



Provide education to patients about:

- How they can improve their fitness levels before transplant and why it's important.
- Help with weight management and possible onward referral for help if needed
- Psychological wellbeing and onward referral as needed
- Expectations around health and mobility after surgery

National exercise recommendations for adults advise at least:



- 150 minutes of moderate intensity activity a week (for example you can still talk, but not sing).
- OR 75 minutes of vigorous intensity activity a week (for example you can say only a few words before pausing for breath).
- Encourage patients to understand that 'anything is better than nothing!'

Sign-post to local resources:



- Smoking cessation
- Online exercise platforms (such as Kidney Beam)
- GP social prescribing
- Renal pre/rehabilitation services (if available)
- Weight Management Services (if BMI >30)
- Counselling for psychological support if available



Provide recipients with advice prior to discharge on exercise and lifestyle, including risks of weight gain post-transplant and advice on prevention.



Provide patients with an advice sheet and example exercise plan (there is a downloadable plan you can use on the OTDT ERAS Tx webpage <https://www.odt.nhs.uk>)



Signpost to:

- **Electronic platforms (such as Kidney Beam)**
- **Local community options for health and wellbeing (local and national charities, GP social prescribing)**
- **Local rehabilitation referral if available**
- **Weight management referral if BMI>30**