

CLINICAL EXERCISE TESTING: ADVANCED
22–23 February 2018
Rome, Italy

Thursday, 22 February 2018

08:30–09:00 Course registration

Module 1. What is measured? A refresher on physiology

Chair: P. Palange

09:00–09:20 CPET overview: clinical usefulness and limitations – P. Palange

09:20–09:40 Metabolic responses to incremental exercise – S. Ward

09:40–10:10 Respiratory and sensory responses to incremental exercise – D. O'Donnell

10:10–10:40 Cardiovascular responses to incremental exercise – A. Neder

10:40–11:00 *Coffee break*

11:00–12:00 **Tutorials**

Physiological responses to incremental exercise – S. Ward, D. O'Donnell, A. Neder
Participants will be divided into 3 groups according to experience

12:00–13:00 *Lunch*

Module 2. How to measure? Inside the test

Chair: S. Ward

13:00–13:30 Equipment and protocols – R. Casaburi

13:30–14:00 The key variables and their meaning – P. Laveneziana

14:00–14:30 Reference values and data presentation – A. Neder

14:30–14:50 *Coffee break*

14:50–16:00 **Laboratory session**

Incremental CPET – R. Casaburi, P. Onorati, P. Agostoni, A. Neder

16:00–17:30 Presentation and discussion of normal tests – R. Casaburi, A. Neder, D. O'Donnell, P. Agostoni

17:30 *Welcome cocktail*

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Module 3. What happens in disease? Exercise pathophysiology

Chair: A. Neder

- 08:00–08:30** CPET in COPD – D. O'Donnell
08:30–09:00 CPET in interstitial lung disease – R. Casaburi
09:00–09:30 CPET in pulmonary vascular disease – P. Laveneziana
- 09:30–10:00** *Coffee break*
- 10:00–10:30** CPET in heart failure – P. Agostoni
10:30–11:00 CPET for prognosis assessment – P. Laveneziana
11:00–11:30 CPET for pre-operative assessment – P. Onorati
- 11:30–12:30** **Tutorials**
 Dyspnoea on exertion in cardiopulmonary diseases – D. O'Donnell
 Practical hints and pitfalls on CPET interpretation – A. Neder
 Using CPET to prescribe exercise training in health – P. Palange
Participants will be divided into 3 groups (stratified according to topic)
- 12:30–13:30** *Lunch*

Module 4. Bringing CPET to practice: a case-based discussion

Chair: P. Palange

- 13:30–14:30** Typical cases of respiratory limitation to exercise – P. Palange, D. O'Donnell, A. Neder
14:30–15:30 Typical cases of cardiocirculatory limitation to exercise – P. Agostoni, P. Onorati
- 15:30–16:00** *Coffee break*
- 16:00–17:30** Advanced interpretation: cases in specific clinical scenarios
 Unexplained dyspnoea – D. O'Donnell
 Pre-operative assessment – P. Onorati
 Prognosis in heart failure – P. Agostoni
 Combined COPD-heart failure – A. Neder
 Pulmonary hypertension – A. Neder
- 17:30** *Closing remarks*