

# 6th Annual Perioperative Exercise Testing and Training (CPET) Course: In partnership with POETTS (UK)

Sunday 28 March and Monday 29 March 2021 | by Virtual Learning

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## Sunday 28 March 2021 (Day 1): Exercise Testing and Training (CPET) Course

7.15-8am	Log on and test systems			
Session 1		Session Chair: Dr Hilmy Ismail and co-chair Dr Rachel Shanks		
8.15-8.30am	Welcome and Course Overview		Dr Hilmy Ismail , Peter MacCallum Cancer Center	
8.30-9am	Lecture 1a: Physiology of exercise performance and exercise limitation		Professor Mark Hargreaves, University of Melbourne	
9-9.30am	Lecture 1b: CPET: The nuts and bolts including the 9 panel plot		Dr Adrian Hall, Princess Alexander Hospital, Brisbane	
9.30-9.45am	Live question and answers		Professor Mark Hargreaves and Dr Adrian Hall	
9.45-10.45am	Tutorial 1: The 9 panel plot: A method for test interpretation			
	Group A	Group B	Group C	
10.45-11.15am	Break			
Session 2		Session Chair: Dr Adrian Hall and co-chair Dr Emily Traer		
11.15-11.40am	Lecture 2: The Anaerobic Threshold (AT): Identification and physiology		Professor Bernhard Riedel, Peter MacCallum Cancer Centre	
11.40-11.45am	Live question and answers		Professor Bernhard Riedel	
11.45am-12.45pm	Tutorial 2: Test interpretation: Identifying the anaerobic threshold, handling poor data quality and obesity			
	Group A	Group B	Group C	
12.45-1.15pm	Break			
Session 3:		Session Chair: Dr Rachel Shanks and co-chair Dr Hilmy Ismail		
1.15-2pm	Video tutorial: Healthy volunteer test: Including calibration and choosing ramp increments			
2-2.25pm	Lecture 3: Diagnostic CPET: Common respiratory pathology		Associate Professor Louis Irving, Respiratory Physician, Royal Melbourne Hospital	
2.25-2.30pm	Live question and answers		Associate Professor Louis Irving	
2.30-3.30pm	Tutorial 3: Test interpretation: Abnormal respiratory pathology, including ventilatory equivalents			
	Group A	Group B	Group C	
3.30-4pm	Break			



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Session 4:		Session Chair: Dr Rachel Shanks and co-chair Mrs Sonia Coleman
4-4.25pm	Lecture 4a: Diagnostic CPET: Common cardiac pathology	Associate Professor André La Gerche, Sports Cardiology and Cardiac MRI Centre, Melbourne
4.25-4.30pm	Live question and answers	Associate Professor André La Gerche
4.30-5.30pm	Tutorial 4: Test interpretation – abnormal cardiac pathology including ischemia and heart failure	
	Group A	Group B
5.30-5.55pm	Lecture 4b: Reporting CPET: Shared Decision Making & communicating risk	Dr Debra Leung, Peter MacCallum Cancer Centre
5.55-6pm	Live question and answers	Dr Debra Leung

Tutorial Groups Tutors			
Group	Group A (Beginners)	Group B (Intermediate)	Group C (Advanced)
Tutors	Dr Hilmy Ismail Professor Bernhard Riedel	Dr Adrian Hall Dr Emily Traer	Dr Rachel Shanks Associate Professor Louis Irving Associate Professor André La Gerche

## Monday 29 March 2021 (Day 2): Exercise Testing and Training (CPET ) Course

Session 5		Session Chair: Dr Emily Traer and co-chair Mrs Sonia Coleman
8.30-9.05am	Lecture 5a: Perioperative CPET: The evidence for risk stratification; where are we now & Pathway to accreditation as a practitioner	Professor Denny Levett, Southampton University, UK
9.05-9.15am	Live question and answers	Professor Denny Levett
9.15-10.15am	Lecture 5b: Putting it all together – more clinical cases to review	Dr Emily Traer, Dr Hilmy Ismail
10.15-10.40am	Lecture 5c: Prehabilitation in the perioperative context: Evidence review and current state of play	Dr Hilmy Ismail
10.40-10.50	Live question and answers	Dr Emily Traer and Dr Hilmy Ismail
10.50-11.15am	Break	
Session 6		Session Chair: Professor Bernhard Riedel and co-chair Dr Rachel Shanks
11-15-11.40am	Lecture 6a: Practical tests for risk triage and prehab assessment: 6-MWT, ISWT, STS, TUG, frailty & cognitive assessment	Ms Jess Crowe
11.40am-12.05pm	Lecture 6b: Prescribing exercise: Principles and practical tips	Professor Rob Newton, Edith Cowan University, Perth
12.05-12.15pm	Live question and answers	Ms Jess Crowe and Professor Rob Newton
12.15-12.25pm	Wrap up	Dr Hilmy Ismail