



Research Grant Report Form

Name and origin of applicants:

Kari Nytrøen

Oslo University Hospital Rikshospitalet

Marianne Yardley

Oslo University Hospital Rikshospitalet

Finn Gustafsson

Rigshospitalet University Hospital, Copenhagen

Kristjan Karason

Sahlgrenska University Hospital, Gothenburg

Purpose of research project granted:

Effect of exercise after heart transplantation - short term and long term

Amount granted:

€ 40,000.-

Report of scientific progress:

1) The project is still including participants. In Norway, we started inclusion in January 2013, and so far we have included 47 patients. The overall aim is to include 120 patients from the three participating centers in Norway, Sweden and Denmark. Unfortunately, recruitment from Sweden and Denmark has been delayed, but Denmark has now included their first two patients, and Sweden is also now ready to include their first patient. We will continue to include patients from all three centers throughout 2016.

In Norway, 23 of the included patients have completed 1 year follow-up, and the experience so far is very good. The patients tolerate the intervention well, and they are content and motivated. There has not been any adverse events.

Among the Norwegian participants we are also, according to the original study protocol, planning to do a long-term follow up (3 years post transplant). The first 3-year follow up patient will be due in October this year, so the follow-up study will run in parallel with the intervention study.

2) No results from the study are present yet, and thus, there has not yet been any publications.
