

Rehabilitation for children and adolescents after organ transplantation – For an ageing society



Prof. Dr. mult. Eckhard Nagel

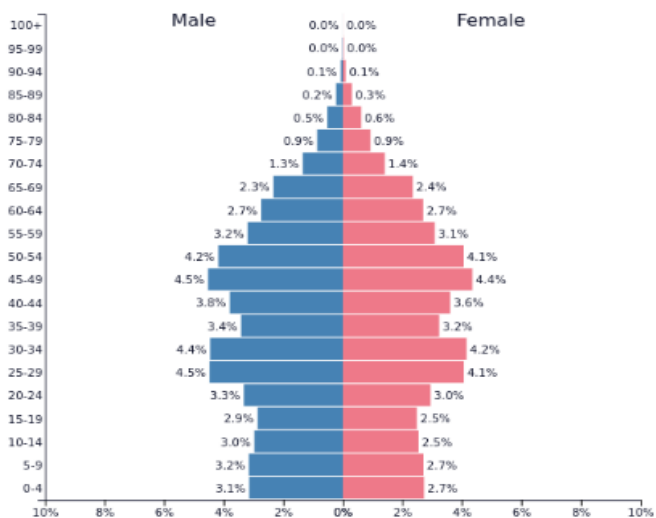
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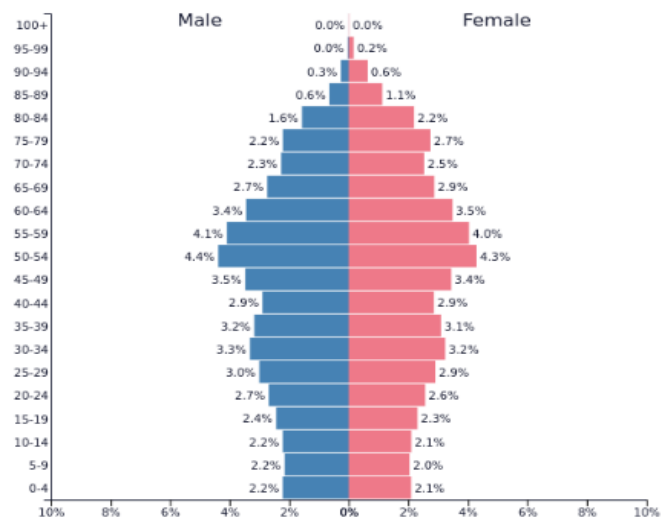
The young and the old: chronic diseases and their value for society

- **Increase of life expectancy** and **stagnating birth rates** in industrialized countries
- The treatment of chronic diseases in **young patients** supports the sensitivity for the society in general, regarding **care-taking of the elderly**



PopulationPyramid.net

China - 2018
Population: 1,393,686,493

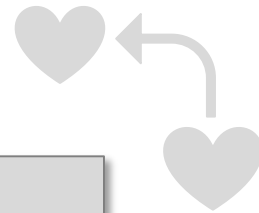


PopulationPyramid.net

Germany - 2018
Population: 80,560,849



Organ transplantation offers hope and quality of life



Transplant medicine = gold standard

Transplantable organs: kidney, liver, heart, lung, pancreas, cornea

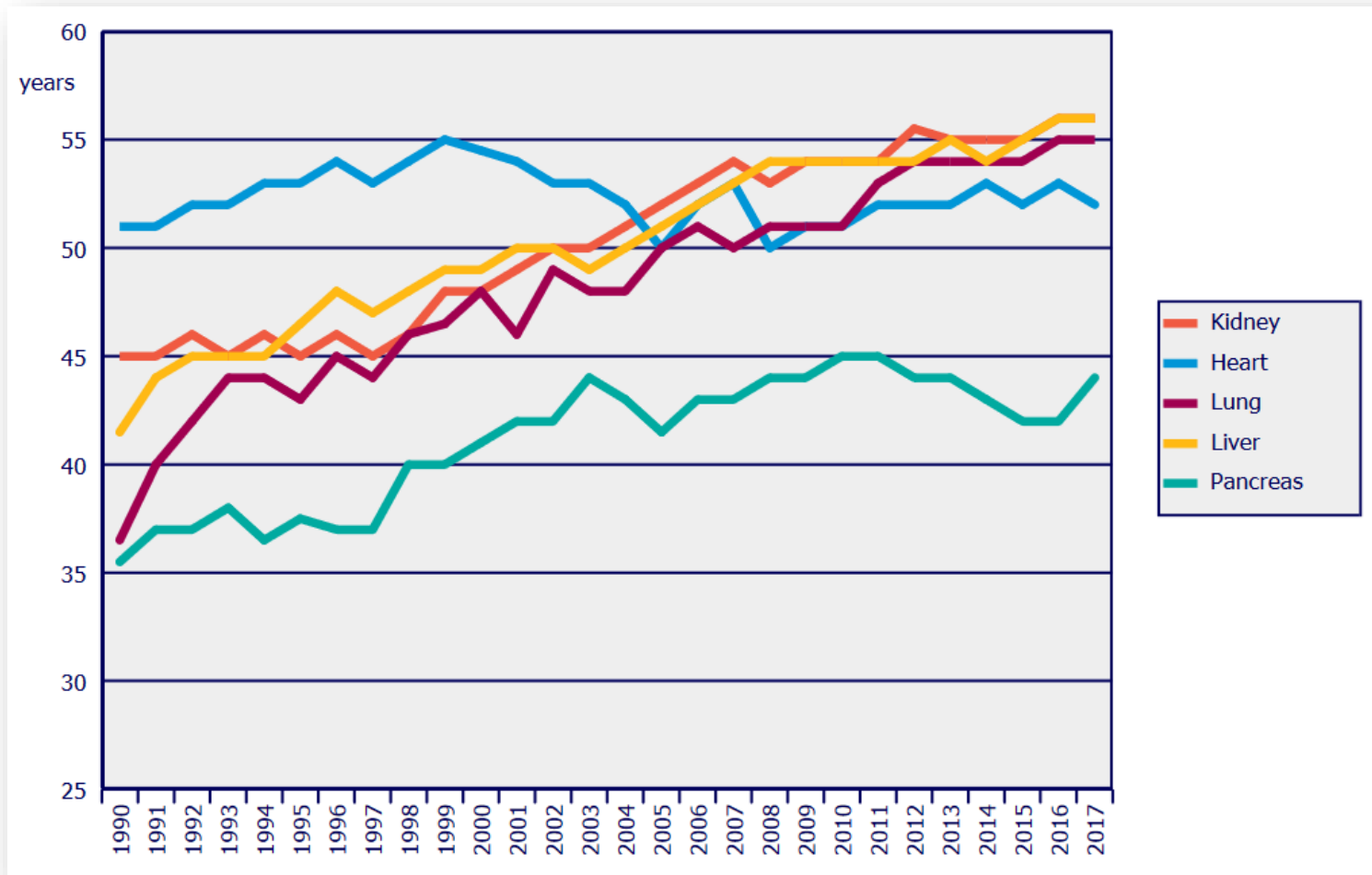
Survival chances, life perspective, high quality of life, life expectancy

Children and adolescents with chronic diseases

- Participation in health care and medical innovation
- Compensation of lottery of life
- Opportunity to realize life plans
- Ability of creating (social) value



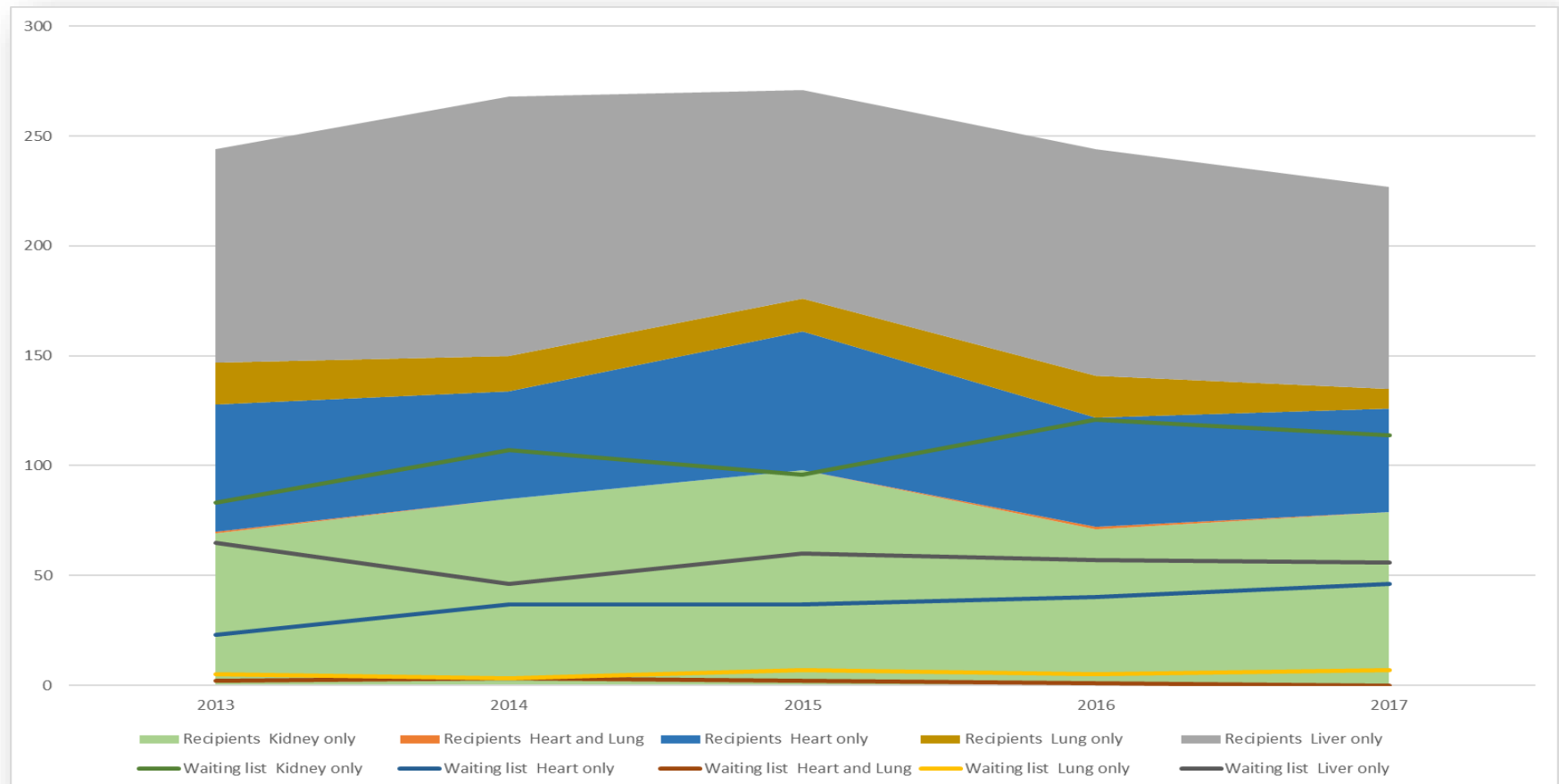
Median age of transplant recipients (deceased donor transplants)



Eurotransplant, Statistical Report 2017, p. 24

Organ transplantation in Europe

Absolute number of organ recipients and person facing waiting lists (0-15 years)



Data: Eurotransplant, Statistical Report 2017.

Ederhof: Rehabilitation centre for pediatric transplant patients in Austria





Interdisciplinary team





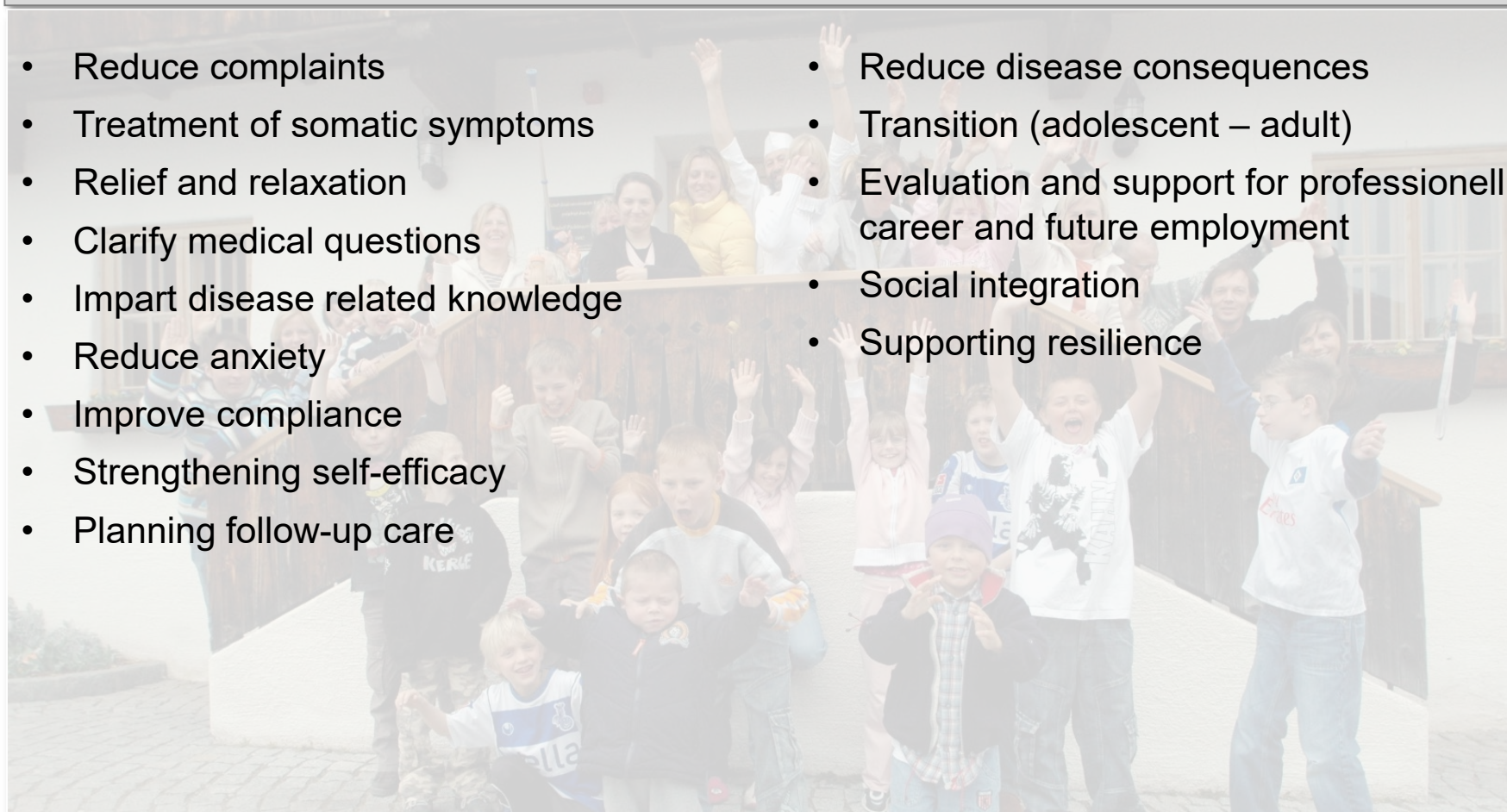
Targets of rehabilitation

Short term

- Reduce complaints
- Treatment of somatic symptoms
- Relief and relaxation
- Clarify medical questions
- Impart disease related knowledge
- Reduce anxiety
- Improve compliance
- Strengthening self-efficacy
- Planning follow-up care

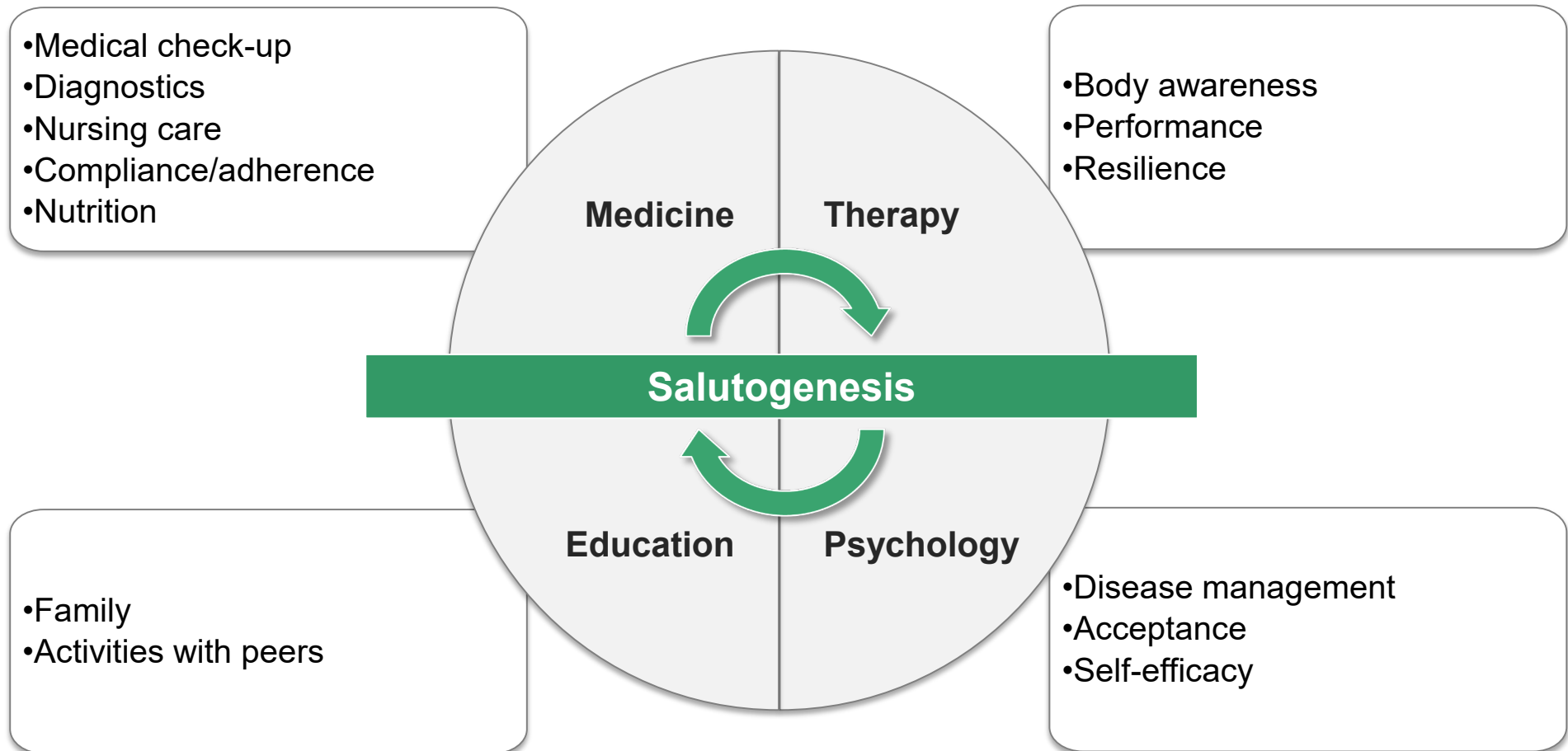
Long term

- Reduce disease consequences
- Transition (adolescent – adult)
- Evaluation and support for professionell career and future employment
- Social integration
- Supporting resilience





Integrative therapy concept



Rehabilitation for children and adolescents

**Patient's age
> 6 years**

- Medical surveillance
- Integration of parents, training on coping strategies

**Family
rehabilitation**

- Medical surveillance
- Support is aligned to patient's and family's resources
- Interdisciplinary cooperation

**Reha-
bilitation for
adolescents**

- Coping and acceptance of transplantation
- Support in transition

**Reha-
bilitation
during winter
season**

- Improvement of physical, sensorial and cognitive abilities





Thank you for your attention

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