



## **Cardio Pulmonary Exercise Testing Course**

**6<sup>th</sup> November – 8<sup>th</sup> November 2019**

*CPD Credit Applied for*

### **Venue**

Royal Station Hotel, Neville Street, Newcastle upon Tyne, NE1 5DH

Day One – Victoria Suite, Ground Floor

Day Two and Three – Collingwood Suite, 1<sup>st</sup> Floor

### **Course Overview**

The aim of this 3 day course is to provide the theoretical background, principles of testing and interpretative strategies for attendees to learn the skills required to provide a quality assured full cardio-pulmonary exercise testing service

### **Target Audience:**

Clinical Physiologists/Clinical Scientists and other healthcare professionals leading/assisting and/or interpreting a cardio-pulmonary exercising testing service. Consultant and Speciality Registrar medical professionals in Respiratory Medicine, Cardiology, Anaesthetics, Surgery.

### **Learning Outcomes:**

1. Understand the normal cardiac and respiratory physiological responses to exercise
2. Knowledge of safe practice, contraindications to testing and recognise when the test should be terminated
3. How to ensure the delivery of a quality assured service
4. How to run an exercise test from pre-setup, protocol selection based on the referral, setting up the patient, running the test, test termination, collection of appropriate data ready for analysis
5. Knowledge of interpretative strategies based on the reason for referral with appropriate outputs
6. Understand what an abnormal response to exercise looks like
7. How to generate an effective report based on the reason for referral

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### Course Content to Include:

1. Demonstration of running an exercise test on a patient from setting up through to end of test
2. Adult and Paediatric aspects of cardio-pulmonary exercise testing and interpretation
3. Ensuring a quality assured cardio-pulmonary exercise testing service
4. Interactive interpretation through use of real-life case studies
5. An opportunity to ask questions to experts in the field of exercise physiology

### Speakers: *(Subject to change)*

Paul Burns	Paediatric Specialist Clinical Scientist	Glasgow
Dr Hermann Eschenbacher	CPET Expert	Höchberg, Germany
Patrick Jamieson	Head of Respiratory Physiology	Lanarkshire
Dr Martin Johnson	Respiratory Consultant	Glasgow
Dr Adrian Kendrick	Consultant Clinical Scientist	Bristol
Chris Eggett	Reader in HCS Education	Newcastle
Dr Karl Sylvester	Consultant Grade Healthcare Scientist	Cambridge
Hannah Tighe	Consultant Grade Healthcare Scientist	London



**Cardio Pulmonary Exercise Testing Course**

**Wednesday 6<sup>th</sup> November 2019**

**Day 1: Setting up the test**

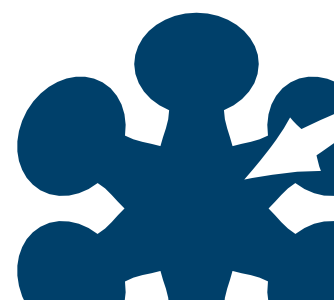
<b>Time</b>	<b>Session</b>	<b>Speaker</b>
<b>09:45</b>	<b>Registration</b>	
10:00	Welcome & Introduction	Dr Karl Sylvester
10:05	Safety & Quality in Exercise Testing	Patrick Jamieson/ Chris Eggett
11:00	Protocol & Equipment Selection	Dr Karl Sylvester
<b>11:45</b>	<b>Break</b>	
12:00	Resting data, subjective assessments and blood gases	Hannah Tighe
12.30	The Exercise ECG: How to do it. What to look out for.	Chris Eggett
<b>13:30</b>	<b>Lunch</b>	
14:15	Terminating the Test	Hannah Tighe/ Chris Eggett
14:45	Equipment Familiarisation & Calibration Group A – Med Graphics Group B - Vyaire	
15:15	Equipment Familiarisation & Calibration Group A – Vyaire Group B - Med Graphics	
15:45	Running the Exercise Test – Live Demonstration	All Faculty
17:00	Exercising paediatric subjects	Paul Burns
17:30	Close Day 1	

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**Thursday 7<sup>th</sup> November 2019**

**Day 2: Running the Test and Data Interpretation**

<b>Time</b>	<b>Session</b>	<b>Speaker</b>
<b>09:45</b>	<b>Registration</b>	
10:00	Physiological Response to Exercise in Healthy Subjects	Dr Adrian Kendrick
<b>11:30</b>	<b>Break</b>	
11:45	Introduction to Data Interpretation	Dr. Hermann Eschenbacher
<b>13.15</b>	<b>Lunch</b>	
14.00	Practical session – calculating parameters and using the 9-Panel Plot and Alternatives in interpretation  <i>(Refreshments available from 15.30)</i>	All Faculty
16:30	Close Day 2	



<b><u>Cardio Pulmonary Exercise Testing Course</u></b>		
<b>Friday 8<sup>th</sup> November 2019</b>		
<b>Day 3: Interpreting the Results</b>		
<b>Time</b>	<b>Session</b>	<b>Speaker</b>
<b>09:00</b>	<b>Registration</b>	
09.15	Pathophysiology of Disease	Dr Martin Johnson
10.15	Pre-Operative Assessment	Dr Adrian Kendrick
<b>11:00</b>	<b>Break</b>	
11.15	Clinical Application	Dr Martin Johnson
12.15	Q&A	
<b>12.30</b>	<b>Lunch</b>	
13:15	Effective Reporting & Paediatric considerations to exercise reporting	Paul Burns
13:45	Case Studies – Workgroups <i>(Refreshments available from 15.15)</i>	All Faculty
16:15	Close Day 3	