

Session Title

Exercise and Chronic Lung Disease: A Partnership for an Active Life!

Speaker:

Anne Swisher, PT, PhD, FAPTA

Kari DiVito PT, DPT, CCS

Session Description:

Breathlessness and other uncomfortable effects of chronic lung diseases often leads patients to avoid exercising. This invariably leads to a downward spiral of deconditioning and impaired function, as well as poor quality of life. By utilizing the best evidence-based guidelines to safely prescribe exercise programs, physical therapists can play a vital role in reversing these negative effects and helping patients of all ages participate in regular exercise.

Objectives:

1. Describe the role of exercise in obstructive and restrictive lung diseases and conditions (e.g. COPD, IPF, asthma, CF, PACS).
2. Discuss the impact of common pharmacologic agents on exercise responses in persons with lung disease across the lifespan.
3. Appropriately utilize the guidelines for PT management of supplemental oxygen during exercise.
4. Discuss exercise guidelines for persons with lung conditions across care settings (e.g. hospital, home care, community, recreation/athletics) as they apply to children, adolescents, adults, and older adults.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

Attendees will become familiar with clinical practice guidelines related to exercise for children and adults/older adults with various lung conditions, and how to apply them to patients in diverse care settings. They will also be familiar with the accepted guidelines for PT management of supplemental oxygen to ensure safe and most effective exercise training conditions.

Speaker Bios:

Anne Swisher PT, PhD, FAPTA is Professor and Director of Post-Professional Initiatives, WVU Division of Physical Therapy. She was a board-certified Cardiovascular and Pulmonary Clinical Specialist for 20 years. She has taught and provided physical therapy services for persons with complex medical conditions for over 35 years. She is a Catherine Worthingham Fellow of the APTA and twice a Fulbright Scholar. She is past Editor-in-Chief of the *Cardiopulmonary Physical Therapy Journal*.

Kari DiVito PT, DPT, CCS is Coordinator of the WVU/WVUMedicine Cardiovascular and Pulmonary Physical Therapy Residency. She is a board-certified Cardiovascular and Pulmonary Clinical Specialist at JW Ruby Memorial Hospital in Morgantown, West Virginia and has special expertise in the physical therapy management of critically ill patients. In 2023, the *Cardiopulmonary Physical Therapy Journal* published her Clinical Perspective where she offers mobility guidelines for management of those patients who require ECMO support.

References:

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