



# Professional Enrichment Course

University of Pittsburgh School of Medicine  
Office of Medical Education

PEC Registrar – Denise Downs [ddowns@pitt.edu](mailto:ddowns@pitt.edu) 412-648-8749

## How We Breathe: Applied Pulmonary Physiology

<b>Enrollment Period:</b>	Spring 2022
<b>Course Dates:</b>	Jan. 4, 11, 25, Feb 8, 15 (5-6:30PM)
<b>Student Max:</b>	6
<b>Class Year:</b>	MS1, MS2
<b>Course Director:</b>	Daniel Weiner, MD <a href="mailto:daniel.weiner@chp.edu">daniel.weiner@chp.edu</a>
<b>Course Contact:</b>	Daniel Weiner, MD <a href="mailto:daniel.weiner@chp.edu">daniel.weiner@chp.edu</a>
<b>Location:</b>	Children's Hospital of Pittsburgh - 6th floor, Pulmonary Function Laboratory
<b>Registration:</b>	Via Amp Up during PEC enrollment period
<b>Course Description:</b>	This 5-week course will explore the principles of pulmonary physiology in the context of common pulmonary diseases, and provide hands-on experience with pulmonary measurements in the Pulmonary Function Laboratory. Students will have measurements on themselves to learn the principles of these techniques.
<b>Objectives:</b>	<ol style="list-style-type: none"><li>1. Understand how aberrations of pulmonary physiology cause or impact clinical disease states.</li><li>2. Understand how the measurements of pulmonary physiology are made.</li><li>3. Understand how pulmonary physiology can guide diagnosis and treatment.</li><li>4.</li></ol>
<b>Pre-Requisites:</b>	None
<b>Requirements:</b>	Attendance at a minimum of 4 sessions is expected

### Course Outline

## **How We Breathe: Applied Pulmonary Physiology**

Course Director: Daniel Weiner, MD

Medical Director, Pulmonary Function Laboratory

Co-Director, The Antonio J. and Janet Palumbo Cystic Fibrosis Center

Professor of Pediatrics

### **Course Faculty:**

Daniel Weiner, MD—Division of Pulmonary Medicine

Brian Yoho, RRT—Therapist, Pulmonary Function Laboratory, Children's Hospital

Paul Rebovich, MS—Exercise Physiologist, Children's Hospital of Pittsburgh

### **Location:**

All Sessions—Children's Hospital of Pittsburgh - 6th Floor

Pulmonary Function Laboratory (5:00 — 6:30 PM)

### **Session I: Obstructive Lung Diseases – Jan 4, 2022 (Weiner)**

Understand the principles of airflow resistance, and diseases characterized by increased resistance (asthma, CF).

Understand how airflow resistance is measured in plethysmography or with impulse oscillometry.

Understand how spirometry demonstrates airways obstruction.

Understand determinants of laminar & turbulent airflow, and effects of Heliox.

(Students will perform spirometry, breathe air/heliox with imposed resistances)

### **Session II: Restrictive/Interstitial Lung Diseases – Jan 11, 2022 (Weiner)**

Understand principle of compliance, and disease states characterized by decreased lung compliance—RDS or ARDS, surfactant gene mutations.

Understand principles of surface tension.

Understand how gases (oxygen, carbon dioxide) are transported in the lung, and disease states of impaired diffusion (eg interstitial lung disease).

Understand how diffusing capacity is measured.

Understand how lung volumes are measured (body plethysmography, dilutional techniques) and diseases characterized by abnormal lung volumes.

(Students will perform single breath diffusing capacity measurement, plethysmography)

**Session III: Applications in Mechanical Ventilation – Jan 25, 2022 (Weiner, Yoho)**

Understand how mechanical ventilation can be guided by assessment of pulmonary mechanics and ventilator graphics.

Understand basics of invasive and non-invasive mechanical ventilation.

(Students will use a mechanical ventilator and lung model)

**Session IV: Exercise Testing – Feb 8, 2022 (Rebovich, Weiner)**

Understand how gas exchange measurements are used in cardiopulmonary exercise testing and how this can be used to assess causes of exercise intolerance.

(Students will perform measurements of gas exchange during exercise)

**Session V: Testing in Infants – Feb 15, 2022 (Weiner)**

Understand the Rapid Thoracic Compression, Raised-Volume Rapid Thoracic Compression, and infant plethysmography techniques.

Understand the Forced Deflation technique for testing mechanically ventilated infants/ children.

Discuss other tests in infants/children—Respiratory Inductive Plethysmography, Lung Clearance Index.

(Students will visit the Infant Pulmonary Function Laboratory to examine the equipment used for these measurements)