



PULMONARY REHABILITATION
6–8 April 2017
Athens, Greece

Thursday, 6 April 2017

08:00–08:15 Registration
08:15–08:30 Welcome and introduction

Session 1: Outpatient, inpatient and home tele-rehabilitation – Chair: T. Troosters

08:30–08:55 Increasing awareness and knowledge of pulmonary rehabilitation in a clinical environment and communities – C. Rochester
08:55–09:20 Differences in content and organizational aspects of pulmonary rehabilitation – M.A. Spruit
09:20–09:45 Effects of early inpatient rehabilitation after acute COPD exacerbation – E. Clini
09:45–10:10 Tele-rehabilitation in chronic lung diseases – I. Vogiatzis
10:10–10:25 Discussion
10:25–10:45 *Coffee break*

Session 2: Strategies to assess and promote daily physical activity – Chair: E. Clini

10:45–11:10 Changes in physical activity and all-cause mortality in chronic lung disease – M.A. Spruit
11:10–11:35 Effect of pulmonary rehabilitation on daily physical activity – F. Pitta
11:35–12:00 Effect of telecoaching on daily physical activity – T. Troosters
12:00–12:25 Effects of exacerbation and comorbidities on daily physical activity – S. Singh
12:25–12:40 Discussion
12:40–13.40 *Lunch*

Session 3: Practical workshops

13:40–14:00 Introduction by workshop leaders
14:00–15:00 Workshop round 1
15:00–16:00 Workshop round 2
16:00–16:20 *Coffee break*
16:20–17:20 Workshop round 3
17:20–17:40 Discussion

Friday, 7 April 2017

Session 4: Assessment of efficacy of pulmonary rehabilitation – Chair: I. Vogiatzis

- 08:30–08:55** Assessment of efficacy of pulmonary rehabilitation: which outcomes do we need to focus on? – T. Troosters
- 08:55–09:20** Assessment of physical activity: concepts and techniques – F. Pitta
- 09:20–09:45** The utility and choice of exercise testing in the evaluation of the efficacy of pulmonary rehabilitation – P. Laveneziana
- 09:45–10:10** Measurement properties of field walking tests in chronic respiratory diseases – S. Singh
- 10:10–10:30** Discussion
- 10:30–10:50** *Coffee break*

Session 5: Cardiovascular, lung and peripheral muscle function assessment – Chair: P. Laveneziana

- 10:50–11:15** Body plethysmography to assess static lung volumes – N. Koulouris
- 11:15–11:40** A practical approach to the assessment of body composition in lung disease – F. Franssen
- 11:40–12:05** Why and how should cardiac function be assessed in patients referred for PR – C. Chrysohoou
- 12:05–12:30** Assessment of peripheral muscle force in chronic lung disease – C. Nolan
- 12:30–12:45** Discussion
- 12.45–13.45** *Lunch*

Session 6: Practical workshops

- 13:45–14:45** Workshop round 4
- 14:45–15:45** Workshop round 5
- 15:45–16:05** *Coffee break*
- 16:05–17:05** Workshop round 6
- 17:05–17:25** Discussion

Workshops

1. Interval training and resistance training as part of pulmonary rehabilitation – I. Vogiatzis, C. Nolan, S. Spetsioti, E. Kortianou
2. Doppler Ultrasound, cardioimpedance and cardiopulmonary exercise testing– P. Laveneziana, C. Chrysohoou, A. Asimakos, M. Panagioutou, N. Athanasiadis
3. Telecoaching and patient self-empowerment – T. Troosters, E. Clini, M. Vasilopoulou
4. Physical activity assessment – F. Pitta, Z. Louvaris
5. ISWT/ESWT/6mWT, body composition – S. Singh, M. Spruit, I. Nasis
6. Lung function and peripheral muscle strength assessment – F. Franssen, G. Kaltsakas, N. Chynkiamis

Saturday, 8 April 2017

Session 7: Adjuncts to exercise training – Chair: C. Nolan

- 08:30–08:55** Interactions of pharmacotherapy and exercise training – P. Laveneziana
08:55–09:20 Effects of O₂ supplementation during exercise training in COPD – I. Vogiatzis
09:20–09:45 Effect of heliox on exercise capacity in COPD – Z. Louvaris
09:45–10:10 Nutritional and hormonal supplementation during pulmonary rehabilitation – F. Franssen
10:10–10:25 Discussion

10:25–10:45 *Coffee break*

Session 8: Pulmonary rehabilitation in non-COPD respiratory diseases – Chair: F. Franssen

- 10:45–11:15** Pulmonary rehabilitation for interstitial lung disease – C. Rochester
11:15–11:40 Exercise training for idiopathic pulmonary fibrosis – C. Nolan
11:40–12:05 Pulmonary rehabilitation in patients with pulmonary arterial hypertension – M. Panagiotou
12:05–12:30 Rehabilitation in the intensive care unit – S. Zakyntinos
12:30–12:45 Discussion

12:45–13:45 *Lunch*

Session 9: Practical interactive session

- 13:45–14:15** Coexisting COPD and heart failure: implications for exercise training and testing – P. Laveneziana, C. Chrysohoou, M. Panagiotou
14:15–14:45 How to enhance delivery of pulmonary rehabilitation through increased program access and capacity – C. Rochester, M. Spruit, C. Nolan
14:45–15:15 Future research to advance evidence-based efficacy of pulmonary rehabilitation – I. Vogiatzis, F. Pitta
15:15–15:35 *Coffee break*
15:35–16:35 Discussion of case reports
16:35–17:00 Summary – I. Vogiatzis, M.A. Spruit

Closing remarks