

Preliminary program

Scientific symposium to accompany the World Transplant Games 2025

Friday, August 22, 2025: Conference (09:00 – 18:00)

9:00 - 10:00: Opening and Welcome

[Session Chair: Christian Thomas & Christian Hugo]

- Introduction to the goals of the conference.
- Overview of the participants and scientific program.
- Welcome remarks from representatives of the World Transplant Games and the German Transplantation Society.
 - Liz Schick (President of the World Transplant Games Federation)
 - Prof. Mario Schiffer (General Secretary Deutsche Transplantations-Gesellschaft e.V.)
- Opening lecture on the topic of sport and health, or rather their limits, taking into account the topics of immunosuppression and performance
 - Physical Activity in Transplant Medicine: Italian Experience and the Power of Movement in Healing – Valentina Totti
- “I can't act as if nothing had happened” The story of – to be announced

10:00 – 11:15: Session 1: Solid Organ Transplantation in Germany Compared to Other Countries: Status Quo and Perspectives

[Chair and Presentation: Axel Rahmel, Omer Aziz (Bristol, UK), Mauricio Galvao (Barcelona, Spain)]

- Development of transplantation figures in Germany and ...
- Obstacles to organ donation and transplantation
- Role of sports and rehabilitation programs for social perception
- Discussion with representatives of professional societies, payers and patient organizations

11:15 - 11:45: Coffee Break & Networking

11:45 - 13:15: Session 2: Optimizing Transplant Outcomes: Exercise, Prehabilitation, and Innovative Monitoring Approaches

[Session Chair: Mario Schiffer]

- 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.
 - Exercise during Hemodialysis in Patients with Chronic Kidney Failure – Kirsten Anding-Rost
 - European Society of Organ Transplantation (ESOT) Consensus Statement on Prehabilitation for Solid Organ Transplantation Candidates – Diethard Manbaliu

- “Fit for Kidney Transplantation” a randomized study on the prehabilitation program – Helge Krusemark
- Personal account from Regina Richtmann

Lunch 13:15 - 14:30

- Lunch and informal networking.

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.
 - Quantitative MRI and AI for the Evaluation of Sarcopenia in Dialysis and Transplant Patients – Martín Belzunce
 - A multimodal aftercare intervention improves the outcome after kidney transplantation - results of the KTx360° aftercare program using claims data – Mario Schiffer
 - Digital Home-Monitoring of Patients after Kidney Transplantation: The MACCS Platform – Klemens Budde (request)

17:00 - 18:00: Networking IPSOT with WTG (Heinz-Steyer-Stadion)

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

- Keynote speech: Paul Harden will elegantly guides us through science, the relevance of the World Transplant Games, and aspects of transplant medicine and society
- Following this, there will be an opportunity to watch the evening sessions of the athletics competition

Saturday, August 23, 2025: Conference (9:00 - 13:30)

9:00 - 10:30: Session 4: Mental Resilience and Well-being: The Psychological and Social Benefits of Sports Post-Transplant

[Chair: Martina de Zwaan]

- Organ integration and mental aspects in transplant patients – Martina de Zwaan
- German Living Kidney Donor Registry SOLKiD - Physical impairment due to living kidney donation – to be announced
- From vulnerability to resilience: positive psychology in the context of solid organ transplantation – Angela Buchholz
- Personal account from Hendrik Verst Essen (request)

10:30 - 11:00: Coffee Break & Networking

11:00 - 12:30: Session 5: Rehabilitation and Recovery: Key to Success After Transplantation

[Chair: 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.
 - Rehabilitation After Kidney Transplantation – A Cornerstone of Long-Term Recovery - D. Gerbig
 - Liver Transplantation: Why Rehabilitation Matters in the Long Run – Viviane Schücke
 - Regaining Breath and Strength: Pulmonary Rehabilitation After Lung Transplantation - to be announced
 - The personal story and experiences of Elmar Sprink

12:30 - 13:30: 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 or Lunch Industry Symposium (Optional)

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.
