

To the ANZSRS board,

Re: Advanced education grant 2023

I was honoured to receive the Advanced Education Grant early in January this year. I had the support from my department at Westmead Children's Hospital, to attend the Practicum on Exercise testing which is delivered by the Harbor UCLA in Los Angeles. This grant gave me the additional resources needed to attend the course which was very helpful. The practicum was delivered face to face over 3 days and covered a lot of topics.

This Practicum was established by Dr. Karlman Wasserman and Dr. Brian Whipp, who are the authors of the book titled Physiology of Exercise Testing, and this course has been delivered since 1982. Currently, this practicum is run by Dr. Kathy Sietsema, Dr. Darryl Sue and some of their colleagues, who are the current authors of the latest edition of the book.

The course is designed as a basics to Exercise testing, and the physiology behind what happens in the body during exercise. I found the physiology aspect really interesting as the sessions were very well delivered. Dr. Kathy Sietsema was very clear with her classes on this topic, and it helped to pave a good foundation to the remaining sessions the practical side and also the interpretation of CPET tests. The first day of the practicum focused mainly on the foundations of what happens during exercise physiologically especially in the intracellular mechanisms, calibrations and checks, and clinical applications of CPET. The second day was mainly about reading and understanding a CPET report, digital display and what's important in reporting etc. The third day was more focused on getting hands on experience in interpretation and case discussions. Apart from regular classes, the group of 20 attendees were divided into two separate groups of pulmonologists and cardiologists for further group chats that were really helpful and gave more understanding of what is done in different hospitals.

Most of the attendees were from other states within the US, and I was the only person attending from Australia, much to everyone's amazement. However, it was really good to know the different field of work of the other people. One of the doctors present, Dr. William Stringer at the practicum was also very kind and showed me around their research laboratory where they do all the tests

including PFTs, but since it was a weekend, he could not show me their main lab.

Overall, being able to attend the practicum was a great experience and huge learning achievement for myself. I intend to use and share the knowledge gained with my local team and I am looking at doing further research in CPET in the coming years. Once again, I thank ANZSRS board and my department at The Children's Hospital at Westmead for giving me this great opportunity to participate in the Practicum.

Kind regards,

Merilyn John

Scientific officer

The Children's Hospital at Westmead, Sydney

