

15th March 2019

Dear Members,

RE: Advanced Education Grant

Firstly, I would like to thank the ANZSRS for the funds that allowed me to attend the Practicum in Exercise testing and interpretation at the UCLA, Los Angeles Biomedical Research Institute in April 2018.

I found this course incredibly helpful for my understanding of cardiopulmonary exercise testing in both performing the test and interpreting the results. I learnt about the fundamental principles of the physiology behind exercise testing and interpretation of results.

Upon returning from the course I have been using my new skills to help teach the scientists in my lab about these principles of exercise testing. I have trained two of our scientists to be able to perform the test, how to ensure the test is being conducted properly, the data acquisition is correct and how to troubleshoot when errors arise.

Each year we have new advanced and basic trainees who provide medical supervision for testing. With our two new registrars I have been able to go through the basics of CPETs with them. For the registrars the teaching has been more towards interpreting the results.

The normative values topic was also very insightful. Over the last year we have been discussing changing our normal values to better suit our patient population. I have been in discussions with a colleague who is an Exercise Physiologist and we are considering running a number of normal subjects through a CPET to see what data set might be best suited to our lab.

During the course they held a laboratory demonstration that showed how to perform a constant workload test. Prior to the course I had not been aware of this protocol for testing. It is a very useful protocol for research studies and picking up changes due to intervention. I have starting to think about ways to incorporate such a protocol into some potential CPET studies that I would like to do in the future.

Again, thank you for the opportunity to continue my education in cardiopulmonary exercise testing.

Warm regards,

A handwritten signature in black ink, appearing to read 'Clair lake', with a stylized flourish at the end.

Clair lake BSc(Physiology), CRFS