

Scientific Symposium to accompany the World Transplant Games 2025

Program

Friday, August 22, 2025

9:00 - 10:00

Opening and Welcome

Session Chairs: *Christian Hugo, Christian Thomas*

9:00 – 9:05

Introduction to the conference: conference goals, overview of the participants and scientific program

Christian Hugo

Christian Thomas

9:05 – 9:15

Welcome remarks from representatives of the World Transplant Games and the German Transplantation Society

Liz Schick

(President of the World Transplant Games Federation)

Mario Schiffer

(General Secretary Deutsche Transplantations-Gesellschaft e.V.)

9:15 – 10:00

Physical Activity in Transplant Medicine: Italian Experience and the Power of Movement in Healing

Valentina Totti

10:00 – 11:30

Session 1

Solid Organ Transplantation in Germany Compared to Other Countries: Status Quo and Perspectives

Session Chairs: *Axel Rahmel, Omer Aziz, Mauricio Galvao*

10:00 - 10:25

Solid Organ Transplantation in Germany – Trends, Barriers, and Public Engagement

Axel Rahmel

10:25 – 10:50

Solid Organ Transplantation in the United Kingdom – Trends, Barriers, and Public Engagement

Omer Aziz

10:50 – 11:15	<p>Solid Organ Transplantation in Spain – Trends, Barriers, and Public Engagement</p> <p><i>Mauricio Galvao</i></p>
11:15 – 11:30	<p>Panel discussion</p>
11:30 – 12:00	<p>Coffee Break & Networking</p>
12:00 - 13:20	<p>Session 2</p> <p>Optimizing Transplant Outcomes: Exercise, Prehabilitation, and Innovative Monitoring Approaches</p> <p>Session Chair: <i>Mario Schiffer</i></p> <ul style="list-style-type: none"> ▪ An overview of current developments in transplantation medicine and its impact on the quality of life of transplant recipients/candidates. ▪ Discussion on the importance of sports for transplant recipients.
12:00 – 12:20	<p>Exercise during Hemodialysis in Patients with Chronic Kidney Failure</p> <p><i>Kirsten Anding-Rost</i></p>
12:20 – 12:40	<p>European Society of Organ Transplantation (ESOT) Consensus Statement on Prehabilitation for Solid Organ Transplantation Candidates</p> <p><i>Diethard Monbaliu</i></p>
12:40 – 13:00	<p>“Fit for Kidney Transplantation” a randomized study on the prehabilitation program</p> <p><i>Helge Krusemark</i></p>
13:00 – 13:20	<p>Personal story and experiences</p> <p><i>Regina Richtmann</i></p>
13:20 – 14:30	<p>Lunch Break & Networking</p>

14:30 – 16:00

Session 3

Post-Transplant Care and Recovery: Exercise, Aftercare Interventions, and Personal Journeys

Session Chair: *Ebru Yildiz*

- New scientific insights on the role of physical activity in preventing organ rejection post-transplant.
- Presentation of case studies and long-term data.

14:30 – 15:00

Quantitative MRI and AI for the Evaluation of Sarcopenia in Dialysis and Transplant Patients

Martín Belzunce

15:00 – 15:30

A multimodal aftercare intervention improves the outcome after kidney transplantation - results of the KTx360° aftercare program using claims data

Mario Schiffer

15:30 – 16:00

Digital Home-Monitoring of Patients after Kidney Transplantation: The MACCS Platform

Klemens Budde

16:00 – 16:20

Coffee Break & Networking

17:00 – 18:00

Session 4

Networking IPSOT with WTG at the Heinz-Steyer-Stadion

17:00 – 17:30

Transplant Sport as Medicine: What Transplant Sport Teaches the Medical World

Paul Harden

- Paul Harden will elegantly guide us through science, the relevance of the World Transplant Games, and aspects of transplant medicine and society, accompanied by food and drinks.
- Following this, there will be an opportunity to watch the evening sessions of the athletics competition

Saturday, August 23, 2025

9:30 – 10:30

Session 5

Mental Resilience and Well-being: The Psychological and Social Benefits of Sports Post-Transplant

Session Chair: *Martina de Zwaan*

9:30 – 10:00

Organ integration and mental aspects in transplant patients

Martina de Zwaan

10:00 – 10:30

From vulnerability to resilience: positive psychology in the context of solid organ transplantation

Angela Buchholz

10:30 – 11:00

Coffee Break & Networking

11:00 – 12:30

Session 6

Rehabilitation and Recovery: Key to Success After Transplantation

Session Chairs: *Juliane Putz, Julian Stumpf*

- Focus on the long-term care of transplant recipients and the role of exercise in maintaining long-term health.
- Discussion of challenges and solutions for transplant recipients in the years following surgery.

11:00 – 11:30

Rehabilitation After Kidney Transplantation – A Cornerstone of Long-Term Recovery

Doris Gerbig

11:30 – 12:00

Personal story and experiences

Elmar Sprink

12:00 – 12:30

Liver Transplantation: Why Rehabilitation Matters in the Long Run

Viviane Schücke

12:30 – 13:30

Session 7

Panel Discussion: Transplant Athletes: Overcoming Challenges, Seizing Opportunities, and Celebrating the Power of Organ Donation

Session Chair: *Axel Rahmel*

- A panel with transplant athletes, medical professionals, and sports scientists discussing the integration of transplant recipients into competitive sports.
- Challenges and opportunities for transplant athletes in sports

13:30 – 14:30

Lunch Break & Networking

Additional Notes:

- Throughout the event, there will be ample breaks for informal networking and reflection.
- The scientific sessions should be interactive to foster dialogue between experts and transplant athletes.

This program effectively blends scientific exchange with the practical experience of the World Transplant Games, offering participants both academic insights and opportunities to engage with the sporting side of the event.

Exhibitors & Sponsors

We thank all the Exhibitors and Sponsors for their support.

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