Program Day 1

Thursday 3rd November 2016

0815 – 0915 Registration and breakfast

9:15 – 9:45 Plenary I+II
Welcome
Rasmus Gormsen Hansen (DK)
Chairman Nordic Congress for Cardio and Respiratory Physiotherapy 2016

9:45 – 11:00 Plenary I+II
Key note lectures
Chairs: Barbara Brocki (DK), Margrethe Smidth (DK)

9:45 – 10:20 Pulmonary rehabilitation: past, present and future
Professor Dina Brooks, BScPT, MSc, PhD
Canadian Department of Health Sciences, University of Toronto, Canada

10:25 – 11:00 Cardiac rehabilitation: past, present and future
Professor Åsa Cider, PT, PhD
Department of Health and Rehabilitation, University of Gothenburg, Sweden

11:00 – 11:20 Break in Exhibition area

11:20 – 12:40 Plenary I+II
Oral presentations - SESSION I
Chairs: Monika F Olsén (SE), Henrik Hansen (DK)
O-I-4, O-I-8, O-I-12, O-I-15, O-I-17

12:40 – 14:00 Lunch and exhibitions

14:00 – 15:15 Plenary I+II
Oral presentations - SESSION II
Chairs: Birgitta B Nilsson (NO), Margrethe Smidth (DK)
O-II-10, O-II-11, O-II-18, O-II-19, O-II-21

15:15 – 15:45 Break in Exhibition area

15:45 – 16:40 Plenary I
Speaker presentation - RESPIRATORY TRACK
Chairs: Rasmus Gormsen Hansen (DK), Lue Philipsen (DK)

  What can we do to enhance pulmonary rehabilitation
Professor Dina Brooks (CA)
15:45 – 16:40  **Kronborg 8**  
**Speaker presentation – CARDIAC TRACK**  
*Chairs: Barbara Brocki (DK), Linette Kofod (DK)*

Cardiac Rehabilitation  
*Professor Åsa Cider (SE)*

16:40 – 17:10  **Focused networking sessions**

**Plenary I**  
Airway clearance techniques  
*Lou Phillipsen (DK)*

**Plenary II**  
Implementation of COPD rehabilitation  
*Bente Frisk (NO) and Margrethe Smidth (DK)*

**Kronborg 8**  
High-intensity exercise based cardiac rehabilitation  
*Birgitta B Nilsson (NO)*

**Kronborg 8**  
Preoperative training  
*Monika F Olsén (SE) and Barbara Brocki (DK)*

17:10 – 17:40  **Focused networking sessions**

**Plenary I**  
Airway clearance techniques  
*Lou Phillipsen (DK)*

**Plenary II**  
Implementation of COPD rehabilitation  
*Bente Frisk (NO) and Margrethe Smidth (DK)*

**Kronborg 8**  
High-intensity exercise based cardiac rehabilitation  
*Birgitta B Nilsson (NO)*

**Kronborg 8**  
Preoperative training  
*Monika F Olsén (SE) and Barbara Brocki (DK)*

19:00 - ?  **Conference dinner – Hotel Marienlyst**
Program Day 2

Friday 4th November 2016

8:15 - 8:45  Focused networking sessions

**Plenary I+II**
Inhalation techniques in respiratory physiotherapy
_Ewa-Lena Johansson (SE)_

**Kronborg 8**
Physiotherapy in the intensive care
_Maria Sehlin (SE)_

**Kronborg 8**
Use of digital media in COPD rehabilitation
_Henrik Hansen (DK)_

8:45 - 9:15  Focused networking sessions

**Plenary I+II**
Inhalation techniques in respiratory physiotherapy
_Ewa-Lena Johansson (SE)_

**Kronborg 8**
Physiotherapy in the intensive care
_Maria Sehlin (SE)_

**Kronborg 8**
Use of digital media in COPD rehabilitation
_Henrik Hansen (DK)_

9:15 – 10:35  Plenary I+II

**Speaker presentations**
_Chairs: Rasmus Gormsen Hansen (DK), Barbara Brocki (DK)_

9:15 - 9:35  Challenges in implementing multidisciplinary cardiac rehabilitation
_Professor Ann-Dorthe Zwisler, MD, Head of Centre_  
_Danish Knowledge Centre for Rehabilitation and Palliative Care, Denmark_

9:35 – 10:05  Respiratory physiology and physiotherapy in chronic hypersecretion
_Jann Mortensen, Associate Professor, MD_  
_Department of Clinical Physiology, Nuclear Medicine and PET, Rigshospitalet, Denmark_

10:05 – 10:35  How does palliation fits in cardiovascular and respiratory diseases?
_Professor Ann-Dorthe Zwisler (DK)
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>10:35 – 10:50</td>
<td>Break in Exhibition area</td>
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<td>10:50 – 11:30</td>
<td><strong>Plenary I+II</strong></td>
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<td><strong>Poster presentations - SESSION I</strong></td>
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<td><em>Chairs: Åsa Cider (SE), Margrethe Smidth (DK)</em></td>
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<td>P-I-3, P-I-6, P-I-7, P-I-9, P-I-13, P-I-16, P-I-20</td>
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<td>11:30 – 12:15</td>
<td><strong>Plenary I+II</strong></td>
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<td><strong>Oral presentations - SESSION III</strong></td>
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<td><em>Chairs: Bente Frisk (NO), Linette Kofod (DK)</em></td>
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<td>O-III-2, O-III-5, O-III-14</td>
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<td>12:15 – 13:15</td>
<td>Lunch and visits to exhibitions</td>
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<td>13:15 – 13:45</td>
<td><strong>Plenary I+II</strong></td>
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<td>Meet the professors</td>
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<td>How to start a project</td>
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<td>13:45 – 14:15</td>
<td><strong>Sponsor workshops</strong></td>
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<td>14:15 – 14:30</td>
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<td><em>Chairs: Barbara Brocki (DK), Margrethe Smidth (DK)</em></td>
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<td>14:30 – 15:15</td>
<td>Interval training versus continuous training in chronic diseases</td>
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<td>Åsa Cider (SE) and Birgitta Blakstad Nilsson (NO)</td>
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<td>15:15 – 15:45</td>
<td>Patients’ preference for exercise setting – does it influence the health</td>
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<td>benefits gained from exercise-based cardiac rehabilitation?</td>
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<td>Lars Hermann Tang, PT, PhD. Fellow,</td>
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<td>CopenHeart, Københavns Universitet, Denmark</td>
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<td>15:45 – 16:00</td>
<td>Short break</td>
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<td>16:00 – 16:30</td>
<td><strong>Plenary I+II</strong></td>
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<td><strong>Closing and rewards</strong></td>
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<td><em>Rasmus Gormsen Hansen (DK)</em></td>
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<td><em>Chairman Nordic Congress for Cardio and Respiratory Physiotherapy 2016</em></td>
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Timetable presentations

Thursday 3rd November 2016

11:20 – 12:35
Plenary I+II
Oral presentations - SESSION I
Chairs: Monika F Olsén (SE), Henrik Hansen (DK)

11:20  **O-I-4**
Maintenance of physical activity and health outcomes after long-term telerehabilitation in COPD
*Hanne Hoaas (NO)*

11:35  **O-I-8**
7 versus 12 weeks of exercise in hospital based COPD rehabilitation. Does it make a difference?
*Jannie Bloch-Nielsen (DK)*

11:50  **O-I-12**
Results of long term optimized physiotherapy on quality of life and activity hours
*Lue Philipsen (DK)*

12:05  **O-I-15**
Short and long term effect of water vs land based pulmonary rehabilitation on health related quality of life and exercise capacity in patients with COPD
*Mona Lund Veie (NO)*

12:20  **O-I-17**
Does an 8-week homebased exercise programme affect physical capacity, quality of life, sick leave and use of psychoactive drugs in patients with pulmonary embolism?
*Nanna Rolving (DK)*
Thursday 3rd November 2016

14:20 – 15:15
Plenary I+II
Oral presentations - SESSION II
Chairs: Birgitta B Nilsson (NO), Margrethe Smidth (DK)

14:00  O-II-10
Respiratory physiotherapy – a clinical guideline
Linette Marie Kofod (DK)

14:15  O-II-11
Experiences from a support group for patients with COPD – in a health promotion perspective
Lise Bernhard (DK)

14:30  O-II-18
Respiratory muscle strength is not affected two weeks and six months following lung cancer surgery
Barbara Brocki (DK)

14:45  O-II-19
Self-reported physical activity in patients with systemic sclerosis – a pilot study
Henrik Petterson (SE)

15:00  O-II-21
The Impact of Body Position on Peak Expiratory Flow in Healthy Adult Individuals: a Systematic Review
Ingunn Marie Andersson (NO)
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<th>Time</th>
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<th>Title</th>
<th>Speaker(s)</th>
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<tr>
<td>10:50</td>
<td><strong>P-I-3</strong></td>
<td>Exercise Training in Tele-based Rehabilitation for Patients with COPD</td>
<td>Claus Riber Petersen (DK)</td>
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<td>10:55</td>
<td><strong>P-I-6</strong></td>
<td>This study investigates trends in leisure time physical activity</td>
<td>Henrik Hansen (DK)</td>
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<td>11:00</td>
<td><strong>P-I-7</strong></td>
<td>Preoperative identification of patients at risk for postoperative pulmonary complications after thoracic or abdominal surgery - development of an algorithm</td>
<td>Janne Hastrup Jensen (DK)</td>
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<td>11:05</td>
<td><strong>P-I-9</strong></td>
<td>Preliminary results from implementation of a rare Danish physiotherapy service; Dysfunctional breathing assessment and treatment</td>
<td>Karen Hjerrild Andreasson (DK)</td>
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<td>11:10</td>
<td><strong>P-I-13</strong></td>
<td>Effects of individual tailored physiotherapy on physical capacity and lung function</td>
<td>Lue Philipsen (DK)</td>
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<td>11:15</td>
<td><strong>P-I-16</strong></td>
<td>Evaluation of pressure generated by resistors from different positive expiratory pressure devices</td>
<td>Monika Fagevik Olsén (SE)</td>
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<td>11:20</td>
<td><strong>P-I-20</strong></td>
<td>Reduced physical capacity in patients with systemic sclerosis regardless of degree of lung impairment</td>
<td>Henrik Petterson (SE)</td>
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Friday 4th November 2016

11:30 - 12:15
Plenary I+II
Oral presentations - SESSION III
Chairs Bente Frisk (NO), Linette Kofod (DK)

11:30  O-III-2
Empowered to gain new foothold in life – a Danish study of patients’ experiences of cardiac rehabilitation
Charlotte Simon (DK)

11:45  O-III-5
Physical activity - A treatment for erectile dysfunction
Helle Gerbild (DK)

12:00  O-III-14
We are just like everyone else, aren’t we?....Except from when we cough – Adolescents with Cystic fibrosis experience with airway clearance techniques
Marjon van Weele (NO)