



FRIDAY 22th MARCH 2024

PRELIMINARY PROGRAM - MODULE III

Sleep and exercise testing

Venue: E-Health Valley (Anderlecht - Metro Erasme)

MODULE III

PART 1: Online presentations on the Bers website with MCQs to be answered by the trainees before attending the online session.

3.1. Breathing and sleep: from physiology to pathophysiology (of obstructive sleep apnoea, central sleep apnoea and sleep hypoventilation)

Prof. Dr. Johan Verbraecken (UAntwerpen)

Definitions, pathophysiology of OSAS, periodic breathing, detrimental consequences of OSAS

3.2. Scoring sleep breathing abnormalities using polysomnography – polygraphy

Prof. Dr. Marie Bruyneel (ULBruxelles)

How to score sleep breathing abnormalities, polygraph as alternative to polysomnography

3.3. Multidisciplinary approach of central sleep apnoea and sleep hypoventilation due to neuromuscular disease and heart failure

Prof. Dr. Dries Testelmans (KULeuven)

Sleep in heart failure and neuromuscular disease

3.4. Exercise physiology: Cardiovascular and ventilatory response to exercise

Prof. Dr. Chris Burtin (UHasselt)

Physiology of exercise in the healthy subject, effects of exercise on cardiovascular and respiratory system and on the peripheral muscles

3.5. Exercise pathophysiology: exercise limiting factors

Prof. Dr. Thierry Troosters (KULeuven)

Exercise limiting factors in pulmonary patients

3.6. Functional capacity and physical activity

Prof. Dr. Heleen Demeyer (UGent, KULeuven)

Maximal vs. functional test, assessment of functional capacity (6 MWT and others), physical activity in respiratory patients

3.7. Preoperative lung function in lung resection and general anaesthesia

Prof. Dr. Eric Derom (UGent)

Algorithms for thoracic resection surgery, relevance of lung function in the pre-operative workout of patient scheduled for oncologic surgery, lung Tx and lung volume reduction surgery

PART 2: On campus sessions.

INTERACTIVE KEY LECTURES

3.1. Exercise testing – endurance testing – physical activity: practicalities (theory)

Prof. Dr. Thierry Troosters (KULeuven)

Practical organisation of a symptom-limited exercise test and of a functional test. How to measure physical activity in practice

PRACTICAL SESSIONS

3.2. Practical interpretation of exercise testing – interpretation algorithms

Prof. Dr. Eric Marchand (UCL – UNamur)

Systematic approach, criteria of maximal test, cardiovascular, ventilator, peripheral limitation

3.3. Exercise testing

Prof. Dr. Thierry Troosters (KULeuven)

Prof. Dr. Eric Marchand (UCL – UNamur)

Cases

INTERACTIVE KEY LECTURES

3.4. CPAP, APAP, ASV, BiPAP, NIV, ...: what is this all about?

Prof. Dr. Bertien Buyse (KULeuven)

Description of the equipment, the different modes and settings and their use to support breathing in a variety of diseases

3.5. Therapeutic choices for sleep disturbances

Prof. Dr. Katrien Hertegonne (UGent)

Multidisciplinary approach of OSAS and other sleep related disorders: education, positional therapy, oral applications, CPAP, BiPAP...

PRACTICAL SESSIONS

3.6. Interactive workshop with real life polysomnography (cases)

Prof. Dr. Marie Bruyneel (ULBruxelles)

Prof. Dr. Bertien Buyse (KULeuven)

Prof. Dr. Katrien Hertegonne (UGent)

• **Who to send for sleep investigation?**

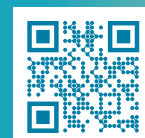
• **How to proceed when interpreting a polysomnography?**

• **What are the therapeutic options?**

With the support of **AstraZeneca** 

Attendees must be BeRS members and have to register online (www.bers.be) to attend these sessions. The faculty was chosen among the best pulmonary function specialists of Belgium appointed at one of the following universities: UAntwerpen, ULB, VUB, UCL, UGent, UHasselt, KULeuven, UNamur, UMon and ULiège.

The course directors are Profs. Eric Derom (UZ Gent), Wim Janssens (UZ Leuven) and Eric Marchand (UCL Mont-Godinne).



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