



EUROPEAN ASSOCIATION OF REHABILITATION IN CHRONIC KIDNEY DISEASE

WORKING GROUP ON RENAL REHABILITATION
AND EXERCISE PHYSIOLOGY
AFFILIATED TO ERA-EDTA 2001

<http://www.renalrehab.com>

**Scientific programme for CME course
Clinical Nephrology
Comprehensive multi-topic course**

Organizer / Moderator:

Associate professor Naomi Clyne in conjunction with the steering committee of the EURORECKD and Department of Nephrology, Lund University.

Location:

Lund, Sweden

Date: 27 – 28 September, 2012.

Title:

Morbidity and functional capacity in CKD: exercise training in theory and in practice

The following topics will be addressed:

- **Physical activity, morbidity and mortality in CKD**
- **Uremic heart disease and exercise training**
- **Skeletal muscle metabolism and exercise training in CKD**
- **Functional capacity and health-related quality of life in CKD**
- **Practical recommendations on assessment of functional capacity and prescription of exercise training in CKD**

Scientific and Programme Committee

Naomi Clyne, MD, PhD

Anton E. Daul, MD, PhD

Asterios Deligiannis, MD, PhD

Iris Fuhrmann, PhD

Pelagia Koufaki, PhD

Evangelia Kouidi, MD, PhD

Rolfdieter Krause, MD

Tom Mercer, PhD

Programme:

Day 1, Thursday 27 September, 2012 Theoretical background: “Meet the experts”

12-13 Lunch

13.00-13.15 Introduction (Naomi Clyne)

13.15 -13.45 Physical activity and exercise training in CKD patients and its effects on morbidity and mortality (Adamasco Cupisti)

13.45-14.15 Effects of exercise training on the cardiovascular system in CKD patients (Asterios Deligiannis)

14.15-14.45 How physical activity and exercise training affects health related quality of life in CKD patients (Evangelia Kouidi)

14.45-15.15 Coffee break

15.15-16.00 Uremic myopathy, metabolic acidosis and exercise training in CKD.
(Alan Bevington)
16.00-16.30 Some effects of exercise training in renal transplant patients (Shahriar Akaberi)
16.30 – 17.30 Meet the experts: exercise training in the clinical setting
19.00 Dinner

Day 2 Friday 28 September, 2012 Clinical implementation: “Hands- on” setting

8.00-9.00 Visit to the gym at the Department of Nephrology in Lund for demonstration of exercise training in patients with CKD and various levels of functional capacity (physiotherapists Eva Maria Wiberg, Huda Abdulahi and Naomi Clyne)
9:00-9:30 The Skåne model – a standardised assessment of functional status in the clinical setting (Eva Maria Wiberg, Huda Abdulahi)
9.30- 10.00 Overview of different methods of evaluation of physical function and exercise capacity – from a research and clinical perspective respectively (Pelagia Koufaki)
10.00 -10.30 Coffee break
10.30-10.50 How to motivate patients to exercise in the clinical setting (Inge Eidemak)
10.50-11.20 Precautions when prescribing exercise training – the nephrologist’s recommendations (Rolfdieter Krause)
11.20-11.50 Prescription of exercise training: individualised exercise training in the frail and elderly – the exercise physiologist’s recommendations (Iris Fuhrmann)
11.50 -12.15 Exercise training during hemodialysis in practice (Anton E. Daul)
12.15 – 12.30 Concluding remarks (Tom Mercer)
12.30 lunch