



INAUGURAL GLOBAL RENAL EXERCISE GROUP / GREX WORLD SUMMIT
CALGARY/AB/CANADA
FAIRMONT PALLISER HOTEL & CONFERENCE CENTRE
NOVEMBER 1ST – 3RD, 2019

Summit Objectives:

1. Establish a mission and vision for The Global Research in Exercise group (GREX) and way forward (specifically within ISRNM)
 2. Promote education on developing global research networks, exercise implementation, and increasing the relevance of exercise in nephrology
 3. Discuss the results of the GREX Delphi Study on exercise research priorities
 4. Develop a strategy to further international cooperation on physical activity and exercise research in kidney disease
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DAY 1: Friday, November 1st, 2019

02:00pm-03:00pm **Inaugural Global Renal Exercise / GREX World Summit Organising Committee Meeting (venue: *Spanish Boardroom*, Fairmont Palliser Hotel & Conference Centre)**

06:00pm–08:00pm **Opening Reception (venue: *Oak Room*, Fairmont Palliser Hotel & Conference Centre)**

- Attendees (+ 1), summit sponsors, dignitaries, academia, research institutions and industry representatives
 - Welcome to Canada & Welcome to Calgary, the Heart of the New West! – wine & cheese, entertainment, networking, photo opportunity
 - **MC: Maria Serban**, BA Linguistics, MJournalism (*Inaugural Global Renal Exercise / GREX World Summit Event Coordinator; Honorary Consul of Romania in Alberta*)
 - **Opening Remarks: Dr. Stefan Mustata, MD** (*Clinical Associate Professor, Nephrology, Cumming School of Medicine, University of Calgary; Co-Chair, Global Renal Exercise Working Group; Chair, GREX World Summit Organising Committee*)
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DAY 2: Saturday, November 2nd, 2019

07:00am-08:00am **Breakfast (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**

- 08:15am-09:15am** **Building a Global Research Network (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Keynote speaker: Dr. Michael Walsh, MD, PhD (Associate Professor, Departments of Medicine and Health Research Methods, Evidence & Impact, McMaster University;

Scientist, Population Health Research Institute, Hamilton Health Sciences / McMaster University; Nephrologist, St. Joseph's Healthcare Hamilton; Provincial Medical Lead – Person Centred Care, Ontario Renal Network; Co-Chair, International Society of Nephrology Advancing Clinical Trials Capacity Building and Networking Group)
• Q & A Session
- 09:15am-9:30am** **Break**
- 09:30am-9:45am** **Group activity (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
- 10:00am-11:00am** **Research Priorities in the Area of Exercise in Chronic Kidney Disease (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**

Delphi Study results (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)
Presenter: Dr. Stephanie Thompson, MD, PhD (Assistant Professor, Nephrology, University of Alberta; Medical Lead, Dialysis Exercise Program, Alberta Kidney Care North; Clinical Scientist, Kidney Health Research Group & Interdisciplinary Chronic Disease Collaboration; Board Member, The Kidney Foundation of Canada/Alberta & The Territories, Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
• Q & A)
- Understand Stakeholder Perspectives from Around the Globe (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Group discussion: top TEN priorities in the area of exercise in Chronic Kidney Disease
- 11:00am-12:00pm** **Global Renal Exercise / GREX: Mission and Vision (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Clara Bohm, BScH, MD, MPH (Assistant Professor, Departments of Internal Medicine and Community Health Sciences, Rady Faculty of Health Sciences, University of Manitoba; Research Affiliate, Faculty of Kinesiology and Recreation Management, University of Manitoba; Nephrologist, Manitoba Renal Program; Clinician Scientist, Chronic Disease Innovation Centre, Winnipeg; Medical Lead, Manitoba Renal Progra, Exercise and Wellness Program; Board Member and Medical Advisor, The Kidney Foundation of Manitoba; Member, Scientific Committee, Canadian Nephrology Trials Network; Member, Global Renal Exercise Working Group / GREX World Summit Organising Committee)

- 12:00pm-12:15pm Break**
- 12:15pm-01:00pm Lunch, buffet-style (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)**
- 01:15pm-02:00pm The Patient Experience (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Ken Wilund, PhD (Professor, Department of Kinesiology and Community Health, Division of Nutritional Services, Carle-Illinois College of Medicine, University of Illinois at Urbana-Champaign; Kidney Health Initiative Volume Overload Working Group; Kidney Health Initiative Muscle Cramping Working Group; Associate Editor, Journal of Renal Nutrition; International Society of Renal Nutrition Scientific Organising Committee; Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
- Exercise and a Patient-centered Approach to Promote Participation (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)**
Presenter: Nancy Verdin (patient and Occupational Therapist, Canada)
- 02:00pm-02:15PM Break**
- 02:15pm-04:00pm Implementation Challenges – small-group discussions (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Paul Bennett, RN, PhD (Director, Medical & Clinical Affairs, satellite Healthcare, san Jose, California; Honorary Professor, Deakin University, Melbourne, Australia; Chair, Nursing Taskforce, International Society of Nephrology; Co-Chair, Nursing & Allied Health World Congress of Nephrology, Scientific Program, 2019; World Association of Medical Editors; International Academy of Medical Editors; Medical and Scientific Committee, Renal Society of Australasia)
- 12 additional patients from Calgary will join this session only
- 04:00pm-04:10pm Break**
- 04:10pm-05:15pm Mobilise the Patient Voice in a Global Fashion in order to Help Put Exercise on the Nephrology Agenda (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Ken Wilund, PhD (Professor, Department of Kinesiology and Community Health, Division of Nutritional Services, Carle-Illinois College of Medicine, University of Illinois at Urbana-Champaign; Kidney Health Initiative Volume Overload Working Group; Kidney Health Initiative Muscle Cramping Working Group; Associate Editor, Journal of Renal Nutrition; International Society of Renal Nutrition Scientific Organising Committee; Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
- Presenter: Kevin Fowler** (patient and advocate, USA)
- Q&A

- 05:15pm-05:30pm** **Day 2 Wrap-up (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Stephanie Thompson, MD, PhD (Assistant Professor, Nephrology, University of Alberta; Medical Lead, Dialysis Exercise Program, Alberta Kidney Care North; Clinical Scientist, Kidney Health Research Group & Interdisciplinary Chronic Disease Collaboration; Board Member, The Kidney Foundation of Canada/Alberta & The Territories, Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
- 05:30pm-6:30pm** **Inaugural Global Renal Exercise / GREX World Summit Organising Committee Meeting (venue: *Turner Valley Room* or *Spanish Boardroom*, Fairmont Palliser Hotel & Conference Centre)**
- 07:30pm-09:30pm** **Formal Dinner (venue: *Oak Room*, Fairmont Palliser Hotel & Conference Centre)**
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DAY 3: Sunday (November 3rd, 2019)

- 07:00am-08:00am** **Breakfast (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
- 08:00am-08:30am** **Day 2 Recap (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Stephanie Thompson, MD, PhD (Assistant Professor, Nephrology, University of Alberta; Medical Lead, Dialysis Exercise Program, Alberta Kidney Care North; Clinical Scientist, Kidney Health Research Group & Interdisciplinary Chronic Disease Collaboration; Board Member, The Kidney Foundation of Canada/Alberta & The Territories, Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
- 08:30am-12:00pm** **Roundtable on Future of GREX (venue: *Turner Valley Room*, Fairmont Palliser Hotel & Conference Centre)**
Session Chair: Dr. Jennifer MacRae, MSc, MD, FRCPC (Associate Professor, Division of Nephrology, Cumming School of Medicine, University of Calgary; Medical Director, Hemodialysis Alberta Kidney Care South; Co-Chair, Quality Improvement Committee, Alberta Kidney Care-South; Co-Chair, Home Dialysis Committee, Kidney Health SCN; Member, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
Session Panel: Dr. Stephanie Thompson, MD, PhD; **Dr. Clara Bohm**, BScH, MD, MPH; **Dr. Paul Bennett**, RN, PhD; **Dr. Ken Wilund**, PhD)
- Ballot Voting

GREX Role within ISRNM and the 20th ISRNM Congress (April 2020, GuangZhou, China): importance of affiliation with ISRNM (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)

Speakers:

- **Dr. Russ Price**, PhD (Associate Dean for Research & Graduate Studies, Brody School of Medicine at East Carolina University; Professor, departments of Internal Medicine and Biochemistry & Molecular Biology; President-Elect, ISRNM; Editorial Board: Journal of Renal Nutrition; Editorial Board: American Journal of Psychology: Cell Psychology)
- **Dr. Ken Wilund**, PhD (Professor, Department of Kinesiology and Community Health, Division of Nutritional Services, Carle-Illinois College of Medicine, University of Illinois at Urbana-Champaign; Kidney Health Initiative Volume Overload Working Group; Kidney Health Initiative Muscle Cramping Working Group; Associate Editor, Journal of Renal Nutrition; International Society of Renal Nutrition Scientific

Organising Committee; Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)

10:00am-10:10am Break

10:10am-12:00pm GREX Corporate Governance (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)

Session Chairs:

- **Dr. Stephanie Thompson**, MD, PhD (Assistant Professor, Nephrology, University of Alberta; Medical Lead, Dialysis Exercise Program, Alberta Kidney Care North; Clinical Scientist, Kidney Health Research Group & Interdisciplinary Chronic Disease Collaboration; Board Member, The Kidney Foundation of Canada/Alberta & The Territories, Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)
- **Dr. Paul Bennett**, RN, PhD (Director, Medical & Clinical Affairs, satellite Healthcare, san Jose, California; Honorary Professor, Deakin University, Melbourne, Australia; Chair, Nursing Taskforce, International Society of Nephrology; Co-Chair, Nursing & Allied Health World Congress of Nephrology, Scientific Program, 2019; World Association of Medical Editors; International Academy of Medical Editors; Medical and Scientific Committee, Renal Society of Australasia)

Next Steps and Future Meetings (venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre)

Session Chair: Dr. Ken Wilund, PhD (Professor, Department of Kinesiology and Community Health, Division of Nutritional Services, Carle-Illinois College of Medicine, University of Illinois at Urbana-Champaign; Kidney Health Initiative Volume Overload Working Group; Kidney Health Initiative Muscle Cramping Working Group; Associate Editor, Journal of Renal Nutrition; International Society of Renal Nutrition Scientific

Organising Committee; Co-Chair, Global Renal Exercise Working Group / GREX World Summit Organising Committee)

12:00pm-12:15pm Final Remarks (*venue: Turner Valley Room, Fairmont Palliser Hotel & Conference Centre*)

Speaker: Dr. Stefan Mustata, MD (Clinical Associate Professor, Nephrology, Cumming School of Medicine, University of Calgary; Co-Chair, Global Renal Exercise Working Group; Chair, GREX World Summit Organising Committee)

12:15pm

Adjournment of formal Summit proceedings

12:15pm-01:00pm

i) Collect luggage and meet volunteers in the hotel lobby for directions to airport

- Participants checking-out for their flights to the USA / ASN Kidney Week in Washington, DC (or flights back home)

ii) Freshen-up & change into mountain excursion attire

- For participants who signed-up for the trip to the Rockies: please meet *Maria Serban (Inaugural GREX World Summit Event Coordinator)* and the Organising Committee in the hotel lobby. Collect personalized lunch boxes and board the bus

01:00pm-09:00pm

Trip to the Rockies

- Banff National Park (town of Banff and surrounding area); dinner in Banff