

## Registration form

Cardiopulmonary Exercise Test

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:*

(1) 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

Department SCCO - Cardiovascular Section  
Università degli Studi di Milano

## Cardiopulmonary Exercise Test 2020

Training course

February 17-21, 2020

November 30 - December 4, 2020

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  
Stefano De Martino, Milano  
Alessandra Magini, Milano  
Massimo Mapelli, Milano  
Pietro Palermo, Milano  
Beatrice Pezzuto, 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 + 22% 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*

PierGiuseppe Agostoni

Centro Cardiologico Monzino IRCCS

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*Organising Secretariat*

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[eventi@cardiologicomonzino.it](mailto: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

