

PULMONARY REHABILITATION
9–11 January 2020
Leuven, Belgium

Thursday, 9 January 2020

08:00–08:15 Registration

08:15–08:30 Welcome and introduction

Session 1: Organisation and setting of pulmonary rehabilitation – Chair: R. Gosselink

08:30–08:55 Key concepts and definitions in pulmonary rehabilitation – M. Spruit

08:55–09:20 Different programmes and settings in pulmonary rehabilitation – E. Clini

09:20–09:45 Identifying candidates for pulmonary rehabilitation – T. Troosters

09:45–10:25 Discussion

10:25–10:45 *Coffee break*

Session 2: Settings/conditions for rehabilitation programmes – Chair: K. Heslop

10:45–11:10 Supervised exercise therapy in chronic lung diseases – I. Vogiatzis

11:10–11:35 Alternative exercise training modalities – R. Glöckl

11:35–12:00 The future of pulmonary rehabilitation – F. Franssen

12:00–12:40 Discussion

12:40–13:40 *Lunch*

Session 3: Case reports and practical workshops

13:40–14:40 Case reports – Chair: I. Vogiatzis

14:40–15:00 *Coffee break*

15:00–15:20 Introduction by workshop leaders

15:30–16:45 Workshop round 1

16:45–18:00 Workshop round 2

18:00–18:30 Discussion

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Session 4: Assessment of efficacy of pulmonary rehabilitation – Chair: S. Singh

08:30–08:55	Assessment of patient reported outcomes – T. Troosters
08:55–09:20	Assessment of physical activity: concepts and techniques – H. Demeyer
09:20–09:45	Cardiopulmonary exercise testing in the evaluation of the indication and efficacy of pulmonary rehabilitation – P. Laveneziana
09:45–10:30	Discussion
10:30–10:50	<i>Coffee break</i>

Session 5: Functional assessment in pulmonary rehabilitation – Chair: Z Louvaris

10:50–11:15	Assessment of peripheral muscle function – J. De Brandt
11:15–11:40	Assessment of respiratory muscle function – D. Langer
11:40–12:05	Assessment of functional capacity – S. Singh
12:05–12:45	Discussion
12:45–13:45	<i>Lunch</i>

Session 6: Practical workshops and case reports

13:45–15:00	Workshop round 3
15:00–16:15	Workshop round 4
16:15–16:35	<i>Coffee break</i>
16:35–17:35	Case reports – Chair: P. Laveneziana
17:35–18:00	Discussion

Workshops

1. Assessment of exercise capacity (CPET and field tests) – P. Laveneziana, S. Singh, M. Spruit, Z. Louvaris
2. Physical activity promotion (activity assessment and cognitive behavioural therapy) – H. Demeyer, T. Troosters, K. Heslop
3. Occupational therapy and nutritional interventions – J. De Brandt, F. Franssen
4. Exercise and respiratory muscle training – I. Vogiatzis, D. Langer, E. Clini, R. Gosselink

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Saturday, 11 January 2020

Session 7: Add-on interventions to pulmonary rehabilitation – Chair: T Troosters

08:30–08:55 Respiratory muscle training – D Langer
08:55–09:20 Oxygen and noninvasive ventilation – E Clini
09:20–09:45 Nutritional and hormonal supplementation – F. Franssen
09:45–10:25 Discussion

10:25–10:45 *Coffee break*

Session 8: Pulmonary rehabilitation in non-COPD respiratory diseases – Chair: F. Franssen

10:45–11:10 Pulmonary rehabilitation in interstitial lung disease – R Glöckl
11:10–11:35 Exercise training in patients with pulmonary arterial hypertension – I. Vogiatzis
11:35–12:00 Physical activity counselling during pulmonary rehabilitation in respiratory patients – C. Burtin
12:00–12:25 Pulmonary rehabilitation in respiratory patients with anxiety and depression – K. Heslop
12:25–13:05 Discussion

13:05–14:05 *Lunch*

Session 9: Practical interactive session – Chair: E. Clini

14:05–14:25 Cognitive behavioural therapy – K. Heslop
14:25–14:45 Maintaining the benefits of pulmonary rehabilitation – S. Singh
14:45–15:05 Physical activity coaching in pulmonary rehabilitation – H. Demeyer

15:05–15:25 *Coffee break*

15:25–16:25 Case reports – Chair: C. Burtin
16:25–17:00 Closing remarks – T. Troosters, I. Vogiatzis, E. Clini

Case report indicative topics

PR in non-COPD Bronchiectasis, high flow nasal oxygen therapy during PR, PR pre- and post- thoracic surgery, treatment of arrhythmias and sleep disorders during the course of PR, effectiveness of PR in patients with asthma.