

To the ANZSRS Board,

Re: ANZSRS Advanced Education Grant 2019



Live CPET- UCLA Course



St John's College



Punting on the River Cam

I was awarded the Advanced Education Grant in 2019 to attend the Harbor- UCLA Practicum in Cardiopulmonary Exercise testing in Los Angeles however due to COVID I was not able to utilise the grant for a couple of years. In February 2022, the board approved a continent change so that I could attend in Cambridge, UK for a comparable UCLA Course called 'Clinical Exercise Testing and Interpretation- A Practical Approach'. I attended the course on the 14th-15th July 2022.

The course was delivered through a mixed approach of plenary sessions, hands on practical sessions, small group poster sessions and workshops. In the first photo you can see a one of the live incremental exercise tests that we were able to observe and interpret. Fortunately for me, they also use the same CPET equipment that we have in our lab which was beneficial for my learning. The course content was based on Prof. Chris Cooper's exercise testing book, and he advocates for and taught the 4-panel plot method for interpretation. Overall, I felt the course was quite advanced - I was also with quite an experienced cohort.

Of particular interest to me was the 1-hour paediatric workshop run by Dr Zoe Saynor. I wish the paediatric session was longer as I found this session very useful. Dr Saynor is a former elite UK rugby player and has a clinical exercise physiology background. Dr Saynor discussed paediatric protocols, normative values, considerations in children and some of the ways in which children differ from adults. I was able to connect with Dr Saynor after the course and she has shared her slides from the course and been generous and enthusiastic with her time. She often comes to Australia, so I am hoping to invite her present to our department the next time she is in the country.

New knowledge obtained from the course and the paediatric slides have been shared with others in our local team at the Queensland Children's Hospital. The course has inspired me to make some changes in our laboratory to our protocol and to our reports. We are also looking into whether our normative values are appropriate and adopting some child friendly exertion scales.

Cambridge is a truly a beautiful town and when I was not busy with the course, I enjoyed exploring the city and looking at Cambridge's historic landmarks and architecture. The University of Cambridge (pictured) dates back to the 13th century and boasts alumni such as Sir Isaac Newton and Charles Darwin!

I would like to sincerely thank ANZSRS for the opportunity to attend this course and would recommend this course to others.

Kind Regards



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