EACPR HANDS ON COURSE:
Performing Exercise Measures and Intervention Trials in Heart Failure
March 3-4, 2016

Organizing Institute: IRCCS Policlinico San Donato, San Donato Milanese, Milano, Italy

Course directors: Prof Marco Guazzi, Milano Italy, Prof Martin Halle, Munch, Germany

Learning objectives: The Course is aimed at implementing knowledge and critical discussion on the role of exercise in heart failure (HF) population of both systolic and diastolic origin. Exercise will be approached as a main limiting condition and marker of disease severity as well as a evidence-based interventional method to improve symptoms, clinical condition and outcome in the wide spectrum of HF populations. Live demonstration on how to assess exercise performance and specific phenotype response will be provided

As learning complementary tools the Course will provide sessions of statistics and how to perform an exercise trial. Participants will be directly involved in planning a trial on exercise intervention in either HFrEF and HFpEF. The idea is to set up the designed studies for true collaborative multicenter trials.

Target: Cardiologist, exercise physiologists, rehabilitators, nurses

A/V recording: yes
Preliminary Program

DAY 1

Introduction:

MARCO GUAZZI, MILANO, ITALY

MARTIN HALLE, MUNICH, GERMANY

- Exercise limitation in heart failure and insights on the EACPR/AHA CPX joint statement
  (M. GUAZZI, Milano)
- Exercise interventional trials in heart failure
  (M. HALLE, Munich)
- What links exercise limitation to basic science evidence
  (N. KRANKEL, Berlin)

- Break

- Methods for assessing functional capacity and echo imaging
  (F. BANDERA, Milano)
- A step back: exercise in stage A and B heart failure
  (M. PELLEGRINO, G. GENERATI, V. TUFARO, S. TADAFUMI, Milano)

-Lunch

- Live case of exercise testing in a HFpEF patient
  (F. BANDERA, V. LABATE, E. ALFONZETTI, Milano)

Discussion on HFpEF: what next?

- Hands on cardiopulmonary exercise testing report
  (M. GUAZZI, Milano)
- How to set up an exercise laboratory for heart failure patients
  (M. HALLE, Munich)
- Measures of systolic and diastolic function
  (M. GUAZZI, Milano)
- Closing remarks
  (M GUAZZI, Milano; M HALLE, Munich)
DAY 2

- Live case of exercise testing in a HFrEF patient
  (F. BANDERA, M. PELLEGRINO, E. ALFONZETTI, Milano)
  Discussion on HFrEF: what next?

- Training interventions: moderate or high intensity?
  (M. HALLE, Munich)

- Why to publish
  (M. GUAZZI, Milano)

- How to use statistical analysis
  (S. VILLANI, Pavia)

- Planning a study on HF populations: goals and methodologies
  (M. HALLE, Munich)

-Lunch

- Workshop: writing a trail synopsis
  (Attendents)

- Closing remarks
  (M. GUAZZI, Milano, M. HALLE, Munich)