

Faculty

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Registration

Participation to the course will be limited to **10 places**, to guarantee an optimal interaction between tutor and participant. Registration fee is **1500,00 + 22% VAT (IVA)** and includes:

- Tutor assistance
- Practical activities
- Clinical cases
- Desk work
- CPET plot
- Canteen vouchers
- Certificate of attendance

Register online through the website

www.cardiologicomonzino.it

or send an email to: eventi@cardiologicomonzino.it

Venue and time

Cardiac Rehabilitation Laboratory
Department of Critical Cardiology and
Rehabilitation

Centro Cardiologico Monzino IRCCS

Via Parea, 4 - Milano

Morning 8.30 - 13.00 / Afternoon 14.00 - 16.00

Contacts

Scientific Secretariat

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Centro Cardiologico
Monzino



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Monzino

*Dipartimento DISCCO - Sezione Cardiovascolare
Università degli Studi di Milano*

Cardiopulmonary Exercise Test 2026

Training course

March 2-6, 2026

November 9-13, 2026

Course venue

Centro Cardiologico Monzino IRCCS, Milano

Course director

PierGiuseppe Agostoni

Director Heart Failure and Clinical Cardiology

Organising Secretariat



MZ Events Srl

Via Carlo Farini, 81 – 20159 Milano

Tel. 0266802323

eventi@cardiologicomonzino.it

Training course

The training course is dedicated to cardiologists, intensivists, pneumologists, internists and physiotherapists needing to use Cardiopulmonary Exercise Test (CPET) in their clinical activity. The course is a combination of practical activities and theoretical lessons. The number of attendees is limited to 10. The entire course will be held in English.



Program

MONDAY

8.30

LESSON 1

Welcome, course overview, exercise protocols and calibration of the Ergospirometers

9.30

WORKSHOP 1

Calibration and exercise in normal subjects

13.30

LESSON 2

Oxygen consumption

14.30

WORKSHOP 2

Short and long exercise in a normal subject

TUESDAY

8.30

LESSON 3

Anaerobic threshold

9.30

WORKSHOP 3

Exercise test in patients (routine activity)

13.30

LESSON 4

Ventilation and exercise (VE/VCO₂ slope)

14.30

WORKSHOP 4

Anaerobic threshold determination, case studies

WEDNESDAY

8.30

LESSON 5

Rehabilitation

9.30

WORKSHOP 5

Exercise test in patients (routine activity) including constant workload exercise

13.30

LESSON 6

Cardiac output determination

14.30

WORKSHOP 6

Cardiac output and arteriovenous O₂ difference determination by inert gases rebreathing

THURSDAY

8.30

LESSON 7

CPET and heart failure

9.30

WORKSHOP 7

Exercise test in patients (routine activity)

13.30

LESSON 8

CPET and pulmonary hypertension

14.30

LESSON 9

CPET and pacemakers

15.30

LESSON 10

Selected cases... what is the diagnosis?

FRIDAY

9.30

LESSON 11

CPET graph as a practical tool for CPET interpretation

9.30

WORKSHOP 8

Exercise test in patients (routine activity)

13.30

LESSON 12

Selected cases possibly proposed by attendees... what is the diagnosis?

14.30

Course examination and diploma ceremony