

## PULMONARY FUNCTION (PFT) AND CARDIOPULMONARY EXERCISE TESTING (CPET) CORE LAB

### Description

The pulmonary function testing (PFT) cardiopulmonary exercise testing (CPET) core lab facility supports investigators in pulmonary function, muscle and cardiopulmonary exercise testing studies. PFT consists of an array of non-invasive tests of abnormality of lung mechanics and pulmonary gas exchange. These are standard tests used to detect the presence, and quantify the severity of a range of lung diseases. Muscle assessments include isotonic or isokinetic measurements of velocity or torque production across a wide range of joints. CPET provides a whole-body assessment of the integrative exercise responses involving the pulmonary, cardiovascular, hematopoietic, neuropsychological, and skeletal muscle systems, which are not adequately reflected through the measurement of individual organ system function. It is a noninvasive, dynamic physiologic overview, which permits the evaluation of both submaximal and peak exercise responses, providing the relevant information for clinical decision-making.

CPET is used in a wide spectrum of clinical and clinical research applications such as for the evaluation of undiagnosed exercise intolerance and exercise-related symptoms, the objective determination of functional capacity and impairment, assessment of pre-operative risk, or evaluation of intervention efficacy. The CPET Core Lab will provide consultation, training, and services for clinical research using PFT, muscle function and CPET. The Core Lab has a 40-year history in PFT, muscle function and CPET assessments and contributed to initial development of the technique as well as current international guidelines for its application and interpretation. The Core Lab is also highly experienced in multicenter clinical trials using PFT, muscle function and CPET measurements.

### CPET Core Lab Resources

The Core Lab suite of equipment was updated in 2014 and is state of the art.

#### *Pulmonary Function*

- Vmax Encore (Ver 27-3b, CareFusion, Yorba Linda, CA) pulmonary function system with spirometry, maximal inspiratory and expiratory pressure, body plethysmography, transfer factor (DLCO), nitrogen washout, single breath oxygen (CV) test, airway resistance measurement modules
- Impulse Oscillometry System (IOS) for pulmonary impedance measurement (airways resistance R5, R20, and reactance X5, AX, fres)
- V62J autobox body plethysmograph for lung volumes

#### *Cardiopulmonary Exercise Testing*

- Vmax Encore computerized breath-by-breath gas exchange, ventilation, and cardiac measurement and analysis system (Ver 28-3b, CareFusion, Yorba Linda, CA), with JLAB, DBX Connect and SentrySuite Software
- MGC Diagnostics Ultima Cardio<sub>2</sub> computerized breath by breath gas exchange, ventilation and cardiac measurement and analysis with BreezeSuite software (MCG Diagnostics, St.Paul, MN)
- Integrated pulse oximetry (Radical 7, Masimo) and transcutaneous PCO<sub>2</sub> monitoring (TOSCA, Radiometer)
- Non-invasive cardiac output and exercise DLCO determination by the intrabreath DLCO/acetylene method
- Integrated CardioSoft (Ver 6.71, Cam 14) computerized 12-lead electrocardiography and Frank vectorcardiography
- Manual auscultatory blood pressure measurement during rest and exercise

#### *Ergometry*

- Electromagnetically-braked cycle ergometry with pedal force measurement, and 'zero watt' startup (Excalibur Sport, Lode BV, Groningen, NL)
- Programmable Medical treadmill ergometry (TMX428CP Trackmaster, Newton, KS)

#### *Dynamometry*

- Muscle force and velocity measurements during isotonic or isokinetic movement, using isometric, concentric or eccentric muscle contractions for a wide range of joints (Biodex System 4 Pro, Shirley, NY)

Blood analysis, electromyography, near-infrared spectroscopy, muscle biopsy, peripheral vascular ultrasonography, and muscle fatigue assessment methods are also available for research applications. The CPET Core Lab is equipped with a maintained crash cart and an automated defibrillator (AED).

### **Services Available**

**Consultation: The core is available for consultation to assist investigators with experimental design in single site or multicenter trials**

PFT: Data collection, quality control, normal values for the pulmonary function tests, with pre- and post-bronchodilator testing

CPET: Data collection, quality control, data processing and reporting during cycle or treadmill ergometry

Training: Training is available to CTSI-supported fellows or junior faculty on CTSI approved projects

### **Personnel**

The CPET Core Lab principal investigators include 3 licensed physicians for assessment and reporting of clinical cases:

Janos Porszasz MD, PhD, Core Lab Technical Director

Kathy Sietsema, MD

Richard Casaburi, PhD, MD

William Stringer, MD

Harry Rossiter, PhD

### **Contact Information**

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### **Location**

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