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
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