

26th POETTS CPET Course Agenda

Times shown are BST

Day 1: Tuesday 8th November 2021

09:00 - 09:15

Welcome to the course. Course structure and what to expect

Chair: Denny Levett

Lecture 1

09:15 - 10:10

Introduction to CPET: The nuts and bolts and normal values

Speaker: Denny Levett

Lecture 2

10:10 - 11:00

The Physiology of Exercise Performance and Limitation

Speaker: Susan Ward

11:00 - 11:15

Discussion and questions | Coffee break

Lecture 3

11:15 - 11:45

The AT - Physiology and identification

Speaker: Susan Ward

Tutorial 1: Live Video Tutorial

11:45 - 12:45

A method for interpreting the 9 panel plot in small groups of 7 with 2 Faculty

Tutorial Group: Please check your email for details of your tutorial group.

Participation by delegates essential

12:45 - 13:30

Discussion and questions | Lunch break

Tutorial 2: Live Video Tutorial

13:30 - 14:30

Functional Capacity: Identifying the AT and VO₂peak

Tutorial Group: Please check your email for details of your tutorial group.

Participation by delegates essential

Clinical Workshop - Pre record

14:30 - 15:30

Observing a clinical test, calibration and when to start and stop

Speaker: Denny Levett and James Otto

Live question and answer session after watching recorded test

15:30 - 15:45

Discussion and questions | Coffee break

Lecture 4

15:45 - 16:30

Perioperative CPET for the evaluation of risk: the evidence ... where are we now?

Speaker: Denny Levett

Lecture 5

16:30 - 17:00

Exercise training before surgery: the evidence

Speaker: Sandy Jack

17:00 - 17:30

Discussion and questions | Round up of Day 1

Speaker: Denny Levett

Day 2: Wednesday 10th November 2021

Diagnostic CPET – Patterns of Abnormality in Cardiac and Respiratory Disease

Lecture 6

09:00 - 09:30

Diagnostic CPET: Respiratory pathology and limitation

Speaker: Marshall Riley

Tutorial 3: Live Video Tutorial

09:30 - 10:30

Test interpretation: Respiratory pathology

Tutorial Group: Please check your email for details of your tutorial group.

Participation by delegates essential

10:30 - 11:00

Discussion and questions | Coffee break

Lecture 7

11:00 - 11:30

Diagnostic CPET: Cardiac Pathology and limitation

Speaker: Marshall Riley

Tutorial 4: Live Video Tutorial

11:30 - 12:30

Test interpretation: Cardiac pathology

Tutorial Group: Please check your email for details of your tutorial group.

Participation by delegates essential

12:30 - 13:30

Discussion and questions | Lunch break

13:30 - 14:30

More interpretation...putting it all together

Tutorial Group: Please check your email for details of your tutorial group.

Participation by delegates essential

Lecture 8

14:30 - 15:15

Shared Decision Making

Speakers: Michael Swart and John Carslie

Lecture 9

15:15 - 15:45

Exercise Prescription Practicalities and Pitfalls

Speaker: Karen Kerr

15:45 - 16:00

Discussion and questions | Coffee break

Lecture 10

16:00 - 16:20

Multimodal prehabilitation: universal, targeted and specialised interventions

Speaker: Sandy Jack

Interactive Session

16:20 - 16:45

Setting up a CPET and prehab service

Speaker: Helen Anderson

16:45 - 17:00

Summing up and close

Speaker: Denny Levett

Additional Lectures Available for Review Before and During the Course:

- Guides to interpreting the 9 panel plot