



# EUROPEAN ASSOCIATION OF REHABILITATION IN CHRONIC KIDNEY DISEASE



OFFICIALLY ENDORSED BY THE ERA SINCE 2001

<http://www.euroreckd.eu>

Milan, June 17, 2023

## Annual report

### Council activity

The council has had 7 ZOOM meetings since the last annual general assembly.

### Scientific activities

- A European scientific collaboration, the EUSUREX NCT03923972, is ongoing, but paused during the COVID19 pandemic. EUSUREX is a survey comprising 5 questionnaires to describe barriers and status of prescription of physical activity/exercise training within Europe. The questionnaires explore the following levels: health care system within the country, renal unit, nephrologist, renal nurse and patient. Italy, Greece, Sweden, Germany and Spain are currently participating. To date, four countries: Greece, Sweden, Italy and Spain have completed, in Germany the trial is ongoing.
- A European scientific multicentre study, the GoodRENal study, was launched during Autumn, 2021. GoodRENal is sponsored by EU ERASMUS+ and will complete on August 31, 2023. The aims are to provide a comprehensive educational programme comprising exercise training, nutritional counselling and psychosocial and cognitive support. The means are the creation of a digital platform for patients to use during hemodialysis and peer-to-peer courses and brochures for staff as well as for patients and their informal caregivers, respectively. Spain, Belgium, Greece and Sweden are involved in the project.
- A Cochrane review on the effects of physical activity in kidney transplant people is currently being performed. The Cochrane protocol is already published (<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD014868/information>)
- In collaboration with the European Association of Preventive Cardiology EURORECKD has produced a final draft for a joint position paper: *The role of exercise training on Cardiovascular risk factors and disease in patients with Chronic Kidney Disease (stages 3 to 5D). From risk factors to vascular calcification, CAD, CHF and arrhythmias in CKD patients.*

### Scientific meetings

The 4th Symposium on Quality of life in CKD was held in Thessaloniki on the 25th of April 2023.

### Cooperation with other Societies

- The EURORECKD is endorsed by the ERA.
- The EURORECKD is cooperating with the European Association of Preventive Cardiology.
- The EURORECKD's activities are also disseminated on the site of the British Renal Society.
- Members of EURORECKD cooperate with GREX.

Naomi Clyne, MD, PhD  
Chairperson

Amaryllis van Craenenbroeck, MD, PhD  
General Secretary

Amaryllis Van  
Craenenbroec  
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Digitaal ondertekend door Amaryllis  
Van Craenenbroeck  
DN: cn=Amaryllis Van  
Craenenbroeck, o, ou,  
email=amaryllis.vancraenenbroeck@  
kuleuven.be, c=BE  
Datum: 2023.05.20 14:22:42 +02'00'