Transplant Sport Workshops and Symposium, July 12–15, 2016
Restel Airport Congress Center, Vantaa, Finland

Transplant Sport Workshops and Symposium will be organized in Finland for the first time ever. These events aim to bring together students and professionals in the field of health care, rehabilitation and sport alongside with transplant recipients. These events are part of the European Transplant Sport Week.

Workshops
The Workshops will be organized on July 12–13, 2016. The main objective is to share best practices from all over Europe regarding physical exercise for persons with organ transplants. The core themes will be discussed from the perspectives of both low level physical activity and competitive sport. The participants will get a unique chance to share experiences, to build networks and to learn from some of Finland and Europe’s leading specialists. The upper limit for participants is 40 persons per each workshop.

Symposium
The Symposium will take place on July 14–15, 2016. We have a great line-up of 15 presentations from 10 different countries. We are looking forward to hosting an abundance of guests as the purpose of the event is to strengthen the capacity of various European stakeholders. The event is also a great forum for exchanging innovative ideas and networking. The participants will receive their material packages in both written and video formats. The maximum number of participants is 150 persons.

The official language of the events is English. The venue is accessible by wheelchair and an induction loop is available. Please indicate other special needs or requirements beforehand in the registration form or by sending email to: tomi.lounio@vammailsurheilu.fi

Registration
The events are co-funded by the Erasmus+ Programme of the European Union. Registration is free of charge, but you must submit an official registration form here latest by June 22, 2016.

Lunch and dinner can be booked for an additional cost. Indicate the needed number of meals and any possible dietary requirements in the registration form. All participants are responsible for their own accommodation.

Program for the Transplant Sport Workshops

Tuesday, July 12
09:00–12:00 Workshop I: “Fitness testing and differences in athletic performance related to transplant type” Chairperson: Professor of Exercise Physiology Heikki Tikkanen (University of Eastern Finland, FIN)
13:00–16:00 Workshop II: “Organ transplant recipients’ physical trainability” Chairperson: Professor of Exercise Physiology Heikki Tikkanen (University of Eastern Finland, FIN)

Wednesday, July 13
09:00–12:00 Workshop III: “From passive patient to active participant” Chairpersons: Dr. David Howe and MSc. Kwok Ng
13:00–16:00 Workshop IV: “Physical activity and transplantation: Towards common guidelines” Chairpersons: Professor Emeritus of Physiotherapy Esko Mäkiä and Senior Lecturer Mikko Jutila (Laurea University of Applied Sciences)
Program of Transplant Sport Symposium

Thursday, July 14
13:40-14:15  KEYNOTE: Quality of life after heart and lung transplantation – Importance of physical activities” Professor Ari Harjula (FIN)
14:15-14:45 “Practical tips and wild ideas: Compiled outcomes of the Transplant Sport Workshops, 2016” Senior Lecturer Mikko Julin (FIN)
15:15-15:45  “Aerobic capacity during cardiopulmonary exercise testing and survival with and without liver transplantation for patients with chronic liver disease” Dr. William Bernal (GBR)
15:45-16:15  “Physical activity and event-free survival in the 'Waiting for a New Heart Study” Prof. Dr. Heike Spaderna (GER)
16:15-16:45  “Feasibility of individualized physical activity programs in organ transplant recipients” Prof. Dr. med. Michal Nowicki (POL)
16:45-17:15  “High-intensity interval training in de novo heart transplant recipients in Scandinavia” MSc. Katrine Rolid (NOR)

Friday, July 15
09:10-09:50  KEYNOTE: “From patient to athlete - along the winding road to inclusive sport: a socio cultural analysis” Dr. David Howe (CAN)
09:50-10:30  KEYNOTE: “The importance of promoting Transplant Sports in Europe” Ms. Judit Berente (HUN)
11:00-11:30  “Experienced barriers to and facilitators of physical activity in solid organ recipients” MSc. Edwin van Adrichem (NLD)
11:30-12:00  “Physical activity and renal transplantation” Dr. Vincenzo Bellizzi (ITA)
13:00-13:30  “Priorities and relevance of physiotherapy and individual exercise training – pre- and post- heart and lung transplantation” Physiotherapist Linda Ulenius (FIN)
13:30-14:00  “Aerobic or resistance training and pulse wave velocity in kidney transplant recipients” Dr. Sharlene Greenwood (GBR)
14.00-14.30 “Exercise prescription in transplant recipients: The Italian programming” MSc. Valentina Totti (ITA)
15:00-15:30  “How can an athlete with a heart transplant train for an Ironman Triathlon? A personal experience” Physiotherapist Casper Palmvig (DEN)
15:30-16:15  Panel Discussion and Q&A Session: “The Way Forward: Transplantation & Physical Activity in 2026”