Assessing and optimising respiratory and functional capacity in chronic lung diseases

Olomouc, Czech Republic
18-20 June 2020

Day 1: Thursday 18th June 2020

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

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 19th June 2020

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 HMV 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 20th June 2020

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.