



# TRANSPLANT WELLNESS PROGRAM

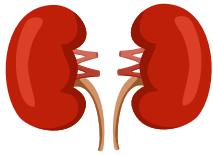
**Annual Report  
2024**



The Transplant Wellness Program (TWP) at the University of Calgary has successfully completed its first year of participant recruitment, marking a significant milestone in supporting the well-being of transplant patients. Over the past year, the program has made remarkable strides in promoting physical health, providing wellness resources, and offering tailored programming. We launched our first exercise class in January 2024 with one participant, and as of December, we have grown to 20 active participants. We are especially excited to welcome back former participants who, after joining the TWP pre-transplant, have now recovered and are continuing their wellness journey with us.

Moving ahead to 2025, we look forward to expanding our program to serve both the post-lung transplant population and the caregivers of our participants, further broadening our impact. We are committed to growing the program's reach and enhancing the lives of transplant patients in Southern Alberta.

# Enrollment Update



**47**

participants are kidney patients

**18**

participants are liver patients



**21**

participants have completed the TWP exercise intervention



**14**

TWP graduates continue to attend TWP maintenance classes

## Group Wellness Behaviour Sessions 2024

Date	Title	TWP participants in attendance
April 25	<b>Establishing Your Wellness Behaviour Change: Setting Your Intentions and Establishing Your Goals</b>	8
June 13	<b>Adapting to change: addressing barriers, determining what you can control, responding to setbacks</b>	6
October 2	<b>Tracking your progress: Harnessing self-monitoring to support your behaviour change journey.</b>	7
December 12	<b>Looking back to move forward: reflecting on your journey to wellness.</b>	Future Session

# Knowledge Translation 2024

Month	Type	Event	Location	Title	Presenter(s)
March	Poster	Roy and Vi Baay Chair Poster and Presentation event	University of Calgary	Evaluating the impact of the Transplant Wellness Program exercise and wellness intervention for solid organ transplant recipients	Jenna Sim
May	Poster	Alberta Transplant Institute (ATI) Research Day	University of Alberta	Evaluating the impact of the Transplant Wellness Program	Jenna Sim
October	Presentation	City-wide Renal Rounds	University of Calgary	The Transplant Wellness Program in Calgary - an update	Stefan Mustata
October	Research booth	Better Together: Strengthening public health in Canada through collaboration and research	O'Brien Institute of Public Health, University of Calgary	The Transplant Wellness Program	Maneka Perinpanayagam and Jenna Sim
March 2025	Abstract accepted for presentation	46th Annual meeting and Scientific Sessions - Society of Behavioural Medicine	San Francisco, California	"Is he gonna live? Is he not gonna live? And if he does get to transplant, what's it gonna be like after?": The experiences and wellness needs of caregivers of patients on the solid organ transplant journey	Sim, J.A.P., Exall, A.L., Perinpanayagam, M.A., Bahry, V., Isaac, D.L., Burak, K.W., Mustata, S., & Culos-Reed, S.N

# Research Publication: TWP protocol



**Clinical Research Protocol**

**An Exercise and Wellness Behavior Change Program for Solid Organ Transplant: A Clinical Research Protocol for the Transplant Wellness Program**

Jenna A. P. Sim<sup>1</sup> , Maneka A. Perinpanayagam<sup>2</sup>,  
Vanessa Bahry<sup>2</sup>, Kathryn Wytsma-Fisher<sup>2</sup> , Kelly W. Burak<sup>2,3</sup>,  
Debra L. Isaac<sup>2,4</sup>, Stefan Mustata<sup>2</sup>, and S. Nicole Culos-Reed<sup>1,3,5</sup>

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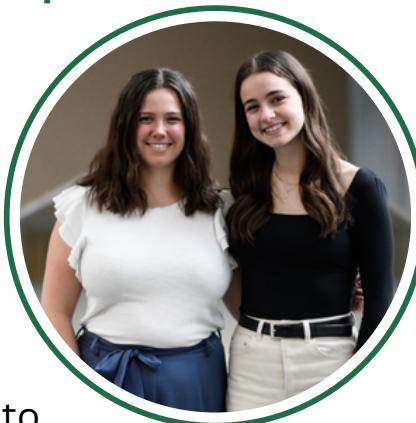
[Click here to read the paper!](#)

## Stay Tuned!

### TWP Caregiver Project

*Led by Jenna Sim (TWP PhD student)  
and Ashley Exall (TWP summer student);  
PI: Nicole Culos-Reed*

The Transplant Wellness Program (TWP) aims to support both transplant patients and their caregivers, who often face psychological distress with limited resources. Interviews with eight caregivers of transplant patients identified four key themes: caregiver strain, life changes, individual wellness needs, and caregiving needs. These findings highlight the unique challenges caregivers face and will guide the development of tailored resources to support their wellness.



### TWP for post-lung transplant patients

- Ethics and AHS approval submission: in progress
- Expected recruitment start date: Spring 2025



# Spotlight on Kirk

**Kirk is a TWP participant awaiting a kidney transplant. He completed the exercise intervention in March 2024.**

**What motivated you to join the Transplant Wellness Program?**

My motivation to join the TWP was to get back to playing slo-pitch in the summer.

**What has your favourite part of the program been?**

My favorite part of the program was doing the exercises, feeling my body getting stronger each week, and being able to do more around the house.

**Have you noticed any changes in your day-to-day life since starting the program?**

I noticed a big change in my day-to-day activities, I was able to return to work after joining the program. I was also able to start playing slo-pitch again, not at the same capacity as before but able to play at a limited capacity.

**What advice would you give to someone considering joining the Transplant Wellness Program?**

The advice I would give to anyone considering joining the program is just to do it, your body and your mind will thank you for it. Joining the program gave me a sense of purpose and gave me something to look forward to each exercise day. Doing the exercise over Zoom was awesome because I didn't have to leave my house to get some exercise in and having an instructor was a big motivation for me.



# TWP participant testimonials



Click on the link to watch the video: <https://youtu.be/9AilRnn9Qjg>

Click [here](#) or scan the QR code below to visit our website



Contact us at [twp@ucalgary.ca](mailto:twp@ucalgary.ca)



Thank you for your invaluable support! We wish you a restful holiday season and a peaceful, prosperous New Year.

Warm regards,  
The TWP Team



Transplant Wellness



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CALGARY