

Home-based Exercise and Physical Activity Intervention After Kidney Transplantation: Impact of Exercise Intensity

NCT06260579

Status	RECRUITING
Phase	Not Applicable
Sponsor	KU Leuven
Enrollment	147 participants

Key Eligibility Criteria

Inclusion (1)

- De novo adult KTRs

Exclusion (9)

- Underlying heart disease, defined as aberrant CPET, unstable angina, non-revascularized lesions or life-threatening arrhythmias
- Uncontrolled hypertension
- Uncontrolled diabetes, defined as HbA1c \geq 9%
- Musculoskeletal disorders not allowing physical training on a cycle ergometer, or any other medical reasons by the physician considered to be a contraindication for moderate or high-intensity physical exercise
- Multi-organ transplantation
- ... and 4 more (see full listing online)

Locations (2 total)

UZ Ghent, Ghent, Belgium
UZ Leuven, Leuven, Belgium