

Background

- Exercise provides an important foundation for wellness by promoting physical and mental health, improving quality of life (QOL), and supporting those to live well and manage their chronic disease
- Patients who become frail have increased peri- and post-transplant mortality, morbidity, and healthcare utilization
- A multiphase approach (delivery of rehabilitation across the care timeline) will help to better serve patients and establish further health behaviour change to support patient wellness in the long-term.
- The Kidney Exercise and Education Program (KEEP), Move More study and Prehabilitation clinic provided support for establishing the Transplant Wellness Program (TWP)

Methods

- All patients waitlisted for a kidney or liver transplant in Southern Alberta will be eligible to participate in the TWP
- Involvement of behaviour change expert and kinesiologist



Outcome Measures

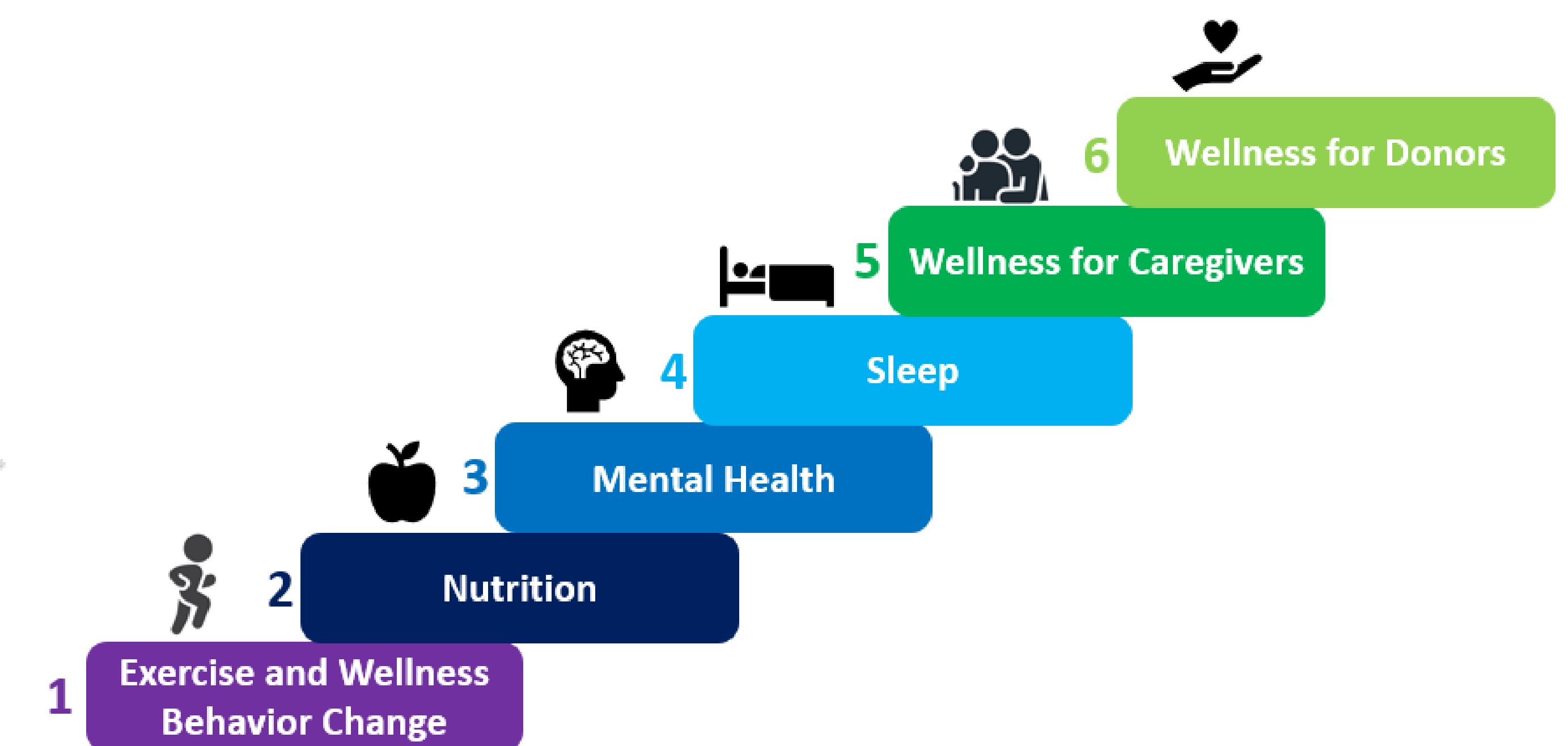
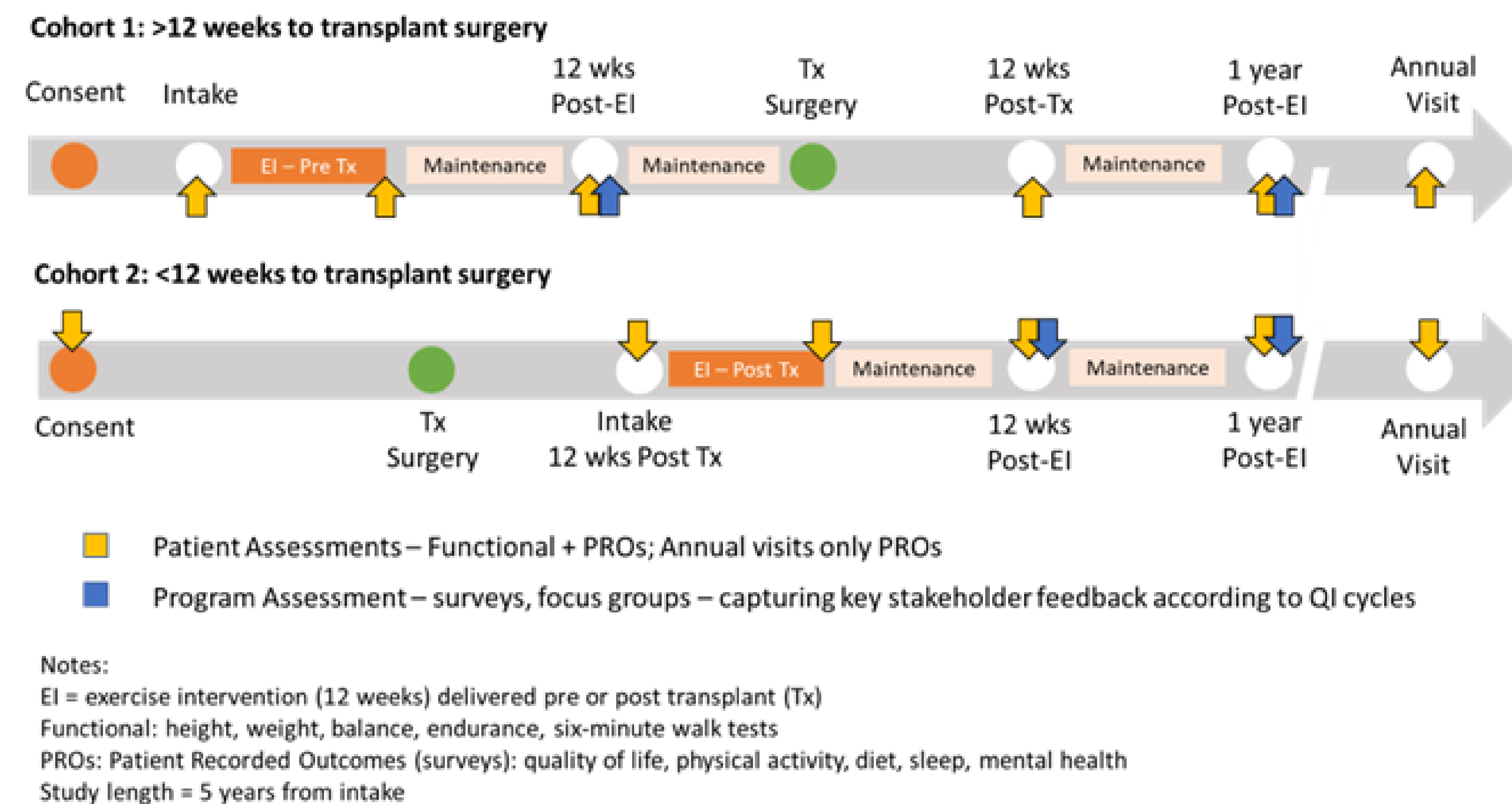
- Patient Reported Outcomes
 - Modified Godin Leisure-Time Questionnaire
 - EQ5D-5L and EQ-VAS
 - KDQOL-36
 - Chronic Liver Disease Questionnaire
 - Patient Generated Subjective Global Assessment
 - Pittsburg Sleep Quality Index (PSQI)
 - Hospital Anxiety and Depression Score (HADS)
- Functional Measures
 - Balance, hand grip strength, chair sit and reach, 30 second sit to stand, time to do 5 sit to stands, 6-minute walk test, 15 ft. walk test

TWP Implications

- Intervention before and after transplant aims to achieve better outcomes for our patients and improved health care resource utilization.

Objectives

- TWP is designed to provide a supportive environment to increase physical activity and exercise for patients with end-stage kidney and liver disease
- Behaviour change support is provided to:
 - Build an environment that provides resources (education and programs) to support behaviour change
 - Aid participants in developing key self-regulatory behaviours
- TWP aims to improve overall QOL, functional (frailty, indices of fitness, physical activity levels) and mental (anxiety, stress) health outcomes



Intervention (five years)

- Wellness behaviour change support and 12-week exercise intervention
 - 45-60 min group exercise classes twice a week
 - Offered before or after transplant (see Figure)
- Maintenance resources
 - Group exercise classes
 - Wellness webinars
 - Group wellness coaching sessions

Funding and Acknowledgements

Jim Gray and family, the O'Brien Institute of Public Health, the Division of Transplant Medicine and the Cumming School of Medicine, University of Calgary, the Kidney Foundation of Canada