



 Klaipėdos
universiteto
logoninė

 VLKA
Vakarų Lietuvos
kardiologų asociacija

20th - 21st March, 2026

Venue: Hotel "Victoria" conference center, (S. Simkaus str. 2, Klaipėda)

International conference

Role of cardiopulmonary exercise testing (CPET) in modern medicine

Conference dedicated to cardiologists,
pulmonologists, doctors of physical medicine and
rehabilitation, doctors of sports medicine



20th March, 2026

PART ONE: BASICS OF CPET:

14:10 – 15:50 **“Basics of CPET”**, Christopher Wichert, Germany, Cortex

15:50 – 16:10 **„COPD and CVD: risks, outcomes, control “**, Virginija Kalinauskaitė – Žukauskė, LUHS Hospital Kaunas Clinics

16:10 – 16:30 **Coffee break**

PART TWO: CPET IN CARDIOLOGY:

16:30 – 16:50 **“Value of CPET in cardiology”**, Jelena Čelutkienė, Vilnius University

16:50 – 17:10 **“Typical results of a CPET in heart failure patients”**, Vytė Maneikienė, Justė Baušienė, VU Hospital Santaros Klinikos

17:10 – 17:30 **“What is the prognostic value of a CPET”**, Kristijonas Česas, VU Hospital Santaros Klinikos

17:30 – 17:50 **“CPET and stress echocardiography: additive value, tips and tricks”**, Rūta Jasaitytė, Hasselt University, Belgium,

17:50-18:10 **“Bicycle or treadmill? Which protocol to choose?”** Mauricio Milani, Hasselt University, Belgium.

18:10-18:30 **Recommendations for the patient.** Mauricio Milani, Rūta Jasaitytė, Hasselt, Belgium

18:30 – 18:45 **Q&A**

19:00-21:00 **Dinner at the venue**

21st March, 2026

9:00 – 10:00 **“Live case: CPET for a healthy subject”**. Juliana and Mauricio Milani, Hasselt University, Belgium

10:00 – 10:20 **Coffee break**

PART THREE: CPET IN PULMONOLOGY:

10:20-10:40 **„CPET for the evaluation of unexplained dyspnoea“**, Ieva Dimienė, LUHS Kauno Klinikos

10:40-11:00 **„The importance of a spirogram “**, Mauricio Milani, Hasselt University, Belgium

11:00-11:20 **„Conducting a CPET: signs of a lung disease (pulmonary hypertension, interstitial lung disease “**, Vaida Averjanovaitė, VU Hospital Santaros Klinikos

11:20-11:40 **„Recommendations for training a person with pulmonary disease “**, Juliana Milani, Hasselt University, Belgium

11:40-11:55 **Q&A**

11:55-12:15 **„Effects of optimal heart failure treatment on cardiopulmonary exercise test parameters “**, Kristijonas Česas, VU Hospital Santaros Klinikos

12:15 – 13:10 **Lunch at the venue**

PART FOUR: CPET IN REHABILITATION:

13:10 – 13:30 **„CPET in rehabilitation “**, Eglė Tamulevičiūtė-Prascienė, LUHS Kulautuva Hospital of Rehabilitation

13:30 -13:50 **“Tips and tricks in rehabilitation “**, Juliana Milani, Hasselt University, Belgium

13:50-14:50 **„Live case No 2: patient with cardiovascular disease. Recommendations for training following rehabilitation “**, Juliana, Mauricio Milani, Hasselt University, Belgium, Eglė Tamulevičiūtė-Prascienė, LUHS Kulautuva Hospital of Rehabilitation

14:50-15:00 **Q&A**

15:00–15:20 **Coffee break**

PART FIVE: CPET IN SPORTS MEDICINE:

15:20 – 15:40 **“What's new in CPET: highlights from CPX International Practicum 2025”**, Mykolas Butvila

15:40 - 16:00 **“Goals in sports medicine”**, Mauricio Milani, Hasselt University, Belgium

16:00 – 16:20 **“Appropriate protocol in sports”**, Mantas Ambraška

16:20 – 16:40 **“Recommendations for training”**, Mauricio Milani, Hasselt University, Belgium

16:40 - 17:00 **“Evaluation of a VO₂max: adaptation, smart devices”**, Nerijus Eimantas, Lithuanian Sports University

17:00 – 17:10 **Q&A**