ARTP Cardiopulmonary Exercise Testing (CPET) Course

16th – 18th November 2026

Location – Holiday Inn, Leicester

Course Overview:

The aim of this 3 day course is to provide the theoretical background, principles of testing and interpretative strategies for attendees to learn the skills required to provide a quality assured full cardio-pulmonary exercise testing service.

Target Audience:

Clinical Physiologists/Clinical Scientists and other healthcare professionals leading/assisting and/or interpreting a cardio-pulmonary exercising testing service. Consultant and Speciality Registrar medical professionals in Respiratory Medicine, Cardiology, Anaesthetics, Surgery.

Learning Outcomes:

1. Understand the normal cardiac and respiratory physiological responses to exercise
2. Knowledge of safe practice, contraindications to testing and recognise when the test should be terminated
3. How to ensure the delivery of a quality assured service
4. How to run an exercise test from pre-setup, protocol selection based on the referral, setting up the patient, running the test, test termination, collection of appropriate data ready for analysis
5. Knowledge of interpretative strategies based on the reason for referral with appropriate outputs
6. Understand what an abnormal response to exercise looks likes
7. How to generate an effective report based on the reason for referral

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Course Content to Include:

1. Demonstration of running an exercise test on a patient from setting up through to end of test
2. Adult and Paediatric aspects of cardio-pulmonary exercise testing and interpretation
3. Ensuring a quality assured cardio-pulmonary exercise testing service
4. Interactive interpretation through use of real-life case studies
5. An opportunity to ask questions to experts in the field of exercise physiology

Speakers: ***(Subject to change)***

Paul Burns	Paediatric Specialist Clinical Scientist	Glasgow
Patrick Jamieson	Head of Respiratory Physiology	Lanarkshire
Dr Martin Johnson	Consultant Respiratory Physician	Glasgow
Andy Pritchard	Lead Clinical Scientist | Respiratory & Sleep Physiology Head of Service	Wolverhampton
Dr Joanna Shakespeare	Consultant Clinical Scientist	Coventry
Dr Karl Sylvester	Consultant Healthcare Scientist	Cambridge
Hannah Tighe	Head of Respiratory Physiology	London
Jenny Tonkinson-Hoare	Highly Specialised Cardiac Physiologist	Isle of Man

Cardiopulmonary Exercise Testing Course **Monday 16th November 2026** **Day 1: Setting up and running the test**		
Time	**Session**	**Speaker**
09:45	**Registration**	
10:00	Welcome & Introduction	Dr Karl Sylvester
10:05	Live Introductory CPET Run Through *Supported by Lovemedical*	All faculty
11:05	Review the CPET introducing the concepts: Safety & Quality in Exercise Testing Protocol & Equipment Selection Resting data, subjective assessments and blood gas performance Terminating the Test Reference values Paediatric Considerations *Comfort break included approx. 11:45*	Paul Burns Andy Pritchard Dr Karl Sylvester Hannah Tighe
13:00	**Lunch**	
13:45	Focus on the Exercise ECG	Jenny Tonkinson-Hoare
15:15	Running the Exercise Test – Live Delegate driven with faculty facilitation *Supported by* *Jaeger RDX, Intermedical, Medical Graphics UK, Vitalograph*	All Faculty
16:45	**Close Day 1**	

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Cardiopulmonary Exercise Testing Course Tuesday 17th November 2026 Day 2: Data Analysis Interpretation		
Time	**Session**	**Speaker**
09:45	**Registration**	
10:00	Physiological Response to Exercise in Healthy Subjects	Dr Joanna Shakespeare
11:00	Data Interpretation 9-panel plot overview – introduction to pattern recognition Threshold identification – VT1, VT2, VT3 Pathological responses Ventilatory response/ Gas exchange Cardiovascular Non-pathological abnormalities Hyperventilation/Breathing pattern disorder *Comfort break included approx. 11:45*	Paul Burns Patrick Jamieson Andy Pritchard Dr Karl Sylvester Hannah Tighe
13:15	**Lunch**	
14:00	Pre-Operative Assessment	Dr Joanna Shakespeare
15.00	Practical session – calculating parameters and using the 9-Panel Plot and Alternatives in interpretation *Comfort break included approx. 15:45*	Led by Patrick Jamieson supported by Faculty
16:30	**Close Day 2**	

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Wednesday 18th November 2026

Day 3: Interpreting the Results

Time	Session	Speaker
09:45	**Registration**	
10:00	Pathophysiology of Disease	Dr Martin Johnson
11:00	Effective Reporting & Paediatric considerations to exercise reporting *Short comfort break included*	Paul Burns
12:00	Clinical Application	Dr Martin Johnson
13:15	**Lunch**	
14:00	Case Studies – Workgroups	Paul Burns Patrick Jamieson Dr Martin Johnson Andy Pritchard Dr Joanna Shakespeare Dr Karl Sylvester
16:00	**Close Day 3**	