

**TUESDAY 4 JUNE 2019**  
**08:30 – 17:30**

**Room 11B**

**Physiotherapy Short Course – Exercise Testing in Cystic Fibrosis –  
Who, When And Why?**

- 08:00 – 08:30 Registration and coffee
- 08:30 – 08:35 Welcome and housekeeping – Marta Kerstan, Biberstein, CH /  
Don Urquhart, Edinburgh, UK
- 08:35 – 09:35 Basic exercise physiology – Thomas Radtke, Zurich, CH
- 09:35 – 10:00 **COFFEE BREAK**
- 10:00 – 11:30 Overview of available exercise tests  
Field testing – Lisa Morrison, Glasgow, UK  
Cardiopulmonary exercise testing (CPET) – Helge Hebestreit,  
Würzburg, DE  
Pro-con debate CPET  
CPET is not the only test – Brenda Button, Melbourne, AU  
CPET is the only precise test – Helge Hebestreit, Würzburg, DE
- 11:30 – 11:45 **BREAK**
- 11:45 – 12:30 **Parallel workshops**
- WORKSHOP I: How to set up CPET** **Room 11B**  
Erik Hulzebos, Utrecht, NL / Zoe Saynor, Portsmouth, UK
- WORKSHOP II: Six-minute walk / shuttle /  
step tests (field test practical demonstration)** **Room 11C**  
Lisa Morrison, Glasgow, UK / Marlies Wagner, Graz, AT / Helen  
Douglas, London, UK / Brenda Button, Melbourne, AU
- 12:30 – 13:00 **LUNCH BREAK**

- 13:00 – 13:45 **Parallel workshops**
- WORKSHOP I: How to set up CPET** Room 11B  
Erik Hulzebos, Utrecht, NL / Zoe Saynor, Portsmouth, UK
- WORKSHOP II: Six-minute walk / shuttle / step tests (field test practical demonstration)** Room 11C  
Lisa Morrison, Glasgow, UK / Marlies Wagner, Graz, AT / Helen Douglas, London, UK / Brenda Button, Melbourne, AU
- 13:45 – 14:45 **Parallel workshops CPET demonstration**
- WORKSHOP III: CPET in child with cystic fibrosis** Room 11B  
Philip Lawrence, Liverpool, UK / Erik Hulzebos, Utrecht, NL
- WORKSHOP IV: CPET in a healthy adult** Room 11C  
Adrian Morris, Liverpool, UK / Zoe Saynor, Portsmouth, UK
- 14:45 – 15:10 **COFFEE BREAK**
- 15:10 – 16:10 **Parallel workshops CPET demonstration**
- WORKSHOP III: CPET in child with cystic fibrosis** Room 11B  
Philip Lawrence, Liverpool, UK / Erik Hulzebos, Utrecht, NL
- WORKSHOP IV: CPET in a healthy adult** Room 11C  
Adrian Morris, Liverpool, UK / Zoe Saynor, Portsmouth, UK
- 16:10 – 17:10 CPET data reporting and interpretation – Helge Hebestreit, Würzburg, DE
- 17:10 – 17:30 Discussion and close