



ERS Academy on Pulmonary rehabilitation

Part 1: 13-14 June 2024 – Online

Part 2: 7 September 2024 – Vienna, Austria

Thursday, 13 June 2024

Welcome and introduction

09:00–09:15 Welcome and introduction - I. Vogiatzis, D. Langer, J. Cruz and T. Gille

Session 1: Access, delivery and uptake of pulmonary rehabilitation

Chair: C. Rochester

09:15–09:45 Organisational aspects of pulmonary rehabilitation - T. Troosters

09:45–10:15 Patient-level barrier to pulmonary rehabilitation - C. Rochester

10:15–10:45 Delivery of pulmonary rehabilitation in low resource settings - S. Singh

10:45–11:00 Discussion and Q&A

11:00–11:15 *Break*

Session 2: Assessment and outcomes

Chair: A. Marques

11:15–11:45 Exercise outcomes - I. Vogiatzis

11:45–12:15 Digital mobility outcomes - H. Demeyer

12:15–12:30 Discussion and Q&A

12:30–13:30 *Lunch break*



Thursday, 13 June 2024

Session 3: Expanding the scope of pulmonary rehabilitation

Chair: C. Burtin

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| 13:30–14:00 | ILD, Bronchiectasis, Cystic Fibrosis - T. Gille |
| 14:00–14:30 | Post COVID-19 - R. Evans |
| 14:30–15:00 | Pre/Post lung transplantation - R. Gloeckl |
| 15:00–15:30 | Peri-hospitalised exacerbations of COPD - W. Man |
| 15:30–15:45 | <i>Break</i> |
| 15:45–16:45 | Case study / Breakout groups - T. Troosters, J. Cruz, E. Gimeno-Santos, I. Vogiatzis, D. Langer |
| 16:45–17:15 | Discussion and Q&A |



Friday, 14 June 2024

Session 4: Adapting pulmonary rehabilitation to multimorbid conditions

Chair: M. Maddocks

- 09:00–09:30 Clusters of multimorbidity - F. Franssen
09:30–10:00 Evidence in long term conditions - M. Spruit
10:00–10:30 Programme structure and outcomes - S. Singh
10:30–10:45 Discussion and Q&A

10:45–11:00 *Break*

Session 5: Novel Models of pulmonary rehabilitation

Chair: F. Pitta

- 11:00–11:30 Tele/web-based pulmonary rehabilitation - H. Demeyer
11:30–12:00 Home-based pulmonary rehabilitation - A. Marques
12:00–12:30 Pulmonary rehabilitation using minimal equipment - W. Man
12:30–12:45 Discussion and Q&A

12:45–13:45 *Lunch break*

Session 6: Adjuncts to pulmonary rehabilitation

Chair: M. Paneroni

- 13:45–14:15 Oxygen supplementation - T. Gille
14:15–14:45 Resistance limb and inspiratory muscle training - D. Langer
14:45–15:15 Physical mobility counselling - E. Gimeno-Santos

15:15–15:30 *Break*

15:30–16:30 Case study/ Breakout groups - M. Spruit, F. Franssen, R. Evans, R. Gloeckl, J. Cruz

16:30–17:00 Discussion and Q&A

17:00–17:15 Farewell from organisers - I. Vogiatzis, D. Langer, J. Cruz, T. Gille



Academy on Pulmonary rehabilitation – Part 2

ERS International Congress

Vienna, Austria

Saturday, 7 September 2024

Session 7: Workshops

Participants will be divided into 3 groups and rotate each room

09:00–09:15	Introduction to workshops - I. Vogiatzis, D. Langer, J. Cruz, T. Gille		
09:15–10:00 Round 1	<u>Field and cycling tests</u> - T. Gille, S. Singh, I. Vogiatzis, R. Evans	<u>Muscle strength tests</u> - F. Franssen, R. Gloeckl, D. Langer, W. Man	<u>Physical activity assessment</u> - H. Demeyer, F. Pitta, E. Gimeno, J. Cruz
10:00–10:45 Round 2	<u>Field and cycling tests</u> - T. Gille, S. Singh, I. Vogiatzis, R. Evans	<u>Muscle strength tests</u> - F. Franssen, R. Gloeckl, D. Langer, W. Man	<u>Physical activity assessment</u> - H. Demeyer, F. Pitta, E. Gimeno, J. Cruz
10:45–11:15	<i>Break</i>		
11:15–12:00 Round 3	<u>Field and cycling tests</u> - T. Gille, S. Singh, I. Vogiatzis, R. Evans	<u>Muscle strength tests</u> - F. Franssen, R. Gloeckl, D. Langer, W. Man	<u>Physical activity assessment</u> - H. Demeyer, F. Pitta, E. Gimeno, J. Cruz
12:00–13:00	<i>Lunch break</i>		



Saturday, 7 September 2024

Session 8: Workshops

Participants will be divided into 3 groups and rotate each room

13:00–13:45 Round 1	<u>Endurance training</u> - F. Franssen, H. Demeyer, I. Vogiatzis, E. Gimeno-Santos	<u>Resistance and inspiratory muscle training</u> - M. Spruit, A. Nyberg, D. Langer, W. Man	<u>Physical activity coaching</u> - T. Troosters, J. Cruz, R. Gloeckl, F. Pitta
13:45–14:30 Round 2	<u>Endurance training</u> - F. Franssen, H. Demeyer, I. Vogiatzis, E. Gimeno-Santos	<u>Resistance and inspiratory muscle training</u> - M. Spruit, A. Nyberg, D. Langer, W. Man	<u>Physical activity coaching</u> - T. Troosters, J. Cruz, R. Gloeckl, F. Pitta
14:30–15:00	<i>Break</i>		
15:00–15:45 Round 3	<u>Endurance training</u> - F. Franssen, H. Demeyer, I. Vogiatzis, E. Gimeno-Santos	<u>Resistance and inspiratory muscle training</u> - M. Spruit, A. Nyberg, D. Langer, W. Man	<u>Physical activity coaching</u> - T. Troosters, J. Cruz, R. Gloeckl, F. Pitta

End of course