

MAY NEWSLETTER

Saskatchewan Respiratory Therapy Education Committee



Idiopathic Pulmonary Fibrosis (IPF)

- IPF is a form of interstitial lung disease. It is characterized by radiologic or histopathologic patterns of usual interstitial pneumonia (UIP) in the absence of identifiable causes such as environmental exposures, connective tissue disease, or drug toxicity.
- High-resolution computed tomography is used to identify UIP, which may allow for a diagnosis without biopsy. If findings are indeterminate for UIP, additional diagnostic testing, such as bronchoalveolar lavage or surgical lung biopsy may be considered.
- Biomarkers are an area of active research for diagnosis and prognosis
- Non-genetic risk factors include older age, male sex, cigarette smoking, and environmental or occupational exposures.
- Patients with IPF have a higher prevalence of COPD, lung cancer, and cardiovascular disease. Management of lung cancer can be challenging, as surgery and radiation therapy may be limited by underlying lung fibrosis.
- Antifibrotic therapies, pirfenidone and nintedanib, are approved treatments and have been shown to slow the rate of lung function decline. Immunosuppressive therapies are not recommended for IPF and have been associated with worse outcomes in clinical trials.
- Supportive care measures include supplemental oxygen, pulmonary rehabilitation, and lung transplant. Fibrotic ILD is among the most common indications for lung transplant in Canada.
- Pulmonary function testing can monitor disease progression.
- The median survival for patients with IPF is approximately 3–5 years from diagnosis. Outcomes have improved in recent decades, likely due to earlier diagnosis, the introduction of antifibrotic therapies, and avoidance of harmful treatments such as immunosuppression.

**DID YOU HEAR ABOUT THE
PATIENT WHO LOST THEIR
LEFT LUNG?**

HE'S ALL *RIGHT* NOW.

**SOCIAL MEDIA HIGHLIGHT:
[@PFFORG](#)**

**OUR WEBINAR SPONSORED BY
ASTRAZENECA IS UPLOADED
TO THE WEBSITE**

AstraZeneca 

Educational Resources

IDIOPATHIC PULMONARY FIBROSIS

ARTICLE RESOURCES

- [Comprehensive management of fibrotic interstitial lung diseases: A Canadian Thoracic Society position statement](#)
- [Idiopathic pulmonary fibrosis: state of the art for 2023](#)
- [Management of idiopathic pulmonary fibrosis: A survey of Canadian respirologists](#)

If you're having difficulty accessing the articles SHA Library Services is a great resource available to all SHA employees. Feel free to contact them to setup a library card number to obtain off site access.

WEBINARS

- [Medications to Treat PF and ILD: Exploring Available Therapies](#)
- [When Breathing Feels Hard: Managing Breathlessness and Anxiety in ILD](#)
- [Genetics and Beyond: Exploring Interstitial Lung Disease in Families and Individuals](#)

VIDEO RESOURCES

- [Baylor College of Medicine, Pulmonary Fibrosis Explained: Why Early Detection and Specialized Care Matter](#)
- [Medscape, Special Consideration Around Supplemental Oxygen for Patients with IPE](#)
- [Medscape, Now Unfolding: The Future of Idiopathic Pulmonary Fibrosis](#)

PODCASTS

- [Idiopathic Pulmonary Fibrosis Treatment: RFJC - INPULSIS](#)
- [Tackling Pulmonary Fibrosis: Boehringer Ingelheim's new drug + AI approach](#)
- [Pulmonary Fibrosis Podcast](#)

SUMMARIES & GUIDELINES

- [The Lung Association, Pulmonary Fibrosis Patient Guide](#)
- [The Canadian Pulmonary Fibrosis Foundation](#)
- [The Lung Association, Idiopathic Pulmonary Fibrosis](#)



**Thank you to our sponsors,
Careica Health
and
Fisher&Paykel Healthcare**

**We couldn't do this work without their
generous support.**

