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 24th

Moderation:

Drs. Bernadette Haase-Kromwijk, Director Dutch Transplant Foundation, President of CD-P-TO
Dr. Bernhard Fattinger, Federal Ministry of Health, Vienna

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

11:50 Coffee break and discussion

12:15 Dr. Giovanni MOSCONI, and Dr. Marco DE FABRITIIS, Morgagni-Pierantoni Hospital, Forli, 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?

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  Dr. 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)

15:00  Coffee break

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

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

18:30 - 19:30  Evening break

18:30 - 19:30  Festive dinner
Saturday, July 25th

Moderation:

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

Dr. Danica Avsec, Director Slovenija-transplant, Ljubljana

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 Paje, Ljubljana University Medical Centre, Slovenia: The paradigm shift – physical activity as a primary tool of health prevention, care and promotion

10:00 - 10:30 Coffee break and discussion

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


11:40 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.)

12:40 - 12:55  Final discussion

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

13:00 - 14:00  Lunch break

14:00 - 16:00  Outdoor Sports & Activities

16:00  **End of programme**
Emanuele COZZI, M.D., Ph.D.
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“Trapianto…e adesso sport” protocol,
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Consultant Transplant Surgeon
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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

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 "Práha - A22", go further on the motorway A22 (Donauuferaotobahn) 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
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HOTEL RESERVATION & TRAVEL ARRANGEMENTS:
(Central point of information and reservation for all kinds of accommodation):

Reisebüro Kuoni Ges.m.b.H.
Wiener Strasse 96-102, Bühl-Center, A-3500 Krems
Contact person: Mr Thomas Hüttenmayer
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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:
Students:
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

Organizing Committee

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Danica Avsec, Director Slovenija-transplant, Slovenia
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The programme is subject to change without notice.