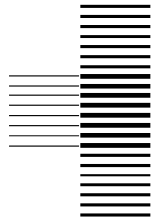


Universitätsklinikum Erlangen



Transplantationszentrum Medizin 4 Ulmenweg 18 91054 Erlangen

Medizinische Klinik 4

Nephrologie und Hypertensiologie
Direktor: Prof. Dr. med. Mario Schiffer

Transplantationszentrum Erlangen-Nürnberg

Programm: Niere inkl. Lebendspende
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Öffentliche Verkehrsmittel:
Buslinie 288, Haltestelle Maximiliansplatz

Erlangen, 25.03.2021

Dear ...,

We would like to encourage you to take part in our project “Fit für die Nierentransplantation durch Rehabilitation”

With increasing age and dialysis time, physical performance steadily decreases and the psyche also suffers from the enormous stresses that is caused by chronic kidney disease. This particularly affects elderly people.

In our research project “Fit für die Nierentransplantation durch Rehabilitation” we want to support all elderly people who have reached the age of 65 and are preparing for a kidney transplantation and all patients who are already on the waiting list for a kidney transplant.

We offer an innovative sustainable program which is designed to prepare you physically and mentally for your transplantation to strengthen your physical and mental resources. On the one hand, this program should make you feel stronger and fitter during the dialysis period, reduce comorbidities and maintain or rebuild your independence. On the other hand, possible stresses of a kidney transplantation and the resulting changes should be managed as well as possible.

In this sustainable program, a rehabilitation and individually adapted therapy should take place. In cooperation between the Erlangen-Nuremberg Transplant Centre and the rehabilitation centre, you will receive inpatient care for up to three weeks from a team of physiotherapists, sports and occupational therapists, nutritionists as well as masseurs, psychologists, doctors and nursing staff. During this time, your dialysis treatments will preferably take place in the late afternoon, so that you can complete applications undisturbed during the day.

Focal points of this rehabilitative sustainable program are based on:

- Assessments and evaluations of individual physical and mental strengths and weaknesses at the beginning, during and at the end of the program to illustrate progress and success.
- Diagnostics of your individual physical performance (strength, mobility, etc.)
- Seminars on all aspects of kidney transplantation, as well as personal counselling on your individual situation on the waiting list.

In order to optimally promote your physical and mental resources, an individually adapted therapy plan is available to you during your three-week stay, which includes the following parts (depending on individual needs):

- Sports and physiotherapy (medical training therapy, Nordic walking, group therapies, ergometer training, manual therapy ...).
- Occupational Therapy (fine motor training, sensitivity training, mirror therapy ...)
- Nutrition Counselling (individual counselling sessions, group training, diabetic training, general health lectures ...)
- Psychotherapy (individual therapy, group conversations, autogenic training, progressive muscle relaxation ...)
- Massage and physical therapy (classical massage, manual lymphatic drainage, hydrotherapy, electrotherapy ...)
- Clinical social work/rehabilitation counselling (counselling and support, social assistance, social legal services ...)

Even after the three-week rehabilitation, there is continuing support with regular reviews of your physical well-being and customized home exercises. You will receive support by our project team to clarify individual questions. Reviews of your physical performance and medical data will be conducted every six months to find out whether the interventions being implemented need to be adjusted. In addition, you will be contacted by phone every month. This project will end in May 2023. In Case of a successful evaluation the program will be integrated into regular care.

The aim of this project is to enable you to build up and strengthen your physical and mental resources by having a guiding hand by your side the whole time. You should get all the information about the transplantation (what to consider, what changes it involves, etc.) so that you are well prepared.

This project is sponsored by the Bavarian State Ministry of Health and Care. As a result, there are no additional costs for you during the participation.

Participation in this project is voluntary. If you do not wish to participate you do not have to sign the participation. You do not have to justify your decision. There will be no disadvantages from participation or non-participation. You can also withdraw your participation at any time without giving reasons.

If you have any questions, please do not hesitate to contact us.

Contact:

NTx-Zentrum am Universitätsklinikum Erlangen

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We would be pleased if you participate in our project. Your "Fit für die Nierentransplantation durch Rehabilitation" team



Helge Krusemark



Judith Kleemann