

Fundamentals of Pulmonary Rehabilitation Short Course

24 February 2027

Interactive Workshop

1.00pm – 1.10pm	Introduction
1.10pm – 1.15pm	Theme 1 – overview – Assessment - Pulmonary Rehabilitation as part of the management of COPD (overview) - Patient selection and initial assessment - Properties, conduct and practice of the 6MWT and ISWT
1.15pm – 1.45pm	Theme 1 – Case Study
1.45pm – 2.00pm	Theme 1 Q&A
2.00pm – 2.05pm	Theme 2 – overview – Exercise Prescription - The fundamentals of aerobic exercise prescription - The fundamentals of resistance exercise prescription
2.05pm – 2.30pm	Theme 2 – Case Study (Aerobic exercise)
2.30pm – 2.40pm	Screen Break
2.40pm – 3.05pm	Theme 2 – Case Study (Resistance exercise)
3.05pm – 3.30pm	Theme 2 Q&A
3.30pm – 3.35pm	Theme 3 – overview – overlooked areas/issues in PR - Overview of the educational component - Rehabilitation in non-COPD
3.35pm – 4.05pm	Theme 3 – Case Study
4.05pm – 4.15pm	Theme 3 Q&A
4.15pm – 4.30pm	Final Q&A
4.30pm – 4.35pm	Summary and take-home messages