

# 7th Annual Perioperative Exercise Testing and Training (CPET) Course

28-29 August 2022

Virtual Learning

#PMAH22

Platinum sponsor



Edwards



## Sunday 28 August 2022 (Day one): Exercise Testing and Training (CPET) Course, Virtual

All times are listed in AEST

Session 1		Opening: Dr Hilmy Ismail
8.15-8.30am	Welcome and Course Overview	Dr Hilmy Ismail, Peter MacCallum Cancer Centre, Melbourne
8.30-9.00am	Lecture 1a: Physiology of exercise performance and exercise limitation	Professor Mark Hargreaves, University of Melbourne
9.00-9.30am	Lecture 1b: CPET: The nuts and bolts including the 9 panel plot	Dr Adrian Hall
9.30-10.30am	Tutorial 1: The 9 panel plot: A method for test interpretation	
	Group A (Beginner)	Group B (Beginner)      Group C (Intermediate/Advanced)
10.30-11.00am	Break	
Session 2		Session Chair: Dr Rachel Shanks
11.00-11.25am	Lecture 2: The anaerobic threshold (AT): Identification and physiology	Professor Bernhard Riedel, Peter MacCallum Cancer Centre, Melbourne
11.25am-12.25pm	Tutorial 2: Test interpretation: Identifying the anaerobic threshold Identifying poor data quality and obesity	
	Group A (Beginner)	Group B (Beginner)      Group C (Intermediate/Advanced)
12.25-12.55pm	Break	
Session 3:		Session Chair: Dr Nicolette Holt
12.55-1.40pm	Video tutorial: Including conduction of test, calibration and choosing ramp increments.	
1.40-2.05pm	Lecture 3: Diagnostic CPET: Common respiratory pathology	Associate Professor Louis Irving, Royal Melbourne Hospital, Melbourne
2.05-3.05pm	Tutorial 3: Test interpretation: Abnormal respiratory pathology, including ventilatory equivalents	
	Group A (Beginner)	Group B (Beginner)      Group C (Intermediate/Advanced)
3.05-3.35pm	Break	
Session 4:		Session Chair: Dr Emily Traer
3.35-4pm	Lecture 4a: Diagnostic CPET: Common cardiac pathology	Associate Professor Andre La Gerche, Head of Clinical Research, Baker Heart and Diabetes Centre, The Alfred, Melbourne
4-5pm	Tutorial 4: Test interpretation: Abnormal cardiac pathology including ischaemia and heart failure	

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	Group A (Beginner)	Group B (Beginner)	Group C (Intermediate/Advanced)
5-5.25pm	Lecture 4b: Reporting CPET: Shared decision making and communicating risk		Dr Debra Leung, Peter MacCallum Cancer Centre, Melbourne
5.25-5.30pm	Wrap up		Dr Emily Traer

## Tutorial Group Tutors

Group	Group A (Beginner)	Group B (Beginner)	Group C (Intermediate/Advanced)
Tutors	Dr Rachel Shanks and Dr Nicolette Holt	Dr Emily Traer and Dr Adrian Hall	Dr Hilmy Ismail, Prof Bernhard Riedel, A/Prof Louis Irving

## Monday 29 August 2022 (Day 2) Exercise Testing and Training (CPET) Course, Virtual

All times are listed in AEST

Session 5			Session Chair: Dr Nicolette Holt
8.30-9.15am	Lecture 5a: Perioperative CPET: The evidence for risk stratification	Professor Denny Levett, Southampton University, UK	
9.15-10.15am	Lecture 5b: Putting it all together – more clinical cases to review	Dr Emily Traer and Dr Hilmy Ismail	
10.15-10.40am	Lecture 5c: Prehabilitation in the perioperative context: Evidence review and current state of play	Dr Hilmy Ismail	
10.40-10.50am	Live question and answer	Dr Hilmy Ismail, Dr Emily Traer and Dr Nicolette Holt	
10.50-11.15am	Break		
Session 6			Session Chair: Dr Emily Traer
11.15-11.40am	Lecture 6a: Practical tests for risk triage and prehab assessment: 6-MWT, ISTWT, STS, TUG, frailty and cognitive assessment	Ms Jess Crowe	
11.40-12.05pm	Lecture 6b: Prescribing exercise: Principles and practical tips	Professor Rob Newton, Edith Cowan University, Perth	
12.05-12.15pm	Live question and answer	Professor Rob Newton, Ms Jess Crowe and Dr Emily Traer	
12.15-12.25pm	Seminar wrap up		Dr Hilmy Ismail and Dr Emily Traer