



European Respiratory  
Society

ERS School Course

**Practical issues in Pulmonary Rehabilitation**

**Pisa, Italy**

**February 21-23, 2008**

### ***Organisers***

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Enrico Clini – Pavullo, Italy  
Rik Gosselink – Leuven, Belgium  
Nicolino Ambrosino – Pisa, Italy

### ***Course Venue***

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Azienda Ospedaliera Pisana  
Pulmonary Section  
Cardio-Thoracic and Vascular Department  
Via Paradisa 2  
Cisanello  
I – 56124 Pisa  
Italy

Web: [www.ao-pisa.toscana.it](http://www.ao-pisa.toscana.it)

### ***ERS School Course coordinator***

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Maaïke Mayor  
European Respiratory Society  
4, avenue Ste-Luce  
CH-1003 Lausanne  
Switzerland

Tel.: +41 (0)21 213 01 85 (direct)

Fax: +41 (0)21 213 01 03

E-mail: [Maaïke.Mayor@ersnet.org](mailto:Maaïke.Mayor@ersnet.org)

Web: [www.ersnet.org](http://www.ersnet.org)



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**13:15 Welcome to the participants**

Enrico M. Clini, Rik Gosselink, Nicolino Ambrosino

**13:30 Special lecture: The systemic effects of COPD**

Pierluigi Paggiaro – Pisa, Italy

**Session I**

**14:00 Indications and rationale**

Rik Gosselink – Leuven, Belgium

**14:30 Recent insights: from bench to bedside**

Christian Préfaut – Montpellier, France

**15:00 Organisation, components and settings**

Thierry Troosters – Leuven, Belgium

Nicolino Ambrosino – Pisa, Italy

**15:30 Methods of allocation to PR**

Enrico M. Clini – Pavullo, Italy

*16:00 – Coffee break*

**Session II**

**Workshop: Patient selection and results**

**16:30 Evidence-based results of PR programmes**

Nicolino Ambrosino – Pisa, Italy

**17:00 Selection of patients in practice**

Thierry Troosters – Leuven, Belgium

**17:30 Outpatient-based rehabilitation**

Sally Singh – Leicester, UK

**18:00 Home-based rehabilitation**

Rosa Guell – Barcelona, Spain

*19:30 – Welcome cocktail*



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### **Session III**

- 9:00 **Physiology of exercise in pulmonary disease**  
Christian Préfaut – Montpellier, France
- 9:30 **Exercise training in harmony with factors limiting performance**  
Thierry Troosters – Leuven, Belgium
- 10:00 **Chest physiotherapy**  
Rachel Garrod – London, UK

*10:30 – Coffee break*

### **Session IV**

#### **Workshop: Outcome measures**

- 11:00 **Dyspnoea**  
Nicolino Ambrosino – Pisa, Italy
- 11:30 **Exercise tolerance**  
Sally Singh – Leicester, UK
- 12:00 **Health-related quality of life**  
Rosa Guell – Barcelona, Spain
- 12:30 **Body composition**  
Aannemie Schols – Maastricht, The Netherlands
- 13:00 **Muscle function (strength/endurance/fatigue)**  
Alex Van't Hul – Breda, The Netherlands

*13:30 – Lunch break*



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**Session V**

**News in rehabilitation: a debate**

**14:30 Is ambulatory oxygen and ventilatory support useful to enhance training in COPD?**

PRO: Alex Van't Hul – Breda, The Netherlands

CON: Rachel Garrod – London, UK

**15:00 Is physiotherapy in the ICU an evidence-based practice intervention?**

PRO: Rik Gosselink – Leuven, Belgium

CON: Enrico M. Clini – Pavullo, Italy

*15:30 – Coffee break*

**Session VI**

**Tutorials**

16:00 – 17:00

**Session VII**

**Case presentations**

**17:00 Muscle training in COPD patient**

Enrico M. Clini – Pavullo, Italy

**17:30 Training of the respiratory muscles**

Rik Gosselink – Leuven, Belgium

**18:00 Training of the ambulatory muscles**

Alex Van't Hul – Breda, The Netherlands

**18:30 Upper limb training**

Rachel Garrod – London, UK



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### **Session VIII**

#### **Workshop: Rehabilitation in special conditions**

- 9:00 **Rehabilitation during acute exacerbation**  
Thierry Troosters – Leuven, Belgium
- 9:30 **Rehabilitation after thoracic surgery (LVR and LTX)**  
Sally Singh – Leicester, UK
- 10:00 **Rehabilitation in non-COPD patients**  
Rosa Guell – Barcelona, Spain

*10:30 – Coffee break*

### **Session IX**

#### **Tutorials**

11:00 – 12:00

### **Session X**

#### **Workshop: Rehabilitation in critically ill patients**

- 12:00 **Noninvasive ventilation in the chronic patients**  
Nicolino Ambrosino – Pisa, Italy  
Alex Van't Hul – Breda, The Netherlands
- 12:30 **Therapist-driven protocols for weaning**  
Nicolino Ambrosino – Pisa, Italy
- 13:00 **Muscle retraining in the critically ill patient**  
Enrico M. Clini – Pavullo, Italy
- 13:30 **Final remarks**  
Enrico M. Clini, Rik Gosselink, Nicolino Ambrosino

*13:45 – End of Course*