

Time to Move

INTERNATIONAL TRANSPLANTOX SYMPOSIUM

Friday 11 February 2022

08:45 - 09:00	Welcome and introduction by the symposium chair (Diethard Monbaliu – KU Leuven, BE)
09:00 - 10:10	Session 1: Tele-(p)rehabilitation before and after transplantation: what have we learned?
09:00 - 09:05	Introduction by the session chair (Robin Vos – KU Leuven, BE)
09:05 - 09:30	Telerehabilitation for lung transplant candidates and recipients during the Covid pandemic (Lisa Wickerson – University of Toronto, CA)
09:30 - 09:50	How my waiting time became training time during the Covid pandemic (Edwin Vermeersch)
09:50 - 10:00	Post Lung Transplant Rehabilitation program during the COVID Era (Louise Fuller – The Alfred Hospital, AUS)
10:00 - 10:10	Staying away from the gym... Mechanical ventilation is no excuse! (Barbara Bordignon – Rigshospitalet, DE)

10:10 - 10:30	'Have a coffee and stretch your legs'-break
10:30 - 12:10	Session 2: Psychosocial effects of exercise before and after transplantation
10:30 - 10:35	Introduction by the session chair (Lode Godderis – KU Leuven, BE)
10:35 - 11:00	Psychological and sociological hopes and fears about physical activity and sport before and after transplantation (Gareth Wiltshire – Loughborough University, UK)
11:00 - 11:25	Physical rehabilitation after kidney transplantation: impact on societal reintegration and self-perceived health (Enrico Benedetti – University of Illinois Hospital, US)
11:25 - 11:35	Effect of Pre-lung Transplantation Pulmonary Rehabilitation on Functional Capacity and Quality of Life (Rasha Alghofaily – King Faisal Specialist Hospital and Research Center, SA)
11:35 - 11:45	Sport, meaning and relatedness after organ transplantation: some psychosocial mechanisms associated with participating in Transplant Games events (Carl Bescoby – University of Exeter, UK)

11:45 - 11:55	Redefining sarcopenia: tomographic muscle measurements correlated to urinary creatinine excretion and glomerular filtration rate (Lisa B. Westenberg – University Medical Centre Groningen, NL)
11:55 - 12:05	Non-invasive, fast and accurate quantification of body composition in transplantation patients: The Future is Now! (Tim Swaab – University Medical Centre Groningen, NL)
12:05 - 13:00	'Enjoy your lunch and stretch your legs'-break
13:00 - 14:40	Session 3: Impact of exercise training beyond the muscle
13:00 - 13:05	Introduction by the session chair (Stefan De Smet – KU Leuven, BE)
13:05 - 13:30	Unfavorable gut microbiome characteristics in end-stage organ disease and transplantation: exercise as treatment? (Stephan Bakker – Rijksuniversiteit Groningen, NL)
13:30 - 13:55	Physical activity, immune cell inflammation and cardiovascular disease – why moving more can be anti-inflammatory (Nicolette Bishop – Loughborough University, UK)
13:55 - 14:20	Physical activity and graft function: is there a relation? (Valentina Totti – Italian National Transplant Center, IT)

<p>14:20 - 14:30</p>	<p>Effects of combined strength and endurance training on exercise performance in kidney transplant cyclists and runners (Valentina Totti – Italian National Transplant Center, IT)</p>
<p>14:30 - 14:40</p>	<p>Changes in functional outcomes after an inpatient rehabilitation program for solid organ transplant recipients (Matheus de Paiva Azevedo – McGill University, CA)</p>
<p>14:40 - 15:00</p>	<p>'Have a coffee and stretch your legs'-break</p>
<p>15:00 - 17:30</p>	<p><u>CAN-RESTORE virtual symposium on Frailty and Sarcopenia in Transplantation Satellite Symposium of Transplantoux</u> Frailty and sarcopenia are important predictors of clinical outcomes across the solid organ transplant population. This session will discuss current and emerging research on frailty and sarcopenia, including models and mechanisms of frailty, methods of evaluating sarcopenia and interventions for improving frailty in adult and paediatric transplant populations.</p>
<p>15:00 - 15:10</p>	<p>Welcome and opening remarks by the session co-chairs (Drs. Tania Janaudis-Ferreira and Sunita Mathur)</p>
<p>15:10 - 15:45</p>	<p>Session 1: Overview of frailty</p>
<p>15:10 - 15:20</p>	<p>Models of frailty in solid organ transplant (Dr Lianne Singer - Toronto Lung Transplant Program, University Health Network, Toronto, Canada)</p>

15:20 - 15:30	Biological mechanisms of frailty (Dr Susan Howlett - Dalhousie University, Halifax, Canada)
15:30 - 15:45	Q&A
15:45 - 15:55	'Have a coffee and stretch your legs'-break
15:55 - 16:30	Session 2: Sarcopenia in solid organ transplant
15:55 - 16:05	Current approaches to evaluating and defining sarcopenia in solid organ transplant (Dr Sunita Mathur - Queen's University, Kingston, Canada)
16:05 - 16:15	Sarcopenic obesity in liver transplantation (Dr. Diethard Monbaliu, & Dr Sofie Leunis - KU Leuven, Belgium)
16:15 - 16:30	Q&A
16:30 - 16:40	'Have a coffee and stretch your legs'-break

16:40 - 17:30	Session 3: Interventions for frailty
16:40 - 16:50	Lifestyle modification as a treatment for frailty in pediatric transplant recipients (Dr Diana Mager - University of Alberta, Edmonton, Canada)
16:50 - 17:00	Frailty in kidney and pancreas transplantation: from fine tuning diagnosis to therapeutic interventions (Dr Robert Pol - University Medical Center Groningen, The Netherlands)
17:00 - 17:15	Q&A
17:15 - 17:20	Closing remarks

Saturday 12 February 2022

08:00 - 09:00	Breakfast symposium for early career researchers
09:00 - 10:10	Session 1: Lifestyle interventions and implementation research

09:00 - 09:05	Introduction by the session chair
09:05 - 09:30	Process and effectiveness evaluation of a lifestyle modification intervention in community-dwelling elderly (Speaker will be confirmed shortly)
09:30 - 09:55	A behavior intervention to promote walking after abdominal organ transplantation (Speaker will be confirmed shortly)
09:55 - 10:05	Prehabilitation of Candidates for Renal transplantation; the PreCareTx project (Avril J. Haanstra - University Medical Centre Groningen, NL)
10:05 - 10:15	Relationship of exercise capacity, physical function and frailty to outcomes in lung transplantation: a scoping review (Nicolas Bourgeois - McGill University, CA)
10:15 - 10:30	'Have a coffee and stretch your legs'-break
10:30 - 12:00	Parallel workshops

	Workshop 1: Preparticipation health screening and potential side effects of exercise
	Workshop 2: Training type and intensity: what should we aim for? (Chaired by Roseanne Billany - University of Leicester, UK)
	Workshop 3: Insights, experiences and propositions from patient organizations and sport event organizers (Chaired by Colin White - Irish Kidney Association / European Transplant & Dialysis Sports Federation, IE)
12:00 - 13:00	'Enjoy your lunch and stretch your legs'-break
13:00 - 15:00	Satellite symposium: 'The Global Renal Exercise (GREX) Phenomenon: Lessons learned and future directions for exercise in End Stage Kidney Disease'
13:00 - 13:15	Introduction to GREX and the state of play in those living with kidney disease – what is the problem and what is being done about it? (Kenneth Wilund - University of Illinois at Urbana-Champaign, USA)
13:15 - 13:30	Patient perspective: Rehabilitation in end stage kidney disease is still NOT a reality (Kevin Fowler - Kidney Research Institute, USA)

<p>13:30 - 13:45</p>	<p>Overview of the new lifestyle and exercise clinical practice guidelines for kidney disease (Tom Wilkinson - University of Leicester, UK)</p>
<p>13:45 - 14:00</p>	<p>Bringing about real-world change: Policy considerations and practical approaches to translating evidence to practice (Paul Bennett - Deakin University, AU)</p>
<p>14:00 - 14:40</p>	<p>Examples of novel and practical approaches to exercise programming for End Stage Kidney Disease: 1) Lessons from Sustained Exercise Programs in CKD (Joao Viana) 2) Lessons from the Calgary Kidney Transplant Clinic (Stefan Mustata & Teresa Cowan) 3) A Lifestyle Medicine Approach for Kidney Rehabilitation (Giorgos Sakkas) 4) Perspectives on Life Participation by young adults with CKD (Allison Tong)</p>
<p>14:40 - 15:00</p>	<p>Roundtable discussion - how we all can collaborate in the future and what can we learn from each other?</p>
<p>15:00 - 15:40</p>	<p>'Have a coffee and stretch your legs'-break</p>
<p>15:40 - 16:40</p>	<p>Closing session: Looking into the future</p>

15:40 - 15:45	Introduction by the session chair
15:45 - 16:10	Prevention of cardiovascular disease after transplantation: the role of exercise (Luciano Potena - University of Bologna, IT)
16:10 - 16:25	Physical exercise for transplant physicians: fit to perform (Ian Alwayn - Leiden University Medical Center, NL)
16:25 - 16:40	Best abstract ceremony and closing remarks