

# Cardiopulmonary Exercise Testing (CPET) and Body Plethysmography Workshop

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First in Caraga – A Training-Workshop on Cardiopulmonary Exercise Testing (CPET) and Body Plethysmography was conducted last February 27 to March 4, 2025 at the Adela Serra Ty Memorial Medical Center (ASTMMC) in collaboration with experts from Vicente Sotto Memorial Medical Center (VSMMC) and Northern Mindanao Medical Center (NMMC).

The ASTMMC Physical and Rehabilitation Medicine Unit and Pulmonary Medicine Unit worked alongside the VSMMC CPET Team composed of specialists in Rehab Medicine, Pulmonology and Cardiology, led by Dr. Lohindren Adorable, to operationalize and capacitate the medical staff of ASTMMC for CPET and receive updates on body plethysmography testing.

Over the 5-day workshop, participants engaged in a combination of interactive lectures, demonstrations, and supervised practical sessions. Participants learned how CPET results can be integrated into cardiac rehabilitation,



*Dr. Lohindren Adorable gives an overview and introduction to the 5-day workshop.*



*Dr. Ma. Luisa Palabrica from NMMC discusses basic interpretation of CPET results*

pulmonary rehabilitation, and sports conditioning programs. Additionally, doctors, respiratory technicians, and physical therapists from ASTMMC gained valuable insights into the physiological basis of CPET, its significance, and the calibration and quality control processes necessary to maintain equipment accuracy and avoid potential errors.

The output of the successful collaboration will significantly and highly contribute towards ASTMMC's mission of enhancing the health and welfare of Caraganons, and vision of becoming an apex hospital in the Caraga region.



*A cardiac patient undergoing cardiopulmonary exercise testing to evaluate his current functional limitations.*



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*Dr. Rhoel Dejaño from VSMMC sharing his expertise in sports medicine and how to incorporate the CPET results to improve an athlete's performance.*



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*An athlete undergoing cardiopulmonary exercise testing to translate the results into an exercise program to improve his performance.*



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*The speakers and participants of the CPET workshop in Adela Serra Ty Memorial Medical Center.*