

FAQ

HOW LONG IS THIS STUDY?

Participation in this study includes a 12-week exercise intervention, a series of fitness assessments and questionnaires completed over the year, and follow-up annually for up to 5 years.

HOW MUCH DOES IT COST?

There is no cost associated with enrollment in this study. If your assessments or classes are in-person there maybe an indirect cost such as parking fees.

WHAT ELSE SHOULD I KNOW?

If you would like to know more about the study as a potential participant, please email or call the Transplant Wellness team (see contact information).



Connect with us

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**UNIVERSITY OF
CALGARY**

This study has been approved by the
Conjoint Health Research Ethics Board.

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Transplant Wellness





Study Assessments

Participants will complete a fitness assessment and questionnaires before and after the 12-week exercise intervention. The exercise intervention can be done before or after the transplant surgery. The fitness assessments and questionnaires will be repeated after transplant surgery and then annually for 5 years. We will review your chart and collect medical information at the same time points.

Each assessment will take approximately 30 minutes, and be done in-person or online, and will include:

- height and weight measurements
- fitness tests of your balance, strength, and functional ability

Questionnaires will take approximately 20 minutes and be done online. These will be completed to assess:

- quality of life
- physical activity levels
- diet
- sleep habits
- mental health

Eligibility

- 18+ years old and able to consent in English
- Already listed or ready for listing on the transplant waiting list
- Able to participate in mild/moderate physical activity
- Have access to an internet connected device



What is the Transplant Wellness Program (TWP)?

TWP offers comprehensive wellness behavior support to transplant patients to help them become more physically active pre- and post- transplant surgery.

If you consent to being part of the TWP, you will be offered a 12-week exercise intervention supervised by a Clinical Exercise Physiologist (CEP), along with wellness behavior support. You will also receive access to TWP maintenance resources such as group exercise classes, wellness webinars and group wellness coaching sessions, after the exercise intervention.