

Continuing Professional Development

Interstitial Lung Diseases

Module 1. Immunology and defence mechanisms

1. Anatomical barriers
2. Reflex mechanisms (sneezing, cough and dyspnoea)
3. Mucociliary clearance and fluid homeostasis
4. Innate defence molecules
5. Professional phagocytes/antigen-presenting cells
6. Adaptive immunity and cytokine/chemokine production
7. Granuloma formation

Module 2. Control of breathing

1. Control systems
2. Peripheral chemoreceptors
3. Central chemoreceptors
4. Testing the control system
5. Ventilatory responses to CO₂
6. The hypoxic ventilatory response
7. Interaction between hypoxic and hypercapnic responses
8. Disturbances in the control of breathing
9. Control of breathing in pulmonary diseases
10. Type 1 and type 2 respiratory failure
11. Respiratory stimulants

Module 3. Control of ventilation

1. Ventilatory response to inhaled carbon dioxide
2. Estimation of the ventilatory response to hypoxia
3. Respiratory muscles

Module 4. Respiratory mechanics

1. Airway resistance
2. Body plethysmography
3. Interrupter technique
4. Forced oscillation technique
5. Lung compliance
6. Measurement of respiratory mechanics (total lung capacity with He (TLC He), total lung capacity with plethysmography (TLC pleth) and total lung capacity with N₂ (TLC N₂)) and the usefulness of the alveolar volume (AV)/total lung capacity (TLC) ratio
7. Respiratory muscle strength: maximum inspiratory power, maximum expiratory power and sniff nasal inspiratory power

Module 5. Gas exchange

1. Transfer factor of the lung for carbon monoxide (TLCO)
2. Definition
3. Technique
4. Calculation of TLCO and measurement of the carbon monoxide transfer coefficient (KCO)
5. Transfer factor of the lung for nitric oxide (TLNO) and TLCO/TLNO measurement

Module 6. Arterial blood gas (ABG) and acid-base status assessment

1. Step 1: evaluation of the utility of ABG and capillary blood gas
2. Step 2: diagnosis of A-B disorders: Henderson-Hasselbalch equation and the relationship between partial pressure of oxygen (PO₂), partial pressure of carbon dioxide (PCO₂) and pH
3. Step 3: more on A-B disorders: importance of the D(A-a) difference, fraction of inspired oxygen



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(F_iO_2) the alveolar gas equation and measuring oxygen shunts

Module 7. Exercise testing

1. Exercise protocols
2. Maximal incremental test
3. Constant work rate tests
4. Walking tests
5. Indications for and basic interpretation of cardiopulmonary exercise testing
6. Exercise variables and indexes

Module 8. Lung function tests

1. Interpreting lung volume
2. Grading the severity of airflow obstruction or restriction after adoption of Z scores

Module 9. Symptoms

1. General symptoms of interstitial lung disease (ILD) and extrapulmonary involvement in some ILDs such as sarcoidosis and connective tissue disease (CTD)-associated ILD (CTD-ILD)
2. Vasculitides, extrapulmonary involvement and ILDs
3. CTD
4. Rare lung diseases such as lymphangiomyomatosis (LAM)

Module 10. Signs

1. Velcro and extrapulmonary signs/symptoms
2. Signs of right heart failure and pulmonary hypertension

Module 11. Syndrome-based approach

1. Diagnosis and differential diagnosis (*i.e.* Hepato-pulmonary syndrome, telomeropathies, sarcoidosis aspects, Hermansky-Pudlak syndrome, Niemann-Pick disease and Gaucher disease)
2. CTD features
3. Haematological diseases
4. Occupational disease
5. Kidney-pulmonary syndromes

Module 12. Endoscopic technique items

1. Bronchoalveolar lavage/bronchial biopsy and regular transbronchial lung biopsy
2. Cryobiopsy technique
3. Complications of cryobiopsy

Module 13. Endobronchial ultrasound (EBUS) and endoscopic ultrasound (EUS)

1. Indications and contraindications for EBUS and EUS
2. Sample processing and rapid on-site evaluation

Module 14. Surgical lung biopsy

1. Indications
2. Contraindications
3. Complications

Module 15. Chest X-ray

1. Limitations and indications of chest X-rays
2. Basic interpretation of chest radiographs
3. Radiological correlates of chest organs and bony chest structures
4. Describing radiological findings of a chest radiograph
5. Recognition of abnormal results and formulation of a diagnosis

Module 16. Thoracic ultrasound

1. Early detection
2. Ultrasound appearance

Module 17. Computed tomography (CT) scan

1. Patterns and differential diagnosis
2. Computer-based quantification (CALIPER software)

<p>Module 18. Systemic pharmacotherapy</p> <ol style="list-style-type: none"> 1. Steroids and immunosuppressors used to treat ILD 2. New medications for idiopathic pulmonary fibrosis (IPF)
<p>Module 19. Respiratory physiotherapy</p> <ol style="list-style-type: none"> 1. Indications, limitations and role of respiratory physiotherapy in ILD
<p>Module 20. Pulmonary rehabilitation</p> <ol style="list-style-type: none"> 1. Indications, limitations and role of pulmonary rehabilitation in ILD
<p>Module 21. Palliative care</p> <ol style="list-style-type: none"> 1. Principles of palliative care 2. Early integration of palliative care, multidisciplinary care and communication
<p>Module 22. Oxygen therapy</p> <ol style="list-style-type: none"> 1. Prescription according to current statements and guidelines 2. Oxygen toxicity 3. Criteria for long-term oxygen therapy (LTOT) in patients with ILD 4. Ambulatory oxygen
<p>Module 23. Preventative measures</p> <ol style="list-style-type: none"> 1. General aspects of preventative measures (vaccination, sports, <i>etc.</i>) 2. Weight reduction 3. Exercise 4. Influenza vaccination 5. Pneumococcal vaccination 6. Specific preventative management
<p>Module 24. Smoking cessation</p> <ol style="list-style-type: none"> 1. Smoking cessation 2. ILD and emphysema 3. ILD and lung cancer
<p>Module 25. Assisted ventilation</p> <ol style="list-style-type: none"> 1. Limitations of assisted ventilation in advanced cases 2. High-flow oxygen 3. Extracorporeal membrane oxygenation 4. High-frequency oscillatory ventilation
<p>Module 26. Lung transplantation</p> <ol style="list-style-type: none"> 1. Indications and contraindications for lung transplantation 2. Indications for early referral 3. Indications for lung transplantation in patients with systemic diseases
<p>Module 27. Differential diagnosis</p> <ol style="list-style-type: none"> 1. Differential diagnosis of respiratory emergencies 2. IPF exacerbation 3. Acute exacerbation of ILDs
<p>Module 28. Immediate management steps of respiratory emergencies</p> <ol style="list-style-type: none"> 1. Early referral to a specialist ILD centre 2. Multidisciplinary diagnosis for ILD
<p>Module 29. Diffuse parenchymal lung disorders manifesting with acute lung injury</p>
<p>Module 30. IPF</p> <ol style="list-style-type: none"> 1. Acute exacerbation of IPF in patients already known to be affected by IPF 2. Identification of patients with IPF and significant emphysema <ol style="list-style-type: none"> 2.1. CT scan features 2.2. Pulmonary function tests focusing on the discrepancy between volume preservation and significant reduction of carbon monoxide diffusing capacity (DLCO)



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Module 31. COPD/emphysema and ILD

1. Co-existence of both diseases

Module 32. Pleural infections, lung abscesses and other infections

1. Pleural infections
2. Lung abscesses and other infections
3. Infections in an immunocompromised host
 - 3.1. Pneumocystis pneumonia
 - 3.2. Viral infections
 - 3.3. Fungal infections
4. Aspiration pneumonitis

Module 33. Pulmonary TB including multidrug-resistant/extensively drug-resistant TB

1. High risk of TB in patients treated with biologicals

Module 34. Lung cancer

1. General aspects of lung cancer
2. Lung cancer in the context of ILD
3. Immunotherapy and ILD

Module 35. Acute respiratory failure

1. ILD appearing with acute respiratory failure
2. Differential diagnosis
3. Diagnostic approaches
4. Treatment

Module 36. Chronic respiratory failure

1. Cor pulmonale in patients with advanced ILD
2. Treatment of hypercapnia in patients with ILD
3. Indications for O₂ supplementation including LTOT and other forms of O₂ delivery (*e.g.* non-invasive ventilation)

Module 37. Sarcoidosis

1. Clinical aspects
2. Diagnostic modality
3. Treatment of different subtypes, including life-threatening organ involvement (heart, central nervous system, hypercalcemia and others)

Module 38. Idiopathic interstitial pneumonias

1. Idiopathic interstitial pneumonias including cryptogenic organising pneumonia of unknown aetiology/bronchiolitis obliterans organising pneumonia
2. Smoking-related idiopathic interstitial pneumonia
3. Pleuro-parenchymal fibroelastosis
4. Non-specific interstitial pneumonia

Module 39. Bronchiolitis

1. Of known causes
2. Of unknown causes
3. High-resolution computed tomography (HRCT) scan features
4. Pulmonary function tests
5. Diagnostic work-out
6. Treatment

Module 40. CTD

1. CTD-ILD: a clinical overview

Module 41. Langerhans cell histiocytosis

1. General clinical overview
2. Pathogenesis
3. Treatment



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Module 42. LAM

1. General clinical overview
2. Pathogenesis
3. Treatment

Module 43. Pulmonary alveolar proteinosis

1. General clinical overview
2. Pathogenesis
3. Treatment

Module 44. Amyloidosis

1. Knowledge of existence
2. General clinical aspects
3. Pathogenesis
4. Treatment

Module 45. Drug-induced disease

1. General aspects of drug-induced disease
2. Pathogenesis
3. Treatment

Module 46. Radiation-induced disease

1. Radiation-induced disease

Module 47. Acute and chronic eosinophilic pneumonia

1. Clinical aspects
2. Pathogenesis
3. Treatment

Module 48. Hypereosinophilic syndrome

1. Definition
2. Clinical aspects
3. Pathogenesis
4. Treatment

Module 49. Pulmonary hypertension

1. Pathophysiology of pulmonary hypertension
2. Pharmacological treatment of pulmonary hypertension according to the underlying disease
3. Diagnosis of pulmonary hypertension
4. Translating national and international management guidelines to an individual patient
5. Appropriate decisions for referral and transfer to specialised referral centres

Module 50. Vasculitis and diffuse pulmonary haemorrhage

1. Definition of the main entities
2. Granulomatosis with polyangiitis (GPA)
3. Eosinophilic granulomatosis with polyangiitis (EGPA)
4. Microscopic polyangiitis

Module 51. Pleural effusion

1. Pleural disease may be associated with autoimmunity

Module 52. Primary immunodeficiency syndromes

1. Aspects of primary immunodeficiency syndromes
2. Differential diagnosis

Module 53. Secondary immunodeficiency syndromes/immunosuppression

1. Secondary immunodeficiency syndromes/immunosuppression

Module 54. Cardiac disease

1. General aspects of cardiac disease
2. Differentiation between cardiac and pulmonary diseases as a cause of acute respiratory failure
3. Differential diagnosis of the cardiac causes of acute respiratory failure



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4. Invasive cardiovascular monitoring (*e.g.* Swan-Ganz catheterisation)

5. Cardiovascular effect of positive pressure ventilation

Module 55. Gastrointestinal and liver diseases and renal failure

1. General aspects of lung damage related to gastrointestinal and liver diseases and renal failure in the context of ILD

Module 56. Haematological disease

1. General aspects of haematological disease

Module 57. Birt-Hogg-Dubé syndrome

1. General aspects of Birt-Hogg-Dubé syndrome

2. Clinical, radiological and histopathological features

3. Genetic background and biology

4. Detection of tumours during follow-up

5. Treatment modality, including participation in clinical trials, and genetic counselling

Module 58. Respiratory hazards associated with occupational factors

1. General aspects of respiratory hazards associated with occupational factors

Module 59. Acute inhalation injuries and their possible sequelae

1. General aspects of acute inhalation injuries and their possible sequelae

2. Identification of smoke inhalation and burns as causes of respiratory failure

3. Assessment of the degree of severity of pulmonary involvement

4. Optimal treatment of inhalation injury, including systemic effects

Module 60. Occupational respiratory infections including those affecting healthcare workers

1. General aspects of occupational respiratory infections including those affecting healthcare workers

Module 61. ILD caused by dusts of biologic origin (including extrinsic allergic alveolitis)

1. General aspects of ILD caused by dusts of biologic origin

Module 62. Asbestos-related conditions

1. General aspects of asbestos-related conditions other than bronchopulmonary cancer (but including mesothelioma)

Module 63. Epidemiological and statistical methods for critical appraisal

1. General aspects of epidemiological and statistical methods for critical appraisal