



**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”

13.00-13.15 Introduction (Naomi Clyne)

13.15 -14.00 Physical activity and exercise training in CKD patients and its effects on morbidity and mortality (Adamesco Cupisti)

14.00-14.30 Effects of exercise training on the cardiovascular system in CKD patients (Asterios Deligiannis)

14.30-15.00 How physical activity and exercise training affects health related quality of life in CKD patients (Evangelia Kouidi)

15.00-15.30 Coffee break

15.30-16.15 Uremic myopathy, metabolic acidosis and exercise training in CKD. (Giorgios

Sakkas)

16.15-17.00 Physical fitness and effects of exercise training in renal transplant patients.

(Eugenie Van Den Ham)

17.00 – 18.00 Meet the experts: exercise training in the clinical setting

19.30 Gala dinner

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

8.30-9.30 Hands-on: a standardised assessment of functional status in the clinical setting - a demonstration of ‘The Skåne model’. At the gym at the Department of Nephrology in Lund, Alwallhuset. (Physiotherapists from the Dept of Nephrology and Transplantation, Skåne University Hospital)

9.30- 10.15 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 (Naomi Clyne)

12.30 lunch