

# European Conference on Transplantation and Physical Activity



24 – 25 July 2015

Karl Landsteiner University of Health Sciences (KL)  
Dr.-Karl-Dorrek-Str. 30, A-3500 Krems an der Donau

Project partners of EDQM, Council of Europe position paper on “Transplantation and Physical Activity”:

## Friday, July 24<sup>th</sup>

### Moderation:

**Drs. Bernadette Haase-Kromwijk**, Director Dutch Transplant Foundation, President of CD-P-TO

**Dr. Bernhard Fattinger**, Federal Ministry of Health, Vienna

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10:30 Opening of the conference and welcome addresses

10:50 **Dr. Alessandro NANNI COSTA**, Director General Italian National Transplant Centre, Rome:

What we can learn from sports medicine for the therapy of transplant recipients. The idea and origin of the CoE project « TX & Physical Activity »

11:10 **Dr. Giulio Sergio ROI**, Isokinetic Medical Group, Education and Research Department, Bologna:

A transplant .... And now it's time for sport: The importance of physical activity for transplant recipients

11:30 **Dr. Valentina TOTTI**, Ital. Assoc. of Haemodialyzed Patients – ANED, Isokinetic:

Physical activity in solid organ transplant recipients: Preliminary results of the Italian project

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11:50 Coffee break and discussion

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12:15 **Dr. Giovanni MOSCONI**, and **Dr. Marco DE FABRITIIS**, Morgagni-Pierantoni Hospital, Forlì, Nephrology Dialysis Transplantation Unit:

The anti-inflammatory effects of exercise: mechanism and implications for the prevention and treatment of disease

12:40 **Prof. Dr. Paul HABER**, Vienna:

How much physical training is optimal from the medical point of view?

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13:00 - 14:00 Lunch break

14:00 **Prof. Dr. Ferdinand MÜHLBACHER**, Medical University of Vienna:  
Organ transplantation – a second chance that should be used well

14:20 **Prof. Dr. Rochus POKAN**, University of Vienna, Institute of Sports Science:  
Is a transplanted heart trainable?

14:40 **Prof. Andrea ERMOLAO**, University of Padova, Sports Medicine Unit:  
What we should be aware of at the start (testing methods, evaluation  
and identification of the individual performance profile; how to establish  
a personalised training programme)

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15:00 Coffee break

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15:15 **Constance SCHLEGL**, Physio Austria, ÖGPH (Austrian Public Health  
Association):  
Basic parameters and financing of physiotherapy treatment for transplant  
patients in Austria

15:35 - 16:30 **Prof. Dr. Christoph HÖRMANN**, University Hospital St. Pölten  
**Dr. Albert REITER**, Regional Hospital Amstetten  
The gift of life – organ donation in Lower Austria

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16:30 - 18:30 Vineyard walk along the River Danube

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18:30 - 19:30 Evening break

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18:30 - 19:30 Festive dinner

## Saturday, July 25<sup>th</sup>

### Moderation:

**Dr. Alessandro Nanni Costa**, Director General Italian National Transplant Centre, Rome

**Dr. Danica Avsec**, Director Slovenija-transplant, Ljubljana

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09:00 **Dr. Danica AVSEC**, Director Slovenija-transplant, Ljubljana:  
Socio-psychological needs of patients after transplantation

09:20 **Dr. Maryana DOITCHINOVA-SIMEONOVA**, Executive director of the Bulgarian Executive Agency for Transplantation (BEAT):  
Quality of life and energy expenditure of transplant patients; aspects of transplantation & nutrition

09:40 **Dr. Jernej PAJEK**, Ljubljana University Medical Centre, Slovenia:  
The paradigm shift – physical activity as a primary tool of health prevention, care and promotion

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10:00 - 10:30 Coffee break and discussion

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10:30 - 11:00 **Self-Presentation of TX Sports and TX Patient Associations**  
(in parallel workshops)

11:00 **DI Ulf EDERER**, Chairman of the Austrian Association of Heart and Lung Transplant Recipients:  
Transplanted twice and fit – thanks to physical training

11:20 **Prof. Won-Hyun CHO**, M.D. PhD., WTGF (World Transplant Games Federation) Councillor, Seoul, Republic of Korea:  
Why World Transplant Games Federation? The history, aims and success of the World Transplant Games

11:40 **Liz SCHICK**, TACKERS founder and WTGF Councillor, Anzère, CH:  
Transplant Adventure Camps for Kids, Kili Liver Live and further special initiatives in the field of transplant sports and physical activity

**12:00 Dr. Axel RAHMEL**, CEO Deutsche Stiftung Organtransplantation, Frankfurt, Germany, former Medical Director of Eurotransplant International, Leyden, NL

Medical summary: Key facts and take home messages around transplantation and physical activity

**12:20 Dr. Bernhard FATTINGER**, Federal Ministry of Health, Vienna:

General summary: Main conclusions &

Outlook at upcoming events

(e.g. European Organ Donation Day, Lisbon, Portugal, 10 Oct. 2015; Summer World Transplant Games, Mar del Plata, Argentina, 23-30 August 2015, etc.)

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**12:40 - 12:55** Final discussion

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**12:50 - 13:00** Farewell addresses (organizers, participating institutions, partner countries, CoE Member States, ...)

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**13:00 - 14:00** Lunch break

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**14:00 - 16:00** Outdoor Sports & Activities

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**16:00 End of programme**

## **Karl Landsteiner University of Health Sciences (KL)**

Dr.-Karl-Dorrek-Str. 30  
3500 Krems an der Donau, Austria

email: [office@kl.ac.at](mailto:office@kl.ac.at)

phone: +43 (0)2732 720 90 - 200

fax: +43 (0)2732 720 90 - 500



**VENUE**

**Emanuele COZZI, M.D., Ph.D.**

Unit Director, Transplant Immunology  
Dept. of Surgical and Gastroenterological  
Sciences  
University of Padua – Ospedale Giustinaneo  
Padova (Italy)

**Dr. Giulio Sergio ROI**

Scientific Director  
ISOKINETIC Education and Research  
Department,  
Bologna, Italy

**Dr. Manuela TREROTOLA**

Senior communication expert  
"Trapianto...e adesso sport" protocol,  
Italian National Transplant Centre,  
Rome, Italy

**Univ.-Prof. Dr. med. univ. Gabriela A. BERLAKOVICH, FEBS**

Interim Head of the Division of Transplantation,  
Medical University of Vienna, President of  
Austrotransplant

**As. Dr. Jernej PAJEK**

Ljubljana University Medical Centre  
Clinical Department for Nephrology  
Ljubljana, Slovenia

**Dr. med. Axel RAHMEL**

CEO Deutsche Stiftung  
Organtransplantation (DSO)  
Frankfurt am Main, Germany,  
and former Medical Director  
of Eurotransplant  
Leiden, The Netherlands

**Dr. med. Franz F. IMMER, FHM**

Associate Professor, Consultant  
Cardiovascular Surgeon,  
CEO of Swisstransplant,  
Bern, Switzerland

**Rutger J. PLOEG, MD PhD FRCS**

Past President of ESOT  
Professor of Transplant Biology  
Consultant Transplant Surgeon  
University of Oxford, Oxford Transplant  
Centre, Churchill Hospital, Oxford, UK

**Dr. Giovanni MOSCONI**

Director of Nephrology Dialysis  
Transplantation Unit  
Morgagni-Pierantoni Hospital,  
Forlì, Italy

**Univ.-Prof. Dr. med. univ. Alexander ROSENKRANZ, FERA**

Head of the Clinical Division of Nephrology  
Medical University of Graz  
Graz, Austria

**Dr. Valentin SOJAR**

Liver transplant surgeon  
President of the Slovenian Society  
for Transplantation,  
Ljubljana, Slovenia

**Univ.-Prof. Dr. Björn NASHAN**

President of the German Transplant Society  
(DTG), Director of the Clinic and Outpatient  
Department for Hepatobiliary Surgery and  
Transplantation Surgery at the University  
Hospital of Hamburg-Eppendorf  
Hamburg, Germany

## HOW TO GET THERE:

Krems an der Donau is situated on the banks of the River Danube in Lower Austria. It is approximately 80 km from Vienna. You can reach Krems by car (highway and motorway), by train or by plane.



### By plane:

Airport Vienna (Wien-Schwechat); from there by car or by train;

Taxi service: [www.airportservice.at](http://www.airportservice.at)

In addition, there is also a small private airfield:

Privatflugplatz Krems-Langenlois

3550 Krems-Gneixendorf, Flughafenstraße 2

(742 m asphalt runway, suitable for planes up to 5 t)

### By car from Vienna:

From Vienna airport on the motorway A4 (Ostautobahn) to Vienna, at the junction "Prater" take the exit to "Praha - A22", go further on the motorway A22 (Donauuferautobahn) to Stockerau, take the exit "Krems/St.Pölten/Tulln", further on S5 via Tulln to Krems (100 km).

From the city or the north of Vienna go on the motorway A22 to Stockerau and on S5 via Tulln to Krems as described above (80 km).

From the west or south of Vienna take the motorway A1 (Westauto-bahn) to St. Pölten, then motorway S33 (Kremser Schnellstrasse) to Krems. Take exit "Melk - Krems Zentrum - Wachau" and turn right onto B3 in the direction of Melk - Spitz - Wachau (100 km).

In Krems, follow the B3 in the direction of Melk - Spitz - Wachau. At the fork take the left-hand lane towards Stein - Spitz - Wachau. At the two roundabouts follow the green signs for "campus krems".

**By train from Vienna:**

Trains leave either from Wien Franz-Josefs-Bahnhof or Wien-Nord (Praterstern) (travel time between 1 hour and 1 h 20 min.).

**Connection railway station Krems – Campus Krems/KL:**

Busses from railway station Krems (Bahnhof Krems) to Campus Krems and back go regularly. There is also a shuttle bus that goes directly from the train station to the university campus (5 minutes).

**SERVICES INCLUDED** (covered by attendance fee):

- Conference services, coffee break & lunch time food and drinks

**SERVICES NOT INCLUDED** (not covered by BASIC attendance fee):

- Accommodation & travel costs
- Costs for festive dinner on Friday, July 24th (€ 50,-)

**CONFERENCE LANGUAGES:**

All presentations will be given either in German or English, official live interpretation services will be available only between these two languages.

**N.B.: Partner countries/Member States are free to bring their own interpreters.**

**Cabins and head phones will be available. Please notify the congress office in this case accordingly by June 30th at the latest!**



## CONGRESS OFFICE:

(Registration and central contact point, but NO hotel information):

### Campus GmbH

Höfergasse 1A, 1090 Vienna

Contact person: Ms Andrea Granegger-Körner  
email: [office@kongressmanagement.at](mailto:office@kongressmanagement.at)  
phone: +43 (0)1 / 409 62 00  
fax: +43 (0)1 / 409 55 95

## HOTEL RESERVATION & TRAVEL ARRANGEMENTS:

(Central point of information and reservation for all kinds of accomodation):

### Reisebüro Kuoni Ges.m.b.H.

Wiener Strasse 96-102, Bühl-Center, A-3500 Krems

Contact person: Mr Thomas Hüttenmayer  
email: [thomas.huettenmayer@kuoni-krems.at](mailto:thomas.huettenmayer@kuoni-krems.at)  
phone: +43 (0)2732 / 747 37  
fax: +43 (0)2732 74737-84



ID – Number 527259

## ATTENDANCE FEE:

### Students:

- € 50,-- (registration between 1 May and 15 July, without festive dinner, basic price)
- € 95,-- (registration between 1 May and 15 July, WITH festive dinner)

### Early booking:

- € 75,-- (registration between 1 May and 31 May, without festive dinner, basic price)
- € 125,-- (registration between 1 May and 31 May, WITH festive dinner)

**Late booking:**

- € 105,-- (registration between 1 June and 15 July; without festive dinner, basic price)
- € 155,-- (registration between 1 June and 15 July 2015; WITH festive dinner)

**REGISTRATION AND PAYMENT:**

Since the number of available places is limited, it is recommended to register as soon as possible. Please register directly online on the homepage of the congress office, where you will also find the account details for the payment of the attendance fee:

**<http://www.kongressmanagement.at>**

**Bernhard Fattinger**, Federal Ministry of Health, Vienna, Austria

**Alessandro Nanni Costa**, Director General Italian National Transplant Centre, Rome, Italy

**Danica Avsec**, Director Slovenija-transplant, Slovenia

**Maryana Doitchinova-Simeonova**, Bulgarian Executive Agency for Transplantation, Sofia, Bulgaria

**Claudia Carella**, Foreign Affairs Division, Italian National Transplant Centre, Rome, Italy

**Christoph Hörmann**, Prof., Head of the Department for Anesthesiology and Intensive Care Medicine, University Hospital St. Pölten, Austria

**Albert Reiter**, Head of the Department for Anesthesiology and Intensive Care Medicine, Regional Hospital Amstetten, Austria

**Bernadette Haase-Kromwijk**, Director Dutch Transplant Foundation, President of CD-P-TO, CoE, Netherlands

**ORGANIZING COMMITTEE**



## **LEGAL NOTICE:**

Media producer and publisher:  
Karl Landsteiner University of Health Sciences  
Dr.-Karl-Dorrek-Straße 30, 3500 Krems, Austria

Company register number: FN 383169 i  
Regional Court Krems an der Donau  
DVR number (data processing registry number): 4009896  
VAT ID (UID) number: ATU 67837709

### **Contact:**

phone: +43 (0) 2732 72090-0  
fax: +43 (0) 2732 72090-500  
email: [office@kl.ac.at](mailto:office@kl.ac.at)  
web: [www.kl.ac.at](http://www.kl.ac.at)