans to edit a booklet on modern physiotherapy for CF patients and caregivers.

CHIRON Best Care Scholarship (CBCS)

This international award sponsored by Chiron is an educational grant with the aim of providing greater support to the CF community. The winner receives 2500 Euro to spend time at an international CF-centre approved by the IPG/CF Board. The new knowledge and experience gained will be presented at the following IPG/CF Annual General Meeting.

Any physiotherapist who wishes to apply has to provide some written details through an application form including:

- Centre of choice
- What they hope to achieve by the visit
- How the experience will benefit patients and colleagues
- How they plan to communicate the knowledge back home



A scoring system has been developed to objectively assess the most appropriate candidate.

For more information, visit <http://www.cfww.org/IPG-CF/index.asp>