

### **Management of IPF Patients in 2018**

Mary Beth Scholand:

On Sunday we had an excellent forum on symptom management in IPF that includes a lot of the issues that concern patients and the doctors that take care of patients with IPF have to manage, and that included dyspnea, cough, fatigue, anxiety and weight loss. We really covered the issues very clearly and what became apparent throughout that session was while there is some data on these symptoms there is a lot of data lacking. And we, as physicians, are sometimes floundering trying to understand how to take care of these patients.

A couple real highlights that came out is that pulmonary rehabilitation is really a home run for managing patients. It helps with both their dyspnea and the data really supports that as well as their fatigue and that should be encouraged in patients that have IPF, which really leads us to try to make that more available for more patients more often.

Cough is another troubling symptom and, and Dr. Kershaw did a lovely job talking about the spectrum of cough in patients, what it portends for patients. And also different management options that we have, while somewhat effective really are not fully effective for managing IPF.

So I think there's more to come on symptom management of IPF. I'm very happy that there was a lot of focus on this. And I'm glad that we're continuing to follow through with caring for these patients and their symptoms.

Lisa Lancaster:

When choosing to treat patients with idiopathic pulmonary fibrosis, we generally don't select the medication for them unless there's safety concerns.

We're dealing with two medicines that data tells us have equal efficacy, so the questions are of which therapy to choose become more personal and quality of life questions. What's the dosing? And what's the side effect profile that the patient would feel most comfortable with? So that involves a discussion with the patient, a full answering of questions and their own personal choice at that point, which to start. We've had patients start one therapy, have difficulties with side effects despite dose adjustments and a good effort at that, switch to an

alternative therapy and do well with it and that's occurred in both directions starting on various therapies. It's nice to finally have a choice of therapies and alternatives for patients with IPF.