



EUROPEAN ASSOCIATION OF REHABILITATION IN CHRONIC KIDNEY DISEASE



OFFICIALLY ENDORSED BY THE ERA SINCE 2001

<http://www.euroreckd.eu>

Stockholm, May 25, 2024

Annual report

Council activity

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

Scientific activities

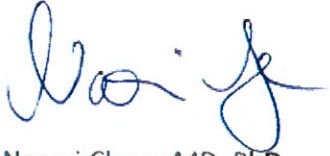
- A European scientific collaboration, the EUSUREX NCT03923972, is a survey comprising 5 questionnaires to describe barriers and status of prescription of physical activity/exercise training within Europe. The questionnaires explore the following levels: health care system within the country, renal unit, nephrologist, renal nurse and patient. The data collection phase is completed, comprising 1730 surveys from 5 countries: Greece, Sweden, Italy, Spain and Germany. Data analysis is ongoing.
- A European scientific multicentre study, the GoodRENal study, sponsored by EU ERASMUS+ was completed on August 31, 2023. A comprehensive educational programme comprising exercise training, nutritional counselling and psychosocial and cognitive support for people on hemodialysis was developed with peer-to-peer courses and brochures for staff and for patients and their informal caregivers, respectively. A digital platform for patients to use during hemodialysis was created and tested. Spain, Greece, Sweden and Belgium participated. More information is available at: <https://goodrenal.es>
- A Cochrane review on the effects of physical activity in kidney transplant people is currently being performed. The Cochrane protocol is published (<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD014868/information>)
- A clinical consensus statement has been published in a collaboration between the European Association of Preventive Cardiology and EURORECKD: *The role of exercise training on cardiovascular risk factors and heart disease in patients with chronic kidney disease G3-G5 and G5D: A Clinical Consensus Statement of the European Association of Preventive Cardiology (EAPC) and the European Association of Rehabilitation in Chronic Kidney Disease (EURORECKD)*. Eur J Prev Cardiol, 2024 Apr 9:zwae130.
DOI: [10.1093/eurjpc/zwae130](https://doi.org/10.1093/eurjpc/zwae130)

Scientific meetings

The 5th Symposium on Quality of life in CKD was held in Thessaloniki, Greece on the 14th March 2024. EURORECKD participated in a *Transplantoux* satellite symposium entitled "Incorporating regular physical activity/exercise training in people with CKD and kidney replacement therapy" at the *Transplantoux 2024 International 'Time to Move' Symposium*, 10 February 2024 in Leuven, Belgium

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