FEDERAL UNIVERSITY OF SÃO CARLOS FOUNDATION

GRADUATE PROGRAM IN PHYSIOTHERAPY – PPGFt/CCBS/R

COURSE CHARACTERIZATION FORM

Graduate Program: Physiotherapy

Course Code: FIT-203

Credits: 4

Course Title: Assessment and Intervention Processes in Cardiovascular and Respiratory Physiotherapy

Start of Validity: 2025 – 1st Semester

Justification

This course evolved as part of the restructuring of the PPGFT curriculum.

Course Workload

Theoretical Classes: 48 hours

Practical Classes: 12 hours

Exercises/Seminars: Not applicable

Course Syllabus

This course addresses advanced topics related to different methods of assessment and physiotherapeutic intervention within the context of Cardiovascular and Pulmonary Rehabilitation across different populations and practice settings. Its objective is to qualify graduate students regarding assessment methods and physiotherapeutic procedures in the field of Cardiovascular and Respiratory Physiotherapy.

• Cardiopulmonary Exercise Testing: assessment, interpretation, and applicability

• Pulmonary function tests: assessment and interpretation through spirometry, maximal respiratory pressures, body plethysmography, and DLCO

• Functional physical tests applied in cardiovascular and respiratory physiotherapy (6-minute walk test, Shuttle Walk Test, Step Test, Glittre ADL test, Pegboard and Ring Test)

• Functional tests and scales: application and interpretation in the hospital environment

• Advanced therapeutic strategies in cardiovascular and respiratory physiotherapy in hospital-based and outpatient cardiac and pulmonary rehabilitation

• Article discussions: evidence-based practice in hospital-based and outpatient cardiac and pulmonary rehabilitation

Nature of the Course

Specific to the Area of Concentration in Physiotherapy and Functional Performance.

Main Bibliography

Spruit MA et al. An official American Thoracic Society/European Respiratory Society statement: key concepts and advances in pulmonary rehabilitation. Am J Respir Crit Care Med. 2013.

Holland AE et al. Defining Modern Pulmonary Rehabilitation. Ann Am Thorac Soc. 2021.

Rochester CL et al. Pulmonary Rehabilitation for Adults with Chronic Respiratory Disease. Am J Respir Crit Care Med. 2023.

Malaguti C et al. Supervised maintenance programmes following pulmonary rehabilitation. Cochrane Database Syst Rev. 2021.

Brown TM et al. Core Components of Cardiac Rehabilitation Programs: 2024 Update. Circulation. 2024.

Beatty AL et al. A New Era in Cardiac Rehabilitation Delivery. Circulation. 2023.

ESC Guidelines on cardiovascular disease prevention in clinical practice. Eur Heart J. 2021.

Kaminsky LA et al. Updated Reference Standards for Cardiorespiratory Fitness. Mayo Clin Proc. 2022.

Current scientific articles in the different thematic areas.

Main Responsible Faculty

Adriana Sanches Garcia de Araujo – Permanent Faculty

Aparecida Maria Catai – Permanent Faculty

Audrey Borghi e Silva – Permanent Faculty

Renata Gonçalves Mendes – Permanent Faculty

Valéria Amorim Pires Di Lorenzo – Permanent Faculty

Approval

Approved at the 290th Ordinary Meeting of the PPGFT Graduate Program Committee on February 14, 2025.

São Carlos, February 17, 2025.

Prof. Dr. Tatiana de Oliveira Sato

Chair of the PPGFT Graduate Program Committee and Coordinator of the PPGFT – UFSCar