

ONLINE SYMPOSIUM

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TITLE: **When every small step is a step forward. Being physically active after solid organ transplantation**

DESCRIPTION: *What do we know about physical activity after solid organ transplantation?
What is the patient experience with physical activity?
How can one get started and hold on?*

The symposium will address these questions while providing accessible information and practical advice. Speakers include physical therapists as well as people with transplants who will share their experience and insights.

By attending this online symposium, participants will learn how to begin and maintain physical activity after solid organ transplantation as well as the evidence behind the recommendations provided by the transplant team.

Participation in the online symposium is free of charge.

DATE & TIME: **Saturday 28 August, 2021 | 18:00 – 19:30 CEST**

WHO SHOULD ATTEND? People with transplants, caregivers, patient advocates, healthcare professionals

MODERATORS: Fiona Loud | UK
Colin White | Ireland

SPEAKERS: Darren Cawley | Ireland
Stefan De Smet | Belgium
Sharlene Greenwood | UK
Frank Kuipers | The Netherlands



AGENDA

18:00	Welcome and Introduction	Fiona Loud UK Colin White Ireland
18:05	The evidence behind physical exercise after SOT	Stefan De Smet Belgium
18:20	"From pain to purpose." The motivational influence of exercise	Darren Cawley Ireland
18:35	A patient's experience with exercise	Frank Kuipers The Netherlands
18:50	Getting started and maintaining motivation	Sharlene Greenwood UK
19:05	Discussion	
19:25	Wrap up and conclusion	Fiona Loud UK Colin White Ireland

