

Assessing and optimising respiratory and functional capacity in chronic lung diseases

Olomouc, Czech Republic
21-23 January 2021

Day 1: Thursday 21 January 2021

08:30 – 09:00 Registration

Session I – Respiratory and locomotor muscle function

09:00 – 09:15 Welcome and introduction – **K. Neumannova & I. Vogiatzis**

09:15 – 09:45 Principles of Pulmonary Rehabilitation – **D. Langer**

09:45– 10:15 Basic pathophysiology of exertional dyspnoea – **M. Vitacca**

10:15 – 10:30 *Coffee Break*

10:30 – 11:00 Lung function and respiratory muscle testing – **V. Koblizek, K. Neumannova**

11:00 – 11:30 Principles of Non-Invasive Ventilation – **A. Aliverti**

11.30 – 12.30 *Lunch*

Session II – Practical/workshops: Lung function, respiratory muscle function & training

12:30 – 13:15 Lung function assessment – **K. Neumannova, E. Clini, V. Koblizek**

13:15 – 14:00 Respiratory muscle function assessment - **D. Langer, M. Dvoracek**

14:00 – 14:30 Breathing devices – for inspiratory and expiratory muscle training
T. Michalcikova, P. Horova

14:30 – 15:00 *Coffee Break*

15.00 – 15.30 Cardiopulmonary interactions during exercise - **M. Steiner**

Session III – Practical/Interactive session: occupational therapy & cough assist techniques – physical activity assessment

15:30 – 16:00 Occupational therapy in patients with breathing disorders – **T. Fialova, T. Michalcikova**

16:00 – 16:30 CoughAssist: non-invasive support for expectoration – **I. Sundov, J. Napravnik, K. Neumannova**

16:30 – 17:00 Assessment of physical activity: concepts and techniques – **C. Burtin, L. Jakubec**

17:00 – 17:30 Physical activity coaching – **C. Burtin**

17.30-18.00 Discussion

Day 2: Friday 22 January 2021

Session IV – Practical/workshops: Non-invasive ventilation (NIV)

- 09:00 – 09:30** Different modalities (CPAP, PAV, PSV) – **E. Clini, I. Sundov**
09:30 – 10:00 Is useful tele-monitoring for HNV patients? – **M. Vitacca**
10:00 – 10:30 Automatically adjusted EPAP system to abolish flow limitation – **A. Aliverti**
10:30 – 10:45 *Coffee Break*

Session V - Practical/workshops: different support modalities during exercise

- 10.45 – 11.15** Application of HFO during exercise – **A. Aliverti**
11.15 – 11.45 Application of NIV during exercise – **M. Vitacca**
11.45 – 12.30 Application of portable NIV during exercise – **I. Vogiatzis, E. Clini**

- 12.30 – 13.30** *Lunch*

Session VI - Practical/workshops: exercise capacity assessment

- 13.30 – 14.15** Cardiopulmonary exercise testing – **I. Vogiatzis, C. Burtin, F. Neuls**
14.15 – 15.00 Field testing (6MWT) - **K. Neumannova, M. Slachtova**
15.00 – 15.45 Field testing (ISWT and ESTW) - **J. Zatloukal, T. Michalcikova**

- 15.45 – 16.00** *Coffee Break*

- 16.00 – 16.30** Peripheral muscle fatigue – **M. Steiner**
16.30 – 17.15 Upper and lower limb muscle testing – **J. Zatloukal, T. Michalcikova**
17.15 – 17.45 Discussion

Day 3: Saturday 23 January 2021

Session VII – Practical/ workshops: Rehabilitative exercise training

- 09:00 – 09:30** Aerobic exercise training – **J. Zatloukal, P. Horova**
09.30 – 10.00 Intermittent walk training – **I. Vogiatzis, T. Michalcikova**
10:00 – 10:30 Resistance muscle training – **K. Neumannova, M. Dvoracek**
10:30 – 11.00 *Coffee Break*
11:00 – 11:30 Upper limb muscle training – **J. Zatloukal, T. Michalcikova, M. Slachtova,**
11:30 – 12:00 Interval exercise training – **I. Vogiatzis, K. Neumannova, M. Dvoracek,**

- 12:00 – 13:00** *Lunch*

Session VIII – Practical/Interactive session: Rehabilitative exercise training

- 13:00 – 13:30** Different programmes and settings in pulmonary rehabilitation – **C. Burtin, T. Michalcikova**
13:30 – 14:00 Identifying candidates for pulmonary rehabilitation – **K. Neumannova**
14:00 – 14:30 Discussion – Closing Remarks - End of Course

Note: Catering (coffee breaks, lunches) is included within the course fee.