



4TH INTERNATIONAL CONFERENCE ON RESPIRATORY PHYSIOTHERAPY

CLINICAL EXPERTISE AIDED BY TECHNOLOGY:
HINTS FROM THE PAST TO BET ON THE FUTURE

LA TECNOLOGIA AL SERVIZIO DELLA CLINICA:
SUGGERIMENTI DAL PASSATO PER SCOMMETTERE SUL FUTURO

FINAL PROGRAM

2019

TREVISO, ITALY · BHR TREVISO HOTEL · **MARCH 21 - 23, 2019**

ORGANIZING SECRETARIAT AND PROVIDER ECM

Victory Project Congressi

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CONGRESS VENUE

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www.bhrtrevisohotel.com

FOR FURTHER INFORMATION

Please, visit the website:

www.arirassociazione.org

and follow us



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WELCOME

Dear colleagues, partners, patients and friends,
the **Associazione Riabilitatori dell'Insufficienza Respiratoria** (ARIR) is organising its own **4th congress in Treviso**, Italy, on next **March 21-23, 2019**. This congress offers the opportunity to meet colleagues from Europe and worldwide who are interested in enhancing knowledges and sharing experiences to improve Respiratory Care and promote applied technology development in our common field. Lecturers will share their clinical and practical experience at workshops, practical symposia and roundtable discussions. Creative and innovative issues in Respiratory Care will be presented during plenary sessions while in the exhibition hall will be shown to you the latest Respiratory Care technologies and related therapies.

Treviso is one of the most famous Italian cities in the North-East, rich in art and history, cradle of some of the best Italian enologic and gastronomic traditions and home of Prosecco wine.

We will be very pleased to welcome you in Treviso!

ARIR PROFILE

ARIR **has been founded in 1989 by a group of Physiotherapists** who want to be the voice of professionals who work in Respiratory Care and contribute to develop this profession ensuring high quality training and continuing medical education, aim to promoting discussion between those were working in Respiratory Physiotherapy and Pulmonary Rehabilitation. The multidisciplinary and Evidence-Based-Medicine approach are the preferred paradigms for pursuing the above objectives.

In the last 15 years, ARIR created significant branches of interaction and collaboration with associations involved in the field of Physiotherapy and Pulmonary rehabilitation. ARIR organizes continual medical education opportunities with the physiotherapists members of the **Società Italiana per lo studio della Fibrosi Cistica** (SIFC) and with the **Associazione Italiana Fisioterapisti** (AIFI). ARIR was a founder of the **European Respiratory Care Association** (ERCA) and since 2002 has been affiliated with the **American Association for Respiratory Care** (AARC) and the **Associazione Italiana Pneumologi Ospedalieri** (AIPO).

One other relevant initiative made by ARIR is the post-graduate first level master degree on Respiratory Physiotherapy and Pulmonary Rehabilitation, which is now at the thirteen edition and has trained more than 200 Italian and foreigner respiratory physiotherapists. This initiative contributes concretely to the commencement of this discipline in Italy.

PARALLEL SESSIONS

THURSDAY, MARCH 21, 2019

- 10.45 – 11.00 OPENING
- 11.00 – 11.30 **KEYNOTE LECTURE** – 30 YEARS OF ARIR: HISTORY AND EVOLUTION OF RESPIRATORY PHYSIOTHERAPY IN ITALY
- 11.30 – 13.15 **PLENARY SESSION** MULTIMORBIDITY, FRAILTY AND CHRONIC PULMONARY DISEASE: NEW CHALLENGES FOR PULMONARY REHABILITATION
- 13.30 – 14.30 **LUNCH WORKSHOPS**
- 14.30 – 15.30 COFFEE AND EXHIBITION HALL OPENING
- 15.30 – 16.30 **ROOM A** ORAL COMMUNICATIONS
ROOM B ORAL COMMUNICATIONS
ROOM C ORAL COMMUNICATIONS
ROOM D ORAL COMMUNICATIONS
- 16.30 – 18.30 **PLENARY SESSION** AIRWAY CLEARANCE TECHNIQUES: FINDING THE EVIDENCE
- 18.30 – 22.30 SCIENTIFIC HAPPY HOUR
BEST POSTER AND
BEST ORAL COMMUNICATION AWARD
HAPPY 30TH BIRTHDAY, ARIR!

FRIDAY, MARCH 22, 2019

- 08.00 – 08.45 **BREAKFAST WORKSHOPS**
- 09.00 – 11.00 **PLENARY SESSION** BEING PHYSIOTHERAPIST IN 2019: CURRENT NEWS AND PERSPECTIVES FOR PROFESSIONAL DEVELOPMENT
- 11.00 – 11.30 COFFEE BREAK AND VISIT TO THE EXHIBITION HALL
- 11.30 – 13.15 **PLENARY SESSION** NIV & SLEEP
- 13.30 – 14.30 **LUNCH WORKSHOP**

PARALLEL SESSIONS

- 14.30 – 16.30 **ROOM A** AIRWAY CLEARANCE IN ACTION
ROOM B HOME RESPIRATORY CARE INNOVATION/CHANGES
ROOM C THE OTHER SIDE OF CHRONICITY
ROOM D UNDERSTANDING VENTILATORS

PARALLEL SESSIONS

- 16.30 – 17.00 BREAK AND VISIT TO THE EXHIBITION HALL
- 17.00 – 18.00 **ROOM A** 1ST EDITION WORKSHOP 1
ROOM B 1ST EDITION WORKSHOP 2
ROOM C 1ST EDITION WORKSHOP 3
ROOM D 1ST EDITION WORKSHOP 4

SATURDAY, MARCH 23, 2019

PARALLEL SESSIONS

- 08.00 – 10.00 **PLENARY SESSION** EXERCISE: NEW TREATMENT PERSPECTIVES
- 10.00 – 11.00 **ROOM A** 2ND EDITION WORKSHOP 1
ROOM B 2ND EDITION WORKSHOP 2
ROOM C 2ND EDITION WORKSHOP 3
ROOM D 2ND EDITION WORKSHOP 4

PARALLEL SESSIONS

- 11.00 – 11.30 BREAK AND VISIT TO THE EXHIBITION HALL
- 11.30 – 13.30 **ROOM A** CYSTIC FIBROSIS
ROOM B REHABILITATION IN ICU
ROOM C TIPS AND TRICKS TO BUILD AND HANDLE TRAINING PROGRAMMES
ROOM D HIGHLIGHTS ON HIGH FLOW NASAL CANNULA (HFNC) OXYGEN THERAPY
- 13.30 – 14.30 FAREWELL LUNCH AND VISIT THE EXHIBITION HALL
- 14.30 – 16.45 **PLENARY SESSION** MANAGEMENT OF TRACHEOTOMIZED PATIENTS IN ICU
- 16.45 – 17.00 CONCLUSIONS
- 17.00 – 17.15 CLOSING REMARKS

09.00 – 10.45 REGISTRATION / REGISTRAZIONE DEI PARTECIPANTI

10.45 – 11.00 OPENING SESSION / APERTURA DEI LAVORI

11.00 – 11.30 **KEYNOTE LECTURE: 30 YEARS OF ARIR: HISTORY AND EVOLUTION OF RESPIRATORY PHYSIOTHERAPY IN ITALY / 30 ANNI DI ARIR: STORIA ED EVOLUZIONE DELLA FISIOTERAPIA RESPIRATORIA IN ITALIA**

Andrea Bellone, Marta Lazzeri, Giovanni Oliva

11.30 – 13.15 **PLENARY SESSION: MULTIMORBIDITY, FRAILTY AND CHRONIC PULMONARY DISEASE: NEW CHALLENGES FOR PULMONARY REHABILITATION / MULTIMORBILITÀ, FRAGILITÀ E PATOLOGIE RESPIRATORIE CRONICHE: NUOVE SFIDE IN RIABILITAZIONE**

ARIR/AIPO joint session / Sessione congiunta ARIR/AIPO

Chairmen: Bruno Balbi, Riccardo Drigo, Marta Lazzeri

11.30 – 11.50 Focus on frailty: pathophysiology and classification in the elderly population / Focus sulla fragilità: fisiopatologia e classificazione nella popolazione anziana *Emanuele Marzetti*

11.50 – 12.10 Frailty in chronic respiratory diseases / Fragilità e malattie respiratorie croniche *Ernesto Crisafulli*

12.10 – 12.30 How to identify and evaluate frailty in chronic respiratory patient: not just 6MW test! / Identificare e misurare la fragilità nel malato respiratorio cronico: non solo test del cammino! *Veronica Rossi*

12.30 – 12.50 Strategies for rehabilitation of fragile patient with respiratory disease / Strategie riabilitative per il paziente fragile con malattia respiratoria *Carla Simonelli*

12.50 – 13.15 Questions and answers / Discussione

13.30 – 14.30 **LUNCH WORKSHOPS**

ROOM A

packet lunch will be served inside the room
COLLECT YOUR COUPON!

Con il contributo di **Linde Medicale**

INTEGRATED RESPIRATORY HOMECARE SERVICE FOR PATIENTS WITH CHRONIC RESPIRATORY DISEASE / L'ASSISTENZA DOMICILIARE RESPIRATORIA INTEGRATA NEL PAZIENTE CON MALATTIE CRONICHE RESPIRATORIE

The Respiratory Physiotherapist's role in the integrated care service / Il ruolo del fisioterapista respiratorio nel servizio di cure integrate *Marta Lazzeri*

An Innovative home hospitalization model for fragile respiratory patients / Modello innovativo di ospedalizzazione domiciliare nel paziente fragile respiratorio *Simone Salvitti, Silvia Radaelli*

ROOM B

ROOM C

ROOM A

packet lunch will be
served inside the room
**COLLECT YOUR
COUPON!**

Con il contributo di **Fisher & Paykel Healthcare Italia**

STATE OF THE ART OF HUMIDIFIED HIGH FLOW / *LO STATO DELL'ARTE DELL'ALTO FLUSSO UMIDIFICATO*

In the acute patient / *Nel paziente acuto* **Andrea Bellone**

In the rehabilitation / *Nella riabilitazione* **Michele Vitacca**

In the chronic patient and at home / *Nel paziente cronico e al domicilio* **Giuseppe Fiorentino**

Con il contributo di **ResMed**

MOUTHPIECE VENTILATION: THE FIVE W RULE / *VENTILAZIONE A BOCCAGLIO: COME, QUANDO E PERCHÉ*

Vilma Donizetti

14.30 – 15.30 COFFEE AND EXHIBITION HALL OPENING / *CAFFÈ E APERTURA DELL'AREA ESPOSITIVA*

15.30 – 16.30 **ORAL COMMUNICATION SESSIONS**

AIRWAY CLEARANCE AND CHRONICITY

Chairmen: **Simone Gambazza, Pamela Frigerio**

Hospital staff knowledge and practical skills in inhaled aerosol therapy

Martina Santambrogio, Emilia Privitera, Marta Lazzeri, Paolo Tarsia, Riccardo Guarise, Marco Mantero

Milan, Florence - Italy

Objective adherence to use of mechanical airway clearance devices at home in an italian neuromuscular patients' cohort

Chiara Gallivanone, Andrea Lizio, Marino Iatomasi, Barbara Garabelli, Sara Lupone, Elena Mollar, Alice Pirola,

Fabrizio Rao, Elisa De Mattia - Milan - Italy

Improve preoperative rehabilitation for Cystic Fibrosis patients on waiting list for transplantation through the narration of the experience of patients already undergoing lung transplantation

Elena Balestri, Alice Zoli, Stefania Dall'Ara, Benedetta Mannozi, Maura Ambroni - Cesena, Bologna - Italy

Lung Volume Recruitment in Multiple Sclerosis Patients, a Preliminar Pilot Study

Cristiano Zanetti, Claudia Enrichi, Elisa Compagno, Valentina Marchetti, Maria Rosaria Stabile, Francesco Piccione

Venice - Italy

EXERCISE

Chairmen: *Mara Paneroni, Veronica Rossi*

Effectiveness of pulmonary rehabilitation programs in patients with severe asthma

Giuseppe Lo Bello, Elisabetta Zampogna, Francesca Cherubino, Elisabetta Fiore, Stefano Negri, Patrizia Pignatti, Laura Saderi, Giovanni Sotgiu, Antonio Spanevello, Dina Visca - *Tradate, Varese, Sassari, Pavia - Italy*

Relationship between Modified Shuttle Walking Test performance and lung function in adolescents with cystic fibrosis: a cross-sectional retrospective study

Eleonora Masi, Riccardo Guarise, Beatrice Ferrari, Chiara Degl'Innocenti, Matteo Masolini, Sofia Bizzarri, Diletta Innocenti *Florence - Italy*

Maximum nasal inspiratory muscle strength in healthy Chilean population between 18 and 25 years old.

Determination on normal values

Paula Mödinger R, Javiera Pérez A., Dany Sobarzo S.

Puerto Montt - Chile

Effects of high intensity interval inspiratory muscle training with imt threshold@ in copd: a randomized control trial

Piercarlo Nicoli, Francesco D'Abrosca

Brescia, Milan - Italy

NIV & SLEEP

Chairmen: *Francesco D'Abrosca, Luciana Ptacinsky*

A different approach to decannulation in spinal cord injury patients: the respiratory care in niguarda spinal cord unit

Petra Subert, Maurizio Sommariva, Ivan Chiusa - *Milan - Italy*

The use of CPAP after endoscopic procedures in the treatment of tracheal stenosis: a case series

Adriano Gesuele, Marta Lazzeri, Serena Conforti, Simone Gambazza - *Milan - Italy*

Pneumobelt: a safe and effective option to ventilate a patient with undrained pneumothorax

Vicentini L, Landoni CV, Grandi M, Donizetti V. - *Costamasnaga, CO - Italy*

INTENSIVE CARE

Chairmen: *Gabriela Ferreyra, Maurizio Sommariva*

Perception, experience and knowledge of Early Rehabilitation in Intensive Care Units in Rome: a survey

Simone Salvitti, Elena Repossini - Milan - Italy

Effects of an early respiratory physiotherapy techniques on spontaneous respiratory activity of preterm infants: preliminary results of a randomized controlled clinical trial

Alessia Di Polito, Arianna Del Vecchio, Anna Laura Vento, Sefora Celona, Laura Cricenti, Benedetta Campagnola, Giuliana De Angelis, Milena Tana, Patrizia Papacci, Paola Emilia Ferrara, Giovanni Vento - Rome - Italy

Quantification of subglottic secretions aspirated during a rapid flow expulsion maneuver in mechanically ventilated patients

Valentina Fassone, Salvatore Caiffa, Paolo Pelosi, Nicolò Patroniti, Simona Maiani - Genoa - Italy

Critical Illness Myopathy and Neuropathy in patients candidates for pulmonary rehabilitation

Valentina Giunta, Alessia Provenzano, Stefano Ungaro, Franco Pasqua - Nemi, RM - Italy

16.30 – 18.30 **PLENARY SESSION: AIRWAY CLEARANCE TECHNIQUES: FINDING THE EVIDENCE / TECNICHE DI DISOSTRUZIONE BRONCHIALE: QUALI EVIDENZE**

Chairmen: *Francesco D'Abrosca, Beatrice Ferrari*

16.30 – 16.50 Airway Clearance Techniques: from physiology to practice / *Tecniche di disostruzione bronchiale: dalla fisiologia alla pratica* *Michelle Chatwin*

16.50 – 17.10 Dealing with neuromuscular diseases: why and how to personalize airway clearance interventions? / *Malattie neuromuscolari: come e perché personalizzare le tecniche di disostruzione bronchiale?* *Miguel Gonçalves*

17.10 – 17.40 Dealing with bronchiectasis: why and how to personalize airway clearance interventions? / *Bronchiectasie: come e perché personalizzare le tecniche di disostruzione bronchiale?* *Stefano Aliberti, Angela Bellofiore*

17.40 – 17.55 News from technology: Electrical impedance tomography - EIT / *Novità dalla tecnologia: Tomografia ad impedenza elettrica - EIT* *Gabriela Ferreyra*

17.55 – 18.10 News from technology: lung ultrasound / *Novità dalla tecnologia: ecografia polmonare* *Cristian Benay*

18.10 – 18.30 Questions and answers / *Discussione*

18.30 – 22.30 **SCIENTIFIC HAPPY HOUR / APERITIVO SCIENTIFICO** (at the ground floor)

BEST POSTER AND BEST ORAL COMMUNICATION AWARD / PREMIAZIONE DEL MIGLIOR POSTER E DELLA MIGLIOR COMUNICAZIONE ORALE

HAPPY 30TH BIRTHDAY, ARIR! / FESTEGGIAMENTO DEI 30 ANNI DI ARIR

08.00 – 08.45 **BREAKFAST WORKSHOPS**ROOM A
ROOM Bbreakfast will be
served inside the room
**COLLECT YOUR
COUPON!**Con il contributo di **Philips**

AUTOMATICALLY ADJUSTED EPAP SYSTEM (THE PROMISE OF PRECISION MEDICINE?) /

UN SISTEMA AUTOMATICO PER MODULARE LA PRESCRIZIONE DELLA EPAP (LA PROMESSA DELLA MEDICINA
DI PRECISIONE?) *Michele Vitacca*Con il contributo di **Movi**Chairman: *Marta Lazzeri*

METANEB: A NEW DEVICE TO PREVENT POSTOPERATIVE RESPIRATORY COMPLICATIONS /

METANEB: UN NUOVO DEVICE PER LA PREVENZIONE DELLE COMPLICANZE RESPIRATORIE POSTOPERATORIE
*Sara Mariani, Emilia Privitera*09.00 – 11.00 **PLENARY SESSION: BEING PHYSIOTHERAPIST IN 2019: CURRENT NEWS AND PERSPECTIVES FOR
PROFESSIONAL DEVELOPMENT / ESSERE FISIOTERAPISTA NEL 2019: ATTUALITÀ E PROSPETTIVE DI
SVILUPPO DELLA PROFESSIONE****ARIR/AIFI JOINT SESSION / SESSIONE CONGIUNTA ARIR/AIFI**Chairmen: *Francesco D'Abrosca, Emilia Privitera*09.00 – 09.20 The team and the professional responsibility after the law Gelli-Bianco / *Il team e la responsabilità professionale
dopo la legge Gelli-Bianco* *Luca Benci*09.20 – 09.40 Respiratory physiotherapist: education, frameworks and roles. The long way to harmonization / *Fisioterapista
respiratorio: formazione, inquadramento e ruolo. La lunga strada per l'armonizzazione* *Kathleen Grant*09.40 – 10.00 Allied Health Professional regulatory bodies and the new national collective agreement: the challenge of specialized
competencies / *Ordini delle Professioni sanitarie e nuovo contratto nazionale: la sfida delle competenze specialistiche*
*Simone Cecchetto*10.00 – 11.00 **ROUND TABLE / TAVOLA ROTONDA***Luca Benci, Simone Cecchetto, Pamela Frigerio, Kathleen Grant, Dario Laquintana, Eduardo Salà*11.00 – 11.30 COFFEE BREAK AND VISIT TO THE EXHIBITION HALL / *COFFEE BREAK E VISITA ALL'AREA ESPOSITIVA*

11.30 – 13.15 **PLENARY SESSION: NIV & SLEEP / VENTILAZIONE E SONNO**Chairmen: *Vincenzo Patruno, Maurizio Sommariva*11.30 – 11.50 The transition from wakefulness to sleep: critical issues concerning breathing / *Il passaggio dalla veglia al sonno: criticità e considerazioni riguardo alla respirazione* *Lino Nobili*11.50 – 12.10 CPAP vs NIV in different clinical conditions / *CPAP vs NIV nei diversi scenari clinici* *Annalisa Carlucci*12.10 – 12.30 Management of Congenital Central Hypoventilation / *Le ipoventilazioni centrali congenite: come gestirle* *Niccolò Nassi*12.30 – 12.50 NIV: when the problem is the interface / *NIV: quando il problema è la maschera* *Andrea Lanza*12.50 – 13.15 Questions and answers / *Discussione*13.30 – 14.30 **LUNCH WORKSHOP**

AUDITORIUM

packet lunch
will be served
inside the roomCOLLECT YOUR
COUPON!Con il contributo di **Medical Products Research**ACTS: FLUID DYNAMICS IS THE KEY. UNDERSTAND THE MECHANISMS TO IDENTIFY THE BEST STRATEGY /
*ACTS: LA FLUIDODINAMICA È LA CHIAVE. CAPIRNE I MECCANISMI PER INDIVIDUARE LA MIGLIORE STRATEGIA**Michelle Chatwin, Francesca Serafini, Filip Van Ginderdeuren*14.30 – 16.30 **PARALLEL SESSIONS**

ROOM A

AIRWAY CLEARANCE IN ACTION / *DISOSTRUZIONE BRONCHIALE NELLA PRATICA CLINICA*Chairman: *Anna Brivio*14.30 – 14.50 Autogenic drainage according to the “breathing level and flow modulation” concept / *Drenaggio autogeno: i livelli di azione e la modulazione dei flussi* *Filip Van Ginderdeuren*14.50 – 15.10 How to evaluate ACT effectiveness? / *Come valutare l'efficacia delle tecniche di clearance?* *Simone Gambazza*15.10 – 15.30 Intrapulmonary and Chest Wall Oscillation: are they really effective and in which patients and which setting? Which outcome measures? / *Oscillazione della parete toracica e intra-polmonare: sono veramente efficaci e in quali pazienti e con quale setting? Quale esito della misurazione?* *Paolo Buonpensiero*15.30 – 15.50 Cough machine: let's debunk the myths: *Macchina della tosse: sfatiamo i miti* *Maurizio Sommariva*15.50 – 16.10 Airway Clearance Techniques in newborns and in children with obstruction or other upper airways abnormalities / *Tecniche di disostruzione nel bambino con stenosi tracheali e altre malformazioni delle vie aeree* *Beatrice Ferrari*16.10 – 16.30 Questions and answers / *Discussione*

ROOM B

HOME RESPIRATORY CARE INNOVATION/CHANGES / NOVITÀ NELLA GESTIONE DOMICILIARE
DEL PAZIENTE RESPIRATORIOChairman: *Pamela Frigerio*

- 14.30 – 14.50 Responsibilities and legal protection of the respiratory physiotherapist at home / *Responsabilità e tutele del fisioterapista respiratorio al domicilio* *Luca Benci*
- 14.50 – 15.10 Acclimatizing patients to exercise at home: new approaches to rehabilitation / *Il riadattamento allo sforzo nel paziente domiciliare: nuove strategie riabilitative* *Mara Paneroni*
- 15.10 – 15.30 Domiciliary NIV management: what is changing? / *NIV al domicilio: cosa sta cambiando?* *Luciana Ptacinsky*
- 15.30 – 15.50 Organization of Home Mechanical Ventilation: an integrated multidisciplinary program / *Pianificazione della ventilazione meccanica domiciliare: una gestione multidisciplinare* *Miguel Gonçalves*
- 15.50 – 16.30 Questions and answers / *Discussione*

ROOM C

THE OTHER SIDE OF CHRONICITY / L'ALTRA FACCIA DELLA CRONICITÀ

Chairman: *Marta Lazzeri*

- 14.30 – 14.50 An answer to chronicity: comparison of different healthcare management models / *Prese in carico della cronicità: differenze tra i vari modelli* *Francesco D'Abrosca*
- 14.50 – 15.10 How to describe chronicity / *Cronicità: valutazione degli indicatori e monitoraggio degli esiti* *Franco Pasqua*
- 15.10 – 15.30 Identity and management of chronically critical patient / *Il paziente cronicamente critico: chi è e come gestirlo* *Michele Vitacca*
- 15.30 – 15.50 An emerging population: children with medical complexity. Definition, epidemiology and respiratory care needs / *Una popolazione emergente: il bambino cronico complesso. Definizione, epidemiologia, bisogni riabilitativi respiratori* *Elisabetta Bignamini*
- 15.50 – 16.30 Questions and answers / *Discussione*

UNDERSTANDING VENTILATORS / *LEGGERE LA VENTILAZIONE*Chairman: *Sara Mariani*

- 14.30 – 14.50 Asynchronism and NIV effectiveness / *Asincronismi ed efficacia della NIV* *Annalisa Carlucci*
- 14.50 – 15.10 How ventilators' software can guide NIV setting / *Il contributo dei software dei ventilatori nel settaggio dei parametri*
Andrea Lanza
- 15.10 – 15.30 How polygraphy can help in setting NIV / *Il contributo della poligrafia nel settaggio dei parametri del ventilatore*
Vincenzo Patruno
- 15.30 – 15.50 Understanding ventilators: practical exercise / *Leggere la ventilazione: esercitazione pratica* *Annalisa Carlucci,*
Andrea Lanza, Vincenzo Patruno
- 15.50 – 16.30 Questions and answers / *Discussione*

16.30 – 17.00 BREAK AND VISIT TO THE EXHIBITION HALL / *PAUSA E VISITA ALL'AREA ESPOSITIVA*17.00 – 18.00 **PRACTICAL WORKSHOPS**

ROOM A 1ST EDITION WORKSHOP 1 Cardiopulmonary exercise testing to set up exercise training programmes: protocols and reference values / *Test da sforzo cardiopolmonare come guida ai programmi di riallenamento: protocolli di esecuzione ed indici di riferimento* *Mara Paneroni, Antonio Patessio*

ROOM B 1ST EDITION WORKSHOP 2 Non-invasive ventilation: looking into the "black box" with the lung simulator / *Ventilazione non-invasiva: dentro la "scatola nera" attraverso il simulatore polmonare* *Andrea Lanza, Maurizio Sommariva*

ROOM C 1ST EDITION WORKSHOP 3 First steps in lung ultrasound: another brick in the wall / *Muovere i primi passi con l'ecografia polmonare: un altro mattone sul muro* *Cristian Benay*

ROOM D 1ST EDITION WORKSHOP 4 Electrical Impedence Tomography (EIT): a new non-invasive methodology to evaluate pulmonary ventilation / *Tomografia ad impedenza elettrica: una nuova metodica non-invasiva di valutazione della ventilazione polmonare* *Gabriela Ferreyra*

08.00 – 10.00 **PLENARY SESSION: EXERCISE: NEW TREATMENT PERSPECTIVES / ESERCIZIO FISICO: NUOVE PROSPETTIVE DI TRATTAMENTO**

Chairmen: Simone Gambazza, Mara Paneroni

08.00 – 08.20 How to support training: oxygen, NIV, high flow and more... / *Sistemi di supporto all'allenamento: ossigeno, NIV, alto flusso e...* *Elisabetta Zampogna*

08.20 – 08.40 Interpreting numbers from field tests to build exercise training programmes / *Test da campo: formule e strategie per costruire programmi di allenamento* *Mara Paneroni*

08.40 – 09.00 Physiology as a guide for setting interval training / *Interval training: la risposta fisiologica a guida del corretto protocollo* *Ioannis Vogiatzis*

09.00 – 09.20 Exercise and cognitive functions in patients with chronic respiratory disease / *Esercizio fisico e funzioni cognitive: quale interazione nei pazienti con patologia respiratoria cronica?* *Renza Perini*

09.20 – 10.00 Questions and answers / *Discussione*

10.00 – 11.00 **PRACTICAL WORKSHOPS**

ROOM A 2ND EDITION WORKSHOP 1 Cardiopulmonary exercise testing to set up exercise training programmes: protocols and reference values / *Test da sforzo cardiopolmonare come guida ai programmi di riallenamento: protocolli di esecuzione ed indici di riferimento* *Antonio Patessio, Carla Simonelli*

ROOM B 2ND EDITION WORKSHOP 2 Non-invasive ventilation: looking into the "black box" with the lung simulator / *Ventilazione non-invasiva: dentro la "scatola nera" attraverso il simulatore polmonare* *Andrea Lanza, Maurizio Sommariva*

ROOM C 2ND EDITION WORKSHOP 3 First steps in lung ultrasound: another brick in the wall / *Muovere i primi passi con l'ecografia polmonare: un altro mattone sul muro* *Cristian Benay*

ROOM D 2ND EDITION WORKSHOP 4 Electrical Impedence Tomography (EIT): a new non-invasive methodology to evaluate pulmonary ventilation / *Tomografia ad impedenza elettrica: una nuova metodica non-invasiva di valutazione della ventilazione polmonare* *Gabriela Ferreyra*

11.00 – 11.30 BREAK AND VISIT TO THE EXHIBITION HALL / *PAUSA E VISITA ALL'AREA ESPOSITIVA*

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11.30 – 13.30 **PARALLEL SESSIONS****ROOM A**

CYSTIC FIBROSIS / *FIBROSI CISTICA*

ARIR/SIFC Joint Session / Sessione congiunta ARIR/SIFC

Chairman: *Elisabetta Bignamini e Simone Gambazza*

11.30 – 11.50 Telemedicine: is it useful for sustaining adherence to physiotherapy? / *Telemedicina: è uno strumento utile a favorire l'aderenza alla fisioterapia?* **Riccardo Guarise**

11.50 – 12.10 New devices on the market to clear the airways: how to choose? / *Nuovi device per la disostruzione bronchiale: come scegliere?* **Luigi Graziano**

12.10 – 12.30 Cystic Fibrosis in ICU: few things to know / *Fibrosi Cistica in Terapia Intensiva: alcune considerazioni* **Sara Mariani**

12.30 – 12.50 Different physios, different solutions? Guided shared experiences / *Fisioterapisti diversi, differenti approcci terapeutici? Esperienze condivise guidate* **Anna Brivio, Giulia Mamprin**

12.50 – 13.30 Questions and answers / *Discussione*

ROOM B

REHABILITATION IN ICU / *RIABILITAZIONE IN TERAPIA INTENSIVA*

Chairman: *Gabriela Ferreyra, Maurizio Sommariva*

11.30 – 11.50 Is it enough to make patients just move and walk? / *È sufficiente mobilizzare e far camminare il paziente?* **Eduardo Salà**

11.50 – 12.10 Evaluation of diaphragm strength in critical patients / *Valutazione della forza del diaframma nei pazienti critici* **Cristian Benay**

12.10 – 12.30 Highlights on lung transplantation / *Il punto sul trapianto polmonare* **Emilia Privitera**

12.30 – 12.50 Physiotherapy organisation in a University Hospital (CHUV-Lausanne) / *Organizzazione della Fisioterapia in un Ospedale Universitario (CHUV-Losanna)* **Kathleen Grant**

12.50 – 13.30 Questions and answers / *Discussione*

ROOM C

TIPS AND TRICKS TO BUILD AND HANDLE TRAINING PROGRAMMES / TRUCCHI E SUGGERIMENTI PER LA COSTRUZIONE E LA GESTIONE DEI PROGRAMMI DI ALLENAMENTO

Chairman: *Carla Simonelli*

- 11.30 – 11.50 Evaluating and managing dynamic hyperinflation during physical exercise / Iperinflazione dinamica durante esercizio fisico: come indagarla e come gestirla *Ioannis Vogiatzis*
- 11.50 – 12.10 Periodization and training volume: the best mix in training programmes for respiratory patients / Periodizzazione e volume di allenamento: Il giusto mix nei programmi di allenamento dei pazienti con patologia respiratoria *Veronica Rossi*
- 12.10 – 12.30 How do we evaluate and train patients with cognitive impairment? / Come valutiamo e alleniamo il paziente con associato deterioramento cognitivo? *Antonella Sanniti*
- 12.30 – 12.50 Behavior therapy during pulmonary rehabilitation: models and experiences / Terapia comportamentale durante la riabilitazione polmonare: modelli ed esperienze *Massimo Succu*
- 12.50 – 13.30 Questions and answers / Discussione

ROOM D

HIGHLIGHTS ON HIGH FLOW NASAL CANNULA (HFNC) OXYGEN THERAPY / IL PUNTO SULL'OSSIGENO TERAPIA UMIDIFICATA AD ALTI FLUSSI

Chairman: *Mara Paneroni*

- 11.30 – 11.50 Physiologic effects of HFNC / Effetti fisiologici dell'HFNC *Gabriela Ferreyra*
- 11.50 – 12.10 Which patients can benefit from HFNC / HFNC: per quali pazienti è utile? *Paolo Banfi*
- 12.10 – 12.30 HFNC vs NIV: which is the best option? / HFNC vs NIV: qual è la miglior scelta? *Paolo Navalesi*
- 12.30 – 12.50 Tricks and traps for HFNC from indication to application? / Trucchi e trappole per la HFNC dall'indicazione all'applicazione *Marta Lazzeri*
- 12.50 – 13.30 Questions and answers / Discussione
- 13.30 – 14.30 FAREWELL LUNCH AND VISIT THE EXHIBITION HALL / PRANZO D'ARRIVEDERCI E VISITA DELL'AREA ESPOSITIVA

- 14.30 – 16.45 **PLENARY SESSION: MANAGEMENT OF TRACHEOTOMIZED PATIENTS IN ICU / LA GESTIONE DEL PAZIENTE TRACHEOSTOMIZZATO IN TERAPIA INTENSIVA**
Chairmen: Gabriela Ferreyra, Maurizio Sommariva, Andrea Vianello
- 14.30 – 14.50 Tracheal cannula and work of breathing / *Cannula tracheostomica e lavoro respiratore*
Piero Ceriana
- 14.50 – 15.10 Non invasive ventilation and weaning: indications and limits / *Indicazioni e limiti della NIV per facilitare lo svezzamento e ridurre i tempi della ventilazione invasiva*
Paolo Navalesi
- 15.10 – 15.30 Early Clinical Decannulation protocols in unweanable patients / *Protocolli clinici di decannulizzazione in pazienti non svezzabili* *Miguel Gonçalves*
- 15.30 – 15.50 Airway ultrasound: use and applications / *Ecografia delle vie aeree: uso ed applicazioni*
Cristian Benay
- 15.50 – 16.45 Questions and answers / *Discussione*
- 16.45 – 17.00 CONCLUSIONS / *CONCLUSIONI*
- 17.00 – 17.15 CLOSING REMARKS / *CHIUSURA DEI LAVORI*

SCIENTIFIC INFORMATION

LANGUAGE

Italian and English are both official languages of the Congress. Simultaneous translation (English/Italian) will be available only in the Auditorium, during Plenary Sessions.

COMPUTER CENTER

Speakers are kindly requested to use .ppt files. A Computer Center will be available in the Congress Area at the first floor. To allow a smooth running of sessions, Speakers are requested to contact this center and deliver a copy of their material by CD, memory card or pendrive, at least one hour before the beginning of their session or the previous afternoon for the morning ones.

ECM ACCREDITATION

The program of the 4th International Conference on Respiratory Physiotherapy has been accredited with 5,7 credits for the following professions and specialities: physician (pneumologist, anesthesist, pediatric, cardiologist, neurologist, heart surgeon, general surgeon, pediatric surgeon, thoracic surgeon, vascular surgeon, neurosurgeon), nurse and physiotherapist.

POSTER SESSION

Selected posters will be displayed in the Congress Area throughout the Meeting. Authors will be in front of their poster for Q&A on Thursday March 21 from 18.30 to 20.00.

Selected abstracts will be presented as oral communication on Thursday March 21 from 15:30 to 16:30.

Best Poster and Best Oral Communication Award will be held on Thursday March 21 at 18:30 during the Scientific Happy Hour.

CERTIFICATE OF ATTENDANCE

A certificate of attendance will be given to all registered participants upon presentation of their badge at the Secretariat Desk on Saturday March 23, 2019.

POSTER SESSION

P1. The assessment of the Peak of Reflex Cough in patients with Acquired Brain Injury and tracheostomy

Claudia Enrichi, Cristiano Zanetti, Isabella Koch, Irene Battel
Venezia, Lido di Venezia - Italy

P2. Diaphragmatic muscle sonography in the physiotherapist clinical practice as functional assessment of the cardio-respiratory patient subject to rehabilitation treatment

Angelo Longoni, Mariele Vago, Dionigi Mangiacasale, Paolo Pozzi, Albino De Marco, Laura Cattaneo, Francesca Perin, Antonio Paddeu
Cantù, Varese - Italy

P3. Effects of an early respiratory physiotherapy techniques on spontaneous respiratory activity of preterm infants: preliminary results of a randomized controlled clinical trial

Alessia Di Polito, Arianna Del Vecchio, Anna Laura Vento, Sefora Celona, Laura Cricenti, Benedetta Campagnola, Giuliana De Angelis, Milena Tana, Patrizia Papacci, Paola Emilia Ferrara, Giovanni Vento
Roma - Italy

P4. Improve preoperative rehabilitation for Cystic Fibrosis patients on waiting list for transplantation through the narration of the experience of patients already undergoing lung transplantation

Elena Balestri, Alice Zoli, Stefania Dall'Ara, Benedetta Mannozi, Maura Ambroni
Cesena, Bologna - Italy

P5. Case report: Evidence-Based respiratory physiotherapy (EBP) in a pediatric patient with Pompe disease

Salvatore Andrea Sciurello, Vincenza Bellia
Catania - Italy

P6. Quick resolution of complete atelectasis with ipv: a pediatric case report

Donizetti V, Ambrosoni P, Merazzi D, Sforzini C, Vicentini L, Landoni CV, Grandi M
Como - Italy

P7. Pneumobelt: a safe and effective option to ventilate a patient with undrained pneumothorax

Vicentini L, Landoni CV, Grandi M, Donizetti V.
Costamasnaga, CO - Italy

P8. KALOS device in SMA patients: a case report

Negri L., Pilatone L
Torino - Italy

P9. Relationship between swallowing and respiratory function in patients with severe post-haemorrhagic acquired brain injuries

Marcella Oleari, Rossella Masini, T Fava, G. Barsotti
Lido di Camaiore, LU - Italy

P10. Effectiveness of pulmonary rehabilitation programs in patients with severe asthma

Giuseppe Lo Bello, Elisabetta Zampogna, Francesca Cherubino, Elisabetta Fiore, Stefano Negri, Patrizia Pignatti, Laura Saderi, Giovanni Sotgiu, Antonio Spanevello, Dina Visca

Tradate, Varese, Sassari, Pavia - Italy

P11. Effects of high intensity interval inspiratory muscle training with imt threshold® in copd: a randomized control trial

Piercarlo Nicoli, Francesco D'Abrosca

Brescia, Milano - Italy

P12. Objective adherence to use of mechanical airway clearance devices at home in an italian neuromuscular patients' cohort

Chiara Gallivanone, Andrea Lizio, Marino Iatomasi, Barbara Garabelli, Sara Lupone, Elena Mollar, Alice Pirola, Fabrizio Rao, Elisa De Mattia

Milano - Italy

P14. Improvement of exercise tolerance in the elderly using stairs

Antonio Di Patria

Caserta - Italy

P15. Pleural effusion in the elderly after cardiac surgery

Antonio Di Patria

Caserta - Italy

P16. Respiratory rehabilitation before cardiac surgery

Antonio Di Patria

Caserta - Italy

P17. Restraining syndrome after cardiac surgery

Antonio Di Patria

Caserta - Italy

P18. Management of the airway in the tracheostomy patient in critical areas: a comparison of two devices for a pilot study

Chiara Blardone, Laura Cavanna, Michele Bertoni, Paolo Severgnin

Varese - Italy

P19. Use of high frequency chest wall oscillation (HFCWO) and Mechanical In-Exsufflation (MI-E) in patient with Motor Neurone Disease (MND) and chronic obstructive pulmonary disease (COPD)

Liam Campbell

Newcastle Upon Tyne - UK

P20. Use of cyclical sigh in long-term non-invasive ventilation (NIV) as adjunct to control hypercapnia in patients with chronic obstructive pulmonary disease (COPD).

Liam Campbell, Alison Armstrong

Newcastle Upon Tyne - UK

P21. Incidence of chest infections (CI) in patients with neuromuscular disease (NMD) within 2 weeks of commencement of Non-invasive Ventilation (NIV) or Mechanical In-Exsufflation (MI-E)

Liam Campbell, Ben Messer

Newcastle Upon Tyne - UK

P22. Use of mouthpiece ventilation (MPV) to support rehabilitation in patient with bilateral diaphragm paralysis (BDP) due to phrenic nerve injury (PNI) post lung transplantation

Liam Campbell, Rachel De' Giovanni

Newcastle Upon Tyne - UK

P23. Short-term effectiveness of the expiratory flow accelerator (efa) on the pulmonary hyperinsufflation: a case report

Musella S., Sciarrillo E., Stefanelli F., Di Giorgio A., Lanza M., Cauteruccio R., Annunziata A., Meoli I

Napoli - Italy

P24. Using the 6-minute walk test to set up a rehabilitation program in cardiological patients: review of the literature

Veronica Polelli, Russo Alessandra, Zanotti Giulia

Rozzano, Vigevano - Italy

P25. Maximum nasal inspiratory muscle strength in healthy Chilean population between 18 and 25 years old. Determination on normal values

Paula Mödinger R, Javiera Pérez A., Dany Sobarzo S.

Puerto Montt - Chile

P26. Lung Volume Recruitment in Multiple Sclerosis Patients, a Preliminary Pilot Study.

Cristiano Zanetti, Claudia Enrichi, Elisa Compagno, Valentina Marchetti, Maria Rosaria Stabile, Francesco Piccione

Venice - Italy

P27. Respiratory Physiotherapy on Multiple Sclerosis, "Lung Volume Recruitment: a Case Report as Start Up for a New Experimental Protocol".

Cristiano Zanetti, Claudia Enrichi, Valentina Marchetti, Maria Rosaria Stabile, Francesco Piccione

Venice - Italy

P28. Efficacy of Manual Chest Physiotherapy in Patients with Acute Respiratory Failure: a Meta-analysis of Randomized Clinical Trials

Antonella Giffone, Mara Taddei, Mauro Di Bari

Florence - Italy

P29. PCEF differentiates safe versus unsafe swallowers in motor neuron disease. Does it?

Alice Pirola, Marino Iatomasi, Andrea Lizio, Daniela Ginocchio, Michela Moretti, Elisa De Mattia, Elisabetta Roma, Fabrizio Rao, Christian Lunetta, Valeria Sansone

Milan - Italy

P30. Early physiotherapy in intubated patient, case series

Silvio Santini, Giulia Montigiani, Davide Papi

Florence - Italy

P31. Rehabilitation intervention in the critical patient: case report ards-organized pneumonia

S.Santini, A.Drago, D.Gallinari, A.Zito, M.Bonizzoli, A.Peris

Florence - Italy

P32. Feasibility and adherence to a telemedicine program in patients with Cystic Fibrosis: a cross-sectional retrospective study

Sofia Bizzarri, Riccardo Guarise, Diletta Innocenti, Beatrice Ferrari

Florence - Italy

P33. Effective decannulation in high-level spinal cord injury with diaphragm pacing: a case report

Petra Subert , Maurizio Sommariva, Ivan Chiusa

Milan - Italy

P34. A different approach to decannulation in spinal cord injury patients: the respiratory care in niguarda spinal cord unit

Petra Subert , Maurizio Sommariva, Ivan Chiusa

Milan - Italy

P35. Relationship between Modified Shuttle Walking Test performance and lung function in adolescents with cystic fibrosis: a cross-sectional retrospective study

Eleonora Masi, Riccardo Guarise, Beatrice Ferrari, Chiara Degl'Innocenti, Matteo Masolini, Sofia Bizzarri, Diletta Innocenti

Florence - Italy

P36. Experimental project for relief and home rehabilitation in patients with neuromotor degenerative disability

Mantovani M.E, Di Vincenzo L., Bigazzi L., Del Rio Y.I., Dottorini M.

Perugia - Italy

P37. Use of t-piece with peep-valve and deflated cuff in a tracheotomized patient with tracheal bulging: a case report

Montigiani Giulia, Papi Davide, Bucciardini Luca, Senzi Angelo

Florence - Italy

P38. The impact of respiratory Physical Therapist (PT) regular assistance in Intensive Care Unit (ICU) : comparative review

Montigiani Giulia, Santini Silvio, Papi Davide

Florence - Italy

P39. Quantification of subglottic secretions aspirated during a rapid flow expulsion maneuver in mechanically ventilated patients

Valentina Fassone, Salvatore Caiffa, Paolo Pelosi, Nicolò Patroniti, Simona Maiani

Genoa - Italy

P40. Tracheotomy handling in a patient affected by iatrogenic pharyngeal dissection: a case report

Davide Papi, Silvio Santini, Giulia Montigiani

Florence - Italy

P41. Knowledge of a sample of general population on obstructive sleep apnea syndrome

Tina Marie Falls, Martina Santambrogio, Marta Lazzeri, Tiziana Piana

Milan - Italy

P44. Hospital staff knowledge and practical skills in inhaled aerosol therapy

Martina Santambrogio, Emilia Privitera, Marta Lazzeri, Paolo Tarsia, Riccardo Guarise, Marco Mantero

Milan, Florence - Italy

P45. The use of CPAP after endoscopic procedures in the treatment of tracheal stenosis: a case series

Adriano Gesuele, Marta Lazzeri, Serena Conforti, Simone Gambazza

Milan - Italy

P46. Home management of the tracheostomy child: an educational guide to support the "Good Clinical Practice"

Ilaria Bastoni, Beatrice Ferrari, Stefania Cozza, Vincenzo Abagnale, Maurizio De Martino

Rome, Florence - Italy

P47. Perception, experience and knowledge of Early Rehabilitation in Intensive Care Units in Rome: a survey

Simone Salvitti, Elena Repossini

Milan - Italy

P48. Home rehabilitation after a COPD exacerbation: avoid rehospitalizations with a chair, a staircase and a hallway. A case report

Simone Salvitti

Milan - Italy

P49. Monitoring physical activity in cardiac and respiratory patients with the accelerometer fitbit alta HR®

Stefano Belli, Riccardo Borghi, Davide Cattaneo, Savio Gloria, Prince Ilaria, Marcassa Claudio, Bruno Balbi

Veruno, NO - Italy

P50. Validation study of a protocol for airway clearance in patients with ineffective cough

Belli Stefano, Cattaneo Davide, Masocco Francesca, Peroni Mario, Maggioni Giorgio, Marcassa Claudio, Bruno Balbi

Veruno, NO - Italy

P51. Pulmonary rehabilitation after lung transplantation: development of a protocol

Paracchini Elena, Belli Stefano, Gasparoli Rebecca, Cattaneo Davide, Paolo Solidoro, Massimo Boffini, Balbi Bruno

Veruno, NO - Torino - Italy

P52. Critical Illness Myopathy and Neuropathy in patients candidates for pulmonary rehabilitation

Valentina Giunta, Alessia Provenzano, Stefano Ungaro, Franco Pasqua

Nemi, RM - Italy

P53. The diaphragmatic mobility assessments with M-mode Ultrasonography. A case series

Camilo Corbellini, Saverio Tavella

Piossasco, TO - Italy



SCIENTIFIC HAPPY HOUR

Thursday March 21 at 18:30 - 22:30

After the Awards Ceremony
of the best poster
and oral communication a

CELEBRATION COCKTAIL will follow
for the **30th Anniversary of ARIR**,
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CONGRESS VENUE

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SECRETARIAT ON SITE

Secretariat and Registration Desk at Congress Venue will be on duty from Thursday March 21 through 23. Opening hours:

March 21 from 09.00 to 18.30

March 22 from 07.30 to 19.00

March 23 from 07.30 to 17.15

ADMISSION

Participants are kindly requested to wear their badges during the Congress Activities.

INSURANCE

The Congress Organisation cannot accept liability for personal injuries occurred, or for loss or damage to property belonging to

Congress Participants, either during or as result of the Congress' participation and activities. Please check the validity of your personal insurance.

NO SMOKING

Smoking in the Congress Venue is not allowed.

REGISTRATION

REGISTRATION FEES

(vat 22% included)

FULL REGISTRATION ARIR MEMBERS € 310,00

FULL REGISTRATION NO MEMBERS € 390,00

ONE DAY REGISTRATION ARIR MEMBERS € 150,00

ONE DAY REGISTRATION NO MEMBERS € 230,00

PHYSIOTHERAPY STUDENTS € 80,00

FULL REGISTRATION INDUSTRY (not having a stand) € 170,00

ONE DAY REGISTRATION INDUSTRY

(not having a stand) € 90,00

Only registered participants are allowed to attend the Scientific Sessions.

The registration fee includes:

- Admission to the Scientific Sessions
- Scientific Happy Hour
- Congress kit



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(update to March 11, 2019)

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