



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Centre for Heart Lung Innovation Research in Progress (R.I.P.)



Predictors of unsatisfied inspiration at peak exercise in healthy adults

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Monday, May 8th 2023
9:00 – 10:00 a.m.

James Hogg Conference Centre RM 103
Zoom Video Conference
(Meeting ID: 693 1997 7044; Passcode: 030679)

“The purpose of this study was to elucidate the mechanisms behind the sensation of unsatisfied inspiration (UI) in healthy adults. This distinct sensation of dyspnea is a hallmark quality in respiratory diseases yet is relatively absent in healthy populations even at the highest ventilations. Despite this, some healthy individuals still select descriptors of UI throughout the incremental exercise. Thus, the objective of this study was to determine whether there are differences in cardiopulmonary exercise test measures at peak exercise, demographics, or spirometry in healthy individuals who select UI descriptors in comparison to those who do not experience this symptom.”

This event is a Self-Approved Group Learning Activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada



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