

Structured Program Of Exercise For Recipients Of Kidney Transplantation (SPaRKT)

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VALUE PROPOSITION

Over 800 000 people in the US have end stage kidney disease (ESKD). Older patients with ESKD are at very high risk for functional impairment. Kidney transplantation (KT) has the potential to ameliorate the detrimental effects of ESKD on physical activity and functional status. However, KT alone may not meet the full extent of this potential, particularly for older or more impaired adults. In fact, activity declines immediately post-KT and fails to return to expected levels even 5 years post-KT. Older patients waitlisted for KT (most of whom are on dialysis) are therefore reliant on their pre-KT levels of exercise, which are also predictive of post-KT mortality.

TECHNOLOGY DESCRIPTION

UCSF investigators have developed a Structured Program of Exercise for Recipients of Kidney Transplantation with the goal of improving outcomes in post-KT patients. The program is currently in clinical trials as prehabilitation for ESKD patients on dialysis.

STAGE OF DEVELOPMENT

Currently in clinical trials

RELATED MATERIALS

- ▶ [Structured Program of Exercise for Recipients of Kidney Transplantation](#)

DATA AVAILABILITY

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OTHER INFORMATION

KEYWORDS

end stage kidney disease,
kidney transplantation,
nephrology, functional
impairment

CATEGORIZED AS

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