

Practicum

on

Exercise

in

Children

for

Exercise

Physicians/physiologists &

Technologists/therapists

A 2-day course on pediatric CPX testing

Aug 26-27, 2023. Minneapolis MN

Register at <https://www.naspem.org/>

sponsors



NASPEM
NORTH AMERICAN SOCIETY
FOR PEDIATRIC EXERCISE MEDICINE



Department of Pediatrics

UNIVERSITY OF MINNESOTA

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PERC

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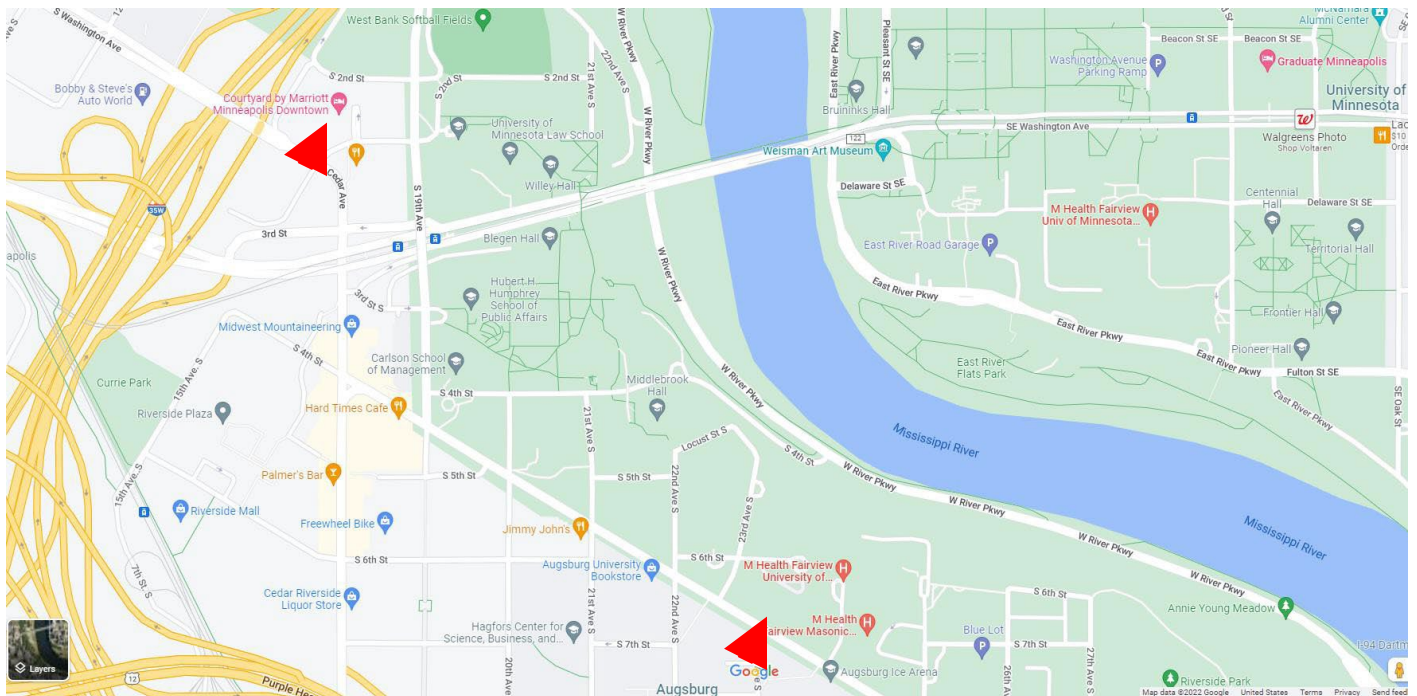
Day 1		Time	Day 2	
Topic	Speaker		Topic	Speaker
Registration		0830	Cardiac Response to Exercise	Powell
Introduction & Welcome	Pianosì	0850		
Pathway for O ₂ : review of physiology	Cooper	0900	Ventilatory Resp to Exercise	Pianosì
Children are not small adults: Child specific physiological responses to CPET.	Aizik	0930	Formulate & Conduct your Rehab Program	Gauthier
How to interpret key variables from maximal test	Gauthier	1000	EILO & Dysfunctional Breathing	Olin
Nutrition break		1030	Nutrition break*	
ECG: how to read it – what’s important & what’s not	Powell	1100	Upper Airway: Live display CLE projected onto bigscreen	Olin
Spirometry: essentials of interpretation	Olin	1130	Deconditioning & Obesity: impact on CPET	Cooper/Aizik
Dynamic responses to exercise & use of constant work rate test	Pianosì	1200	Live demo ramp protocol max test with flow-volume loops	Buerkle
LUNCH		1230	LUNCH	
Understanding Your Metabolic Cart	Drumsta	1330	Sex, Gender, & CPET: Testing Implications/ recommendations	M Joyner
Normal values	Pianosì	1400	Case Revues: split into 2 groups: 1 remains in room to discuss real clinical cases from Fac or submitted by participants; while 1 group goes to exercise lab	
Allometric normalization: Tower of Babel?	Cooper	1430	Panel Discussion Open Forum Q&A Pianosì, Powell Co-chairs	Olin, Cooper Gauthier
Nutrition break		1500	Nutrition break	
split into 2 groups: 1 remains in room to discuss real clinical cases; while 1 group goes to exercise lab to witness open circuit acetylene cardiac output		1530 – ?	Open duration but anticipate Closing Remarks & Audience Survey c. 1600 hr	
			Happy Hour/Departures	

Conference room can seat 35 around big table or it has folding barrier that can create 2 rooms each holding ~15 around table (each with AV). Exercise lab nearby can accommodate up to ~15 at once for live demo

*bike, scope, tower, set up during coffee break

Latest Draft:

1. We really need core faculty to stay both days. People will come not only for PPTx but to chat with you.
2. 1 sponsor will set up table in hallway of Wilf Center.
3. CME via UTN with help of Dawn Coe
4. Course notes, cases, & PPTx available of NASPEM website for members only 🥕
5. Biannual – rotate sites. Stand-alone
6. Showcase new technology/approach each meeting. For example, I can display our open circuit C_2H_2 cardiac output that will enable measurement right to peak work
7. Promote CPX to make it more lucrative – lobby insurers/gov't. Take page from sleep docs!
8. Certificate?
9. Hotel to hospital. 20 minute, 1-mile. 2 Shuttle runs in AM, 2 in PM



Course Objectives:

1. Become more familiar with various approaches to cardiopulmonary exercise testing in pediatrics
 - a. Ergometer options
 - b. Protocol choices
 - c. Maximal vs sub-maximal vs supra-maximal
2. Understand how one measures & interprets gas exchange during exercise
3. Learn clinically significant changes in spirometry & ECG during/after exercise
4. Gain appreciation of testing methods for exercise-induced laryngeal obstruction
5. Acquire insight into testing unique pediatric populations with diverse diseases