

## Cardiopulmonary Exercise Test

2017

Please make your online registration through the website:  
*[www.cardiologicomonzino.it](http://www.cardiologicomonzino.it)*

You will receive our confirmation letter, as well as the instructions for payment.

## How to reach us

## Public transport (ATM)

*From the city centre:*

(i) Take subway 3 (yellow line) toward San Donato up to the last station. Take bus number 45, Via Vittorini stop which is 50 m from Centro Cardiologico Monzino.

(2) Take tram number 27 to Viale Ungheria stop, then take bus number 66 or 67 toward Linate airport and get off in Via Vittorini.

*From the Central Station and Rogoredo:* Take subway 3 (yellow line) and follow the directions above.

## By car

The Centro Cardiologico Monzino is situated 100 metres from “Via Mecenate” exit of the Tangenziale Est (bypass road) .

*From Milan:*

Enter Via Mecenate, turn left at the traffic-light just before the entrance to Tangenziale Est and follow indications for CCM (Centro Cardiologico Monzino).

*From the A1 (Bologna) motorway:*

Take Tangenziale Est (toward Venezia) up to the exit of Via Mecenate, then follow the indication for CCM (Centro Cardiologico Monzino).

*From the A1 (Venezia) motorway:*

Take Tangenziale Est (toward Bologna) up to the exit of Via Mecenate, then follow the indication for CCM (Centro Cardiologico Monzino).

From the A4 (Torino), A8 (Varese), A7 (Genova), A9 (Como) motorways:

Take Tangenziale Ovest (toward Bologna) and then enter Tangenziale Est (toward Venezia) up to the exit "Via Mecenate" and follow the indications for CCM (Centro Cardiologico Monzino).

## Map

You can find the map indicating how to reach us on the web-site [www.cardiologicomonzino.it](http://www.cardiologicomonzino.it) in the “come raggiungerci” area, then clicking on PIANTINA.



**Centro Cardiologico  
Monzino**



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Department SCCO - Cardiovascular Section  
Università degli Studi di Milano

*Dipartimento SCCO - Sezione Cardiovascolare  
Università degli Studi di Milano*

# Cardiopulmonary Exercise Test

## Training course

February 13-17, 2017  
November 20-24, 2017

Course venue  
Centro Cardiologico Monzino IRCCS, Milano

Course director  
**PierGiuseppe Agostoni**  
Coordinatore Area Cardiologia Critica

## Faculty

PierGiuseppe Agostoni, Milano  
Anna Apostolo, Milano  
Mauro Contini, Milano  
Stefania Farina, Milano  
Alessandra Magini, Milano  
Pietro Palermo, Milano  
Carlo Vignati, Milano

## Registration

Participation will be accepted giving priority to the progressive order of date of application to the Organizing Secretariat. Participation to the course will be limited to **10 places**, to guarantee an optimal interaction between tutor and participant.

Registration fee is **1500,00 plus VAT (IVA)** and includes:

- Tutor assistance
- Practical activities
- Clinical cases
- Desk work
- CPET plot
- Canteen vouchers
- Certificate of attendance

## Venue and time

Laboratorio di Pneumocardiologia  
U.O. Scompenso, Cardiologia Clinica e Riabilitativa  
Centro Cardiologico Monzino IRCCS  
Via Parea, 4 - Milano  
Morning 8.30 - 13.00  
Afternoon 14.00 - 16.00

## Contacts

*Scientific Secretariat*  
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*Organising Secretariat*  
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eventi@cardiologicomonzino.it

# Training course

The training course is dedicated to cardiologists, intensivists, pneumologists, internists and physiotherapists needing to use Cardiopulmonary Exercise Test (CPET) in their clinical activity. The course is a combination of practical activities and theoretical lessons. The number of attendees is limited to 10. The entire course will be held in English.

# Program

## Monday

**8.30**  
LESSON 1  
Welcome, course overview, exercise protocols and calibration of the Ergospirometers

**9.30**  
WORKSHOP 1  
Calibration and exercise in normal subjects

**13.30**  
LESSON 2  
Oxygen consumption

**14.30**  
WORKSHOP 2  
Short and long exercise in a normal subject

## Tuesday

**8.30**  
LESSON 3  
Anaerobic threshold

**9.30**  
WORKSHOP 3  
Exercise test in patients (routine activity)

**13.30**  
LESSON 4  
Ventilation and exercise (VE/VCO<sub>2</sub> slope)

**14.30**  
WORKSHOP 4  
Anaerobic threshold determination, case studies

## Wednesday

**8.30**  
LESSON 5  
Rehabilitation

**9.30**  
WORKSHOP 5  
Exercise test in patients (routine activity) including constant workload exercise

**13.30**  
LESSON 6  
Cardiac output determination

**14.30**  
WORKSHOP 6  
Cardiac output and arterovenous O<sub>2</sub> difference determination by inert gases rebreathing

## Thursday

**8.30**  
LESSON 7  
CPET and heart failure

**9.30**  
WORKSHOP 7  
Exercise test in patients (routine activity)

**13.30**  
LESSON 8  
CPET and pulmonary hypertension

**14.30**  
LESSON 9  
CPET and pacemakers

**15.30**  
LESSON 10  
Selected cases... what is the diagnosis?

## Friday

**9.30**  
LESSON 11  
CPET graph as a practical tool for CPET interpretation

**9.30**  
WORKSHOP 8  
Exercise test in patients (routine activity)

**13.30**  
LESSON 12  
Selected cases possibly proposed by attendees... what is the diagnosis?

**14.30**  
Course examination and diploma ceremony

