

ESOT My Life – My Health

Train the trainer workshop

Date: 18th November 2024

From: 14:30 – 17:00 (CET)

Location: Sala d'actes del Departament de Salut de la Generalitat de Catalunya
(Auditorium of Health Department of Catalan Government)

Full Address - Pavelló Ave Maria, Travessera de les Corts, 131 - 159, 08028 Barcelona

Results of a survey that was held in 2020 by ESOT (European Society for Organ Transplantation) and the steering committee of the patient inclusion initiative showed that people who received a transplant wish to have a person-centred rehabilitation approach.

The project My Life My Health (MLMH) is a reply to the need expressed by patients:

- A serious effort to promote the person-centred care approach, with the aim to drive a paradigm shift in transplant care – Focus on the person with an organ, NOT the organ in the person
- The project focused on the Adaptation process through the development of different tools
- Deliberately includes spouses and relatives and recognize their role in the transplantation journey as they navigate through their own adaptation process

Learning Objectives:

After attending this workshop, participants will learn:

- Patient Literacy, Learning and Adaptation: Support the patient learning journey with a focus on individual learning needs
- Healthcare Professionals Awareness: Raise HCP awareness and HCP capability to support the individual patient's adaptation and Health Balance, working as a team
- Nurse Empowerment: Empower transplant nurses as critical stakeholders in day-to-day self-management support to achieve objectives

For more information on ESOT's Patient advocacy and awareness project, please click [here](#).

Target Audience:

Surgeons, Nurses, Physicians, Caregivers, Patient Advocates

Workshop creators:

Anna Forsberg (Sweden)

Chloe Balleste (Spain)

David Paredes (Spain)

Articles for pre-reading:

- [Adaptation after heart transplantation: A framework for the future](#)
- [Time for transplant care professionals to face recipients' fear of graft rejection—an opinion paper](#)

This activity has been developed under a healthcare collaboration between the European Society for Organ Transplantation (ESOT) and Takeda that aims to benefit patient care. All content has been developed independently by ESOT.

ESOT Headquarters

Westerdoksdiik 423, 1013 BX Amsterdam, The Netherlands - E: askme@esot.org - W: <https://esot.org/> - T: +393482786092

Scientific Programme

Moderator: Chloe Balleste (Spain), David Paredes (Spain)

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|--------------|--|---------------|--|
| 14:30 | Welcome | 5 min | Chloe Balleste (Spain) David Paredes (Spain) Jaume Torte (Spain) |
| 14:35 | Introduction to the My Life – My Health Project | 15 min | Anna Forsberg (Sweden) |
| 14:50 | My Life – My health Toolkit Box – <ul style="list-style-type: none"> • <i>How to work with the different tools</i> • <i>Introduction to the Educational Course</i> | 15 min | Anna Forsberg (Sweden) |
| 15:05 | Open Discussion | 15 min | |
| 15:20 | Coffee Break | 25 min | |
| 15:45 | Application of the tools in your practice <ul style="list-style-type: none"> • Coordinating the best moments to introduce the toolkit to the patient | 20 min | Anna Forsberg (Sweden) |
| 16:05 | Open Discussion | 10 min | Anna Forsberg (Sweden) |
| 16:15 | Practical information on how to procure more boxes and the Life-Balance puzzle | 15 min | Anna Forsberg (Sweden) |
| 16:30 | Open Discussion | 10 min | |
| 16:40 | Prehabilitation before major abdominal surgery | 15min | Marta Ubre (Spain) |
| 16:55 | Closing Remarks | 5 min | Chloe Balleste (Spain) David Paredes (Spain) |

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