

# LiveR Wire

## Queensland Liver Transplant Patient Newsletter

Edition issue 11. 2023

### Queensland Liver Transplant Service

The Queensland Liver Transplant Service (QLTS) is for patients who may be suitable for a liver transplant and provides ongoing care to people with a transplanted liver.

Queensland Liver Transplant Service | Health and wellbeing | Queensland Government  
<https://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service>

## New QLTS Website

Welcome to the 2023 edition of LiveR Wire

The Queensland Liver Transplant Service (QLTS) continued providing clinical support and care to patients and their families during another very busy year, via in-person and virtual outpatient clinics, inpatient ward stays, phone consultations, postal and email communications and Queensland Health SMS messaging.

**An exciting and much - anticipated development was the November 2022 launch of the brand new QLTS website,** made possible by the fabulous contributions from many staff, patients and consumer reviewers over several years. All deserve our huge appreciation. The website provides 24 hours 7 day access to topics and information for pre- and post-transplant patients of all ages, their families and supporters and also to anyone anywhere, with an interest in Queensland liver transplantation.

After 20 years of running in - person group Support Through Education Programs (STEP) and 3 years of Queensland Health Virtual/Online STEP, the STEP has also been uploaded to the website so is now available there any time.

New resources including this and future editions of the LiveR Wire newsletters, will be added to the QLTS website as they become available. Soon, there will be no need to post LiveR Wire in the mail, as past and current editions will be available online anytime. No searching the house for past paper editions of LiveR Wire or for the Princess Alexandra Hospital "Guide to Accommodation" - just go straight to the QLTS website!

We trust the QLTS website will be of great assistance and welcome your comments and suggestions.

Wishing you all the best for 2023, QLTS



QLTS QR Code  
SCAN ME



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QLTS QR Code



SCAN ME



A new central liver transplant coordinator email address will help with communications when staff are out of the office or on leave. You are still welcome to ask any questions to the transplant coordinators.

Please email your details to [livertxcoord\\_qlts@health.qld.gov.au](mailto:livertxcoord_qlts@health.qld.gov.au)

Phone: (07) 3176 7481

Fax (07) 3176 2208



Please contact the transplant coordinators regarding the clinic, blood work or other patient-related questions.



# Update on COVID Vaccine

## Recommendations for pre liver transplant patients and liver transplant recipients



It is the medical opinion of the Queensland Liver Transplant Service (QLTS) that COVID-19 vaccination is clinically very important and of some urgency.

QLTS strongly recommends COVID-19 vaccination for all liver transplant recipients. Potential liver transplant recipients should complete their vaccination pre liver transplant if possible.

Please read the following advice from the Transplant Society of Australia and New Zealand (TSANZ) and Australian Technical Advisory Group on Immunisation (ATAGI) COVID-19

### Vaccination for Transplant Recipients Australia

This statement has been developed by the TSANZ, the peak representative body of transplantation professionals in Australia and New Zealand as a guide for transplant recipients

TSANZ support the following as recommended by the COVID-19 National Transplantation and Donation Rapid Response Taskforce

- Vaccination is an important strategy to help reduce the risk of developing infectious diseases, including COVID-19, caused by infection with the SARS-CoV-2 coronavirus.
- The benefits of vaccination outweigh the risks for transplant recipients and immunocompromised patients.

If you are a transplant candidate or recipient there is a higher risk of more severe illness or death if you contract COVID compared to the general population.

- **ATAGI recommends a 2023 COVID-19 vaccine booster dose for adults in the following groups, if their last COVID-19 vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer, and regardless of the number of prior doses received:**
  - *All adults aged 65 years and over*

- *Adults aged 18-64 years who have medical comorbidities that increase their risk of severe COVID-19, or disability with significant or complex health needs.*

ATAGI 2023 booster advice | Australian Government Department of Health and Aged Care

<http://www.health.gov.au/news/atagi-2023-booster-advice>

### Updated TSANZ COVID-19 Vaccination recommendations for Transplant Recipients 17 January 2022

TSANZ advise transplant patients should be told that:

- COVID vaccination may not always prevent infection, but is likely to reduce the severity and mortality of infection as well as reducing the chance of spreading to others
- A transplant recipient who does develop COVID should notify their transplant specialist and team as soon as they are at higher risk of morbidity and mortality. They may also be eligible for additional therapies, including monoclonal antibodies and anti-viral therapies against SARS-CoV2, that may improve their outcomes
- Vaccinating eligible household members and close contacts of transplant recipients is a sensible strategy to reduce the risk of infection for the transplant recipient. We also continue to strongly recommend use of public health measures including hand washing, mask wearing and physical distancing.

If you have a specific question or concern regarding COVID vaccination, we suggest that you contact your own specialist or transplant unit for advice, because local conditions and advice vary across Australia and New Zealand. This advice will be updated as more information becomes available.



### Paxlovid - ALERT

Transplant patients must first check with us before starting any covid treatment

Oral medication treatment for Covid 19

Nirmatrelvir/Ritonavir (Paxlovid) has a significant drug interaction for transplant patients taking Tacrolimus, Cyclosporin and Sirolimus.

**Paxlovid causes a major increase in the absorption rate of immunosuppressant medication causing toxicity and critical side effects.**



### COVID-19 Treatment

#### Molnupiravir

Treatment of adults with mild to moderate COVID-19 who are within 5 days of symptom onset, who are at high risk of progressing to severe disease. **GP can prescribe**

**Molnupiravir 800mg (4 x 200mg capsules)**  
orally twice a day for 5 days.

Can be taken with or without food

There are no dose adjustments required in elderly patients or for renal or hepatic impairment

**Adverse effects may include nausea, diarrhoea or dizziness**



# Liver transplant Telehealth Clinic 2023

## What is telehealth, and why use it?

Telehealth is an easy way to have an appointment with a health professional, without having to travel to a hospital or clinic, via a video call.

It will save you travel time and money and gives access for people who find it difficult to attend appointments.

## Is it safe and secure?

Yes, video calls are secure and your privacy is protected. You will have your own private virtual room, that only authorised doctors can enter.

## What equipment do I need?

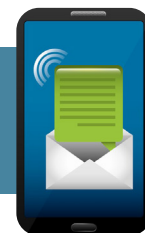
Almost any smart phone, laptop, computer or tablet with a camera, microphone and speakers and a stable internet connection will work.

If you can watch an online video, your connection is most likely fast enough to do Telehealth.

## How do I prepare?

Make sure you are in a quiet area with good lighting where you will not be disturbed during the appointment. Remember to speak clearly with your camera positioned at head height.

**Connecting with a smartphone:** You will receive a text approximately **1 week before your appointment**



*Example text message*

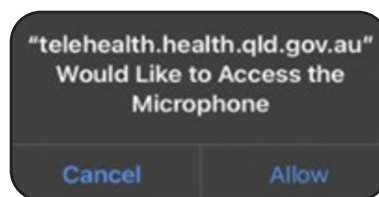
1

**Click on the blue link** that was sent in an SMS.

Below is the link to your Home Telehealth appointment with the Burke Street Liver Clinic on Wed the 11 of Nov at 2:00pm  
Simply click on the link 10 minutes prior to your appointment time, and allow access to your camera and microphone when prompted. Any concerns please call 3176 7481  
<https://telehealth.health.qld.gov.au/webapp/?conference=817628name=RogerCitizen->

2

Select **allow** so the doctor can hear and see you during your appointment.



3

When the doctor is ready for your appointment, they will appear on your screen.

Please note as with any medical appointment, sometimes there can be delays on the day. Please remain logged into the virtual waiting room, and we will be with you as soon as possible.

If you need help to connect call 3176 7481.

## Connecting with a computer, tablet or laptop:



Make sure your device has a camera, microphone and speakers and a compatible browser.

Copy the web link into your device's web browser. If a permission pop-up appears requesting access to your camera and microphone, select Allow. **When the doctor is ready for your appointment, they will appear on your screen.**



## Trouble shooting

- **Apple Devices** – Go to your devices settings and click on Safari. Click on camera and microphone and ensure the “Allow” option is selected.
- **Android Devices** – Open the Chrome app and select the triple dots icon and then settings. Select site settings and tap microphone and camera. Tap to turn the microphone and camera permission on or off.

### I can't hear others

Ensure your device's volume is turned up, and that any external speakers, if needed are connected correctly.

### Others can't see or hear me

Ensure you have allowed access to your camera and microphone.

**I'm still having trouble, who can I speak with?**  
Please contact the Liver Transplant Outpatient Administration team on 3176 7481 **I didn't receive a Telehealth link**

Please contact the Administration team on 3176 7481

**My microphone or camera is blocked by my device**  
Close or refresh the Telehealth website and allow permissions when asked Check your device's settings are set to “Allow” for your camera and microphone.

**Contact us:**  
**Liver Transplant Outpatient Department**  
Phone: (07) 3176 7481



# ? Had a relapse?

## Don't hide it

Talk to us and we can get you some help



# No alcohol!

## It is **killing** your liver

Alcohol related graft damage is a REAL problem and can lead to the loss of your new liver.  
Princess Alexandra Hospital Alcohol and Drug Assessment Unit  
**Phone (07) 3176 5191**



# Important information












## Advagraf® XL (once-a-day tacrolimus capsules) packaging is changing

You have been taking ADVAGRAF XL (once-a-day tacrolimus) to help prevent rejection of your transplant. Please note there are NO CHANGES to the medication and the capsules.

### Why is the packaging changing?





















The packaging has been updated in line with new Therapeutics Goods Administration (TGA) labelling requirements. You can find out more general information by going to the TGA Consumer FAQ site: [www.tga.gov.au/australias-medicine-labels-are-becoming-clearer](http://www.tga.gov.au/australias-medicine-labels-are-becoming-clearer)

### What do the new packs look like?

NEW PACKS	OLD PACKS	CAPSULES
		 0.5 mg
		 1 mg
		 3 mg <b>NEW</b>
		 5 mg

## IMPORTANT INFORMATION REGARDING PROGRAF® (tacrolimus capsules and injection) and ADVAGRAF® XL (tacrolimus prolonged-release capsules)

Astellas would like to advise of changes to the Prograf and Advagraf XL packaging, to comply with new TGA labelling requirements ([www.tga.gov.au/labelling-changes-information-health-professionals](http://www.tga.gov.au/labelling-changes-information-health-professionals)). The new packs are being phased in over the next few months. Please note that there is NO CHANGE to the formulation of any of the products.

	NEW PACKS	OLD PACKS	CAPSULES
ADVAGRAF XL			 0.5 mg
			 1 mg
			 3 mg <b>NEW</b>
			 5 mg
PROGRAF			 0.5 mg
			 1 mg
			 5 mg

### How do I communicate these changes to my patients?

Patient leaflets highlighting the pack changes, are available from Tom Bryce, Hospital Business Development Manager on 0497 220 784 or Helen Mahony on 0497 221 214. For any other enquiries regarding Prograf or Advagraf XL please contact Astellas Medical Information on **1800 751 755** or [aaumedinfo@astellas.com](mailto:aaumedinfo@astellas.com).

For Prograf and Advagraf XL Product Information please click [here](#).  
PBS Information: Authority Required. Please refer to the PBS Schedule for further information.

Astellas Pharma Australia Pty Ltd ABN 81 147 915 482  
Level 3, 6 Eden Park Drive Macquarie Park NSW 2113  
PRO\_2020\_0028\_AUS, Jun 2020



## There are 3 different kinds of prescriptions for Tacrolimus and Ciclosporin



### Important Must read

**Hospital Prescriptions:** These prescriptions can only be filled at public hospitals.

**General Hospital Prescriptions:** These prescriptions can be filled at public hospitals and from your local pharmacy.

**GP General Prescriptions:** These prescriptions can only be filled at your local pharmacy.

**Remember:** The trade names for Tacrolimus and Ciclosporin are Advagraf XL, Prograf & Neoral.

**Do not** make any changes between generic and trade names without speaking with your transplant team.

This means that a prescription for maintenance therapy can be written by your General Practitioner as a general schedule prescription, and this prescription can be filled at community pharmacies.

Please give your local pharmacy at least a week of notice to ensure stock available. Please let your Princess Alexandra Hospital prescriber know if you would like to get your scripts filled at your community pharmacy so they can write the correct prescription.



**Generic brand formulations are not to be taken as this will alter drug monitoring**





## The importance of getting the timing correct

Tacrolimus and Ciclosporin are rapidly absorbed from the gastrointestinal tract

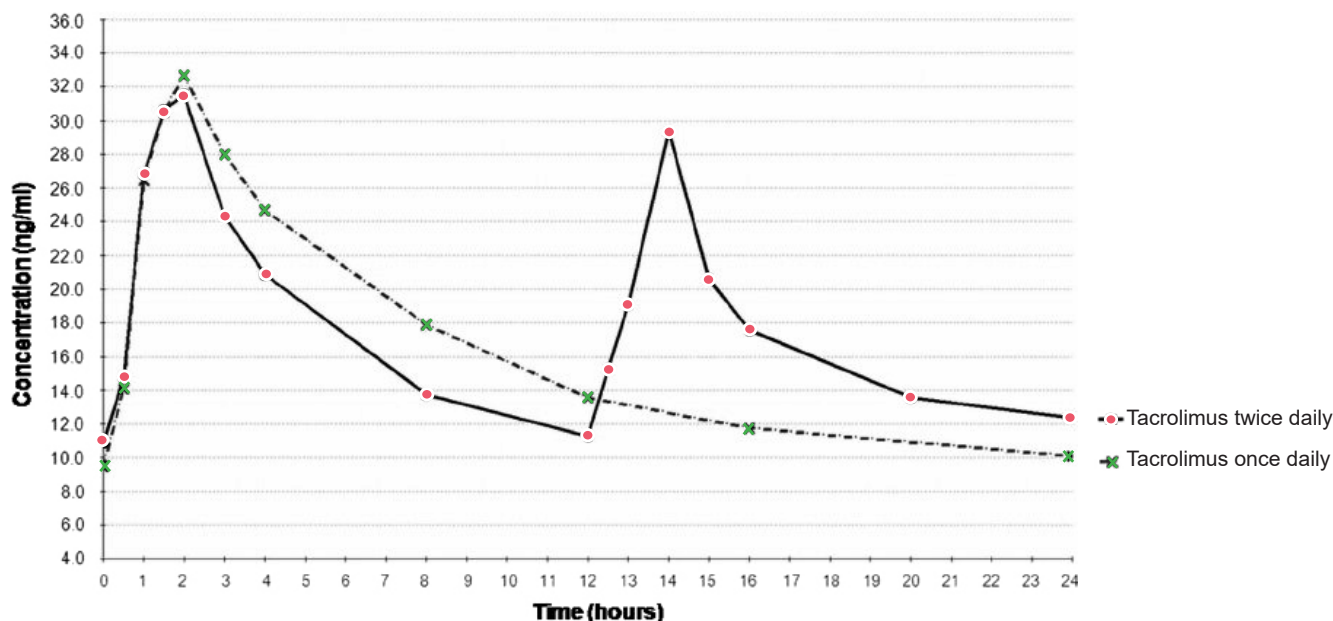
The peak drug level occurs in your blood 1 to 3 hours after ingestion (see graph below)

Drug levels are measured at their trough (lowest level), which occurs

- 12 hours (Prograf or Neoral, twice a day – immediate release) or
- 24 hours (Advagraf XL once a day modified release) after ingestion and the dose of medication is adjusted by the liver transplant team based on the targeted blood levels.

Immunosuppression requirements are highest in the early post liver transplant period; therefore the levels are highest at this time. As the time from transplant lengthens drug levels run at a lower level as the rejection risk decreases.

Your transplant specialist will have advised the liver transplant coordinators on the range to aim for, for each person. This is dependent on the cause of your liver disease before transplant, how long it is since your transplant, if you are taking multiple immunosuppressant drugs. Other reasons include kidney impairment, high blood pressure or high cholesterol to name a few.



If you look at the graph and pick a time point that is before the 12 or 24 hour trough time point you can see that the level is much higher that it would be at the 12 or 24 hour mark. Also if the time of collection is much longer than the 12 or 24 hours imagine the line continuing in a downwards slope giving a much lower level.

The importance of this is your Tacrolimus or Ciclosporin dose is adjusted against the laboratory level. Managing immunosuppression levels is a balancing act. The level needs to be high enough to prevent rejection but minimised to prevent side effects where feasible.

Wherever possible **we request you have your blood tests at a Queensland Health** facility as the results will drop directly into the transplant data base for our attention.

If due to extended distance blood tests are done privately, you will need to phone the liver transplant office on: (07) 3176 7481 with where and when the tests were done so we can retrieve the results and add manually to the transplant data base. *With the large volume of liver transplant recipients, it is essential that results are received in a timely fashion to offer you the best care.*

# Life after transplant story

## Wall Hanging

by Ross Connelly

The wall hanging was a piece of aluminium that had a big scratch in it at work that we could not use for a customer. So, my boss gave it to me to make the wall hanging. It represents darkness on the left-hand side that moves to brightness on the right-hand side that's completely surrounded by black so it's sort of like a transition from dark to light of sickness sort of thing.

The sticker on the bottom right represents to Richards plus Olivia who were doctors that helped me so much last year that the combination equals my UR number that I got when I had my transplant.

I damaged it because life's not a flat road and it's got imperfections in it like me. Plus, I have two on the go atm to give to Stars and the PA when they are finished.

Every hospital should have brightness in them because I think everyone need something to look forward too.

That's why I wear bright clothes (when I'm not at work)

*By Ross Connelly*



**If you would like to send in a story for next year we would love to hear from you.**

Please email us if you would like to receive your LiveR Wire Newsletter by email.

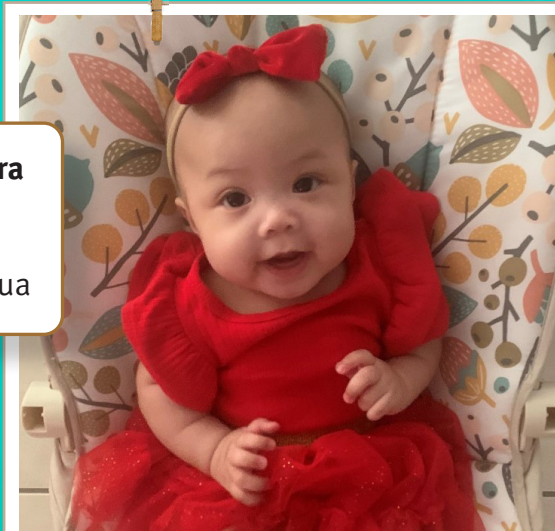
[livertxcoord\\_qlts@health.qld.gov.au](mailto:livertxcoord_qlts@health.qld.gov.au)



# Baby arrival NEWS



**Kai Morris**  
Born 14/09/2022  
Mother  
Caitlin



**Valorie Joy Ventura**  
Born 13/08/22  
Parents  
Danielle and Joshua

## In memory 2022 and 2023

The Queensland Liver Transplant team offer condolences to the families and friends of recipients who sadly have died in 2022 and 2023

Our thoughts are with you.



# Have you ever wanted to make a difference?

Message from DonateLife Queensland



*Transplant recipients battle it out in our annual Amazing Race to save lives held in DonateLife Week*

Did you know you can volunteer to become a **DonateLife Community Champion** who raises awareness of organ and tissue donation and helps save more lives?

DonateLife Queensland (DLQ) is the agency which coordinates all organ and tissue donation in Queensland for transplantation, both in the state and across Australia.

Our DonateLife network is made up of intensive care nurses and doctors, from Cairns to the Gold Coast, who work around the clock to support donor families, and honour the wishes of their loved ones to save lives. They also work with the Queensland Tissue Bank to provide eye and tissue donations, which changes lives.

In addition to this clinical work in our hospitals, DonateLife Queensland also has an important role within the community. Its staff work to educate and raise awareness, by encouraging conversations about organ donation and letting people know how to register their donation decisions on the Australian Organ Donor Register (AODR) at <https://www.donatelife.gov.au/>

Transplant recipients often approach us wondering how they can express their gratitude for their second chance at life, and DonateLife Queensland is always looking for helpers!

There are so many different ways to help – from very little to a lot – and these include:

- sharing social media
- giving talks at schools and community events
- hosting a morning tea in your workplace
- helping us answer questions at information stalls during public events
- attending DonateLife Week novelty events,
- speaking to media about your personal journey, or,
- simply wearing our shirts and caps to help prompt that discussion among friends.

We have a brilliant team of DLQ Community Champions who are the life and soul of our public face. Their support magnifies our ability to start those conversations and correct public misconceptions.



*Workplaces encourage staff to don their favourite sporting jersey for DonateLife Jersey Day.*



If this is something you'd like to know more about, feel free to get in touch with Shelley or Belinda on **07 3176 2350** or [donatelife@health.qld.gov.au](mailto:donatelife@health.qld.gov.au)

It doesn't matter where you are, how old you are, how little time you have to give, or how long ago you had a transplant?

**We need people from all walks of life to help get our life-saving message across!**



DonateLife Queensland

# Community Champions

We are always looking for supporters to help spread our organ and tissue donation message and save more lives!



Heart recipient and his mum shared their story

We offer  
**ONLINE TRAINING**

## WE NEED HELP TO:

- Attend festivals/events
- Give talks in schools
- Share social media posts
- Host workplace sign-on days
- Share your media story
- Help run information stalls
- Attend major sporting events

**VOLUNTEERS GET EVENT T-SHIRTS & PROMO GEAR + JOIN FUN SOCIAL EVENTS WITH OTHER SUPPORTERS**

For more information about joining us please email:

[donatelife@health.qld.gov.au](mailto:donatelife@health.qld.gov.au)



# Who are we?

**DonateLife Queensland Community Champions** are a group of volunteers who raise awareness of organ and tissue donation – helping to change and save lives.

They support the vital work of DonateLife Queensland, the agency responsible for all organ and tissue donation throughout the state.

Our DonateLife network is made up of intensive care nurses and doctors, from Cairns to the Gold Coast, who work around the clock to support donor families, and honour the wishes of their loved ones to save lives. They also work with the Queensland Tissue Bank to provide eye and tissue donations, which changes lives.

DonateLife also plays a major role in community education, by encouraging families to talk about donation and register their donation decision.



Right now,  
around 1800  
Australians are  
waiting and hoping  
for a second  
chance through  
the gift of organ  
donation.

## WHY VOLUNTEER WITH DONATELIFE QLD?

Volunteering with us helps you share your skills and build your experience, all while doing something good for the community. Many volunteers say our DLQ Community Champions team offers the joy of meeting other like-minded people, hearing their stories, and building lifelong connections.

We run a flexible program so volunteers can choose how much time to give and when, and can choose from a wide range of activities.



# How do I join?

The first step is to attend a short online session about what it means to be a DLQ Community Champion. Then we'll send you an application form and get the paperwork ball rolling.

If stalls and guest speaking interest you, we'll invite you along to a face-to-face induction session so you can meet like-minded people and learn some extra community engagement skills.

We also provide online training about community speaking, media interviews, helping out on information stalls and other topics of interest, if you'd like to know more on these.

Our Community Engagement team will make sure you are welcomed, informed, and supported during your time in our volunteer program.

We'll match you to roles that suit your strengths/preferences.



The Amazing Race team activities helped launch DonateLife Week



**It doesn't matter where you are, how old you are or how little time you have to give. We need people from all walks of life!!**

## I WANT TO APPLY - WHAT NOW?

If you think our Community Champions program is for you, please call or email Shelley or Belinda on 07 3176 2350 or [donatelif@health.qld.gov.au](mailto:donatelif@health.qld.gov.au). We'll invite you to a short online session so we can get to know one another and you can ask us any questions.

If it feels like the right fit, we'll send an application form.



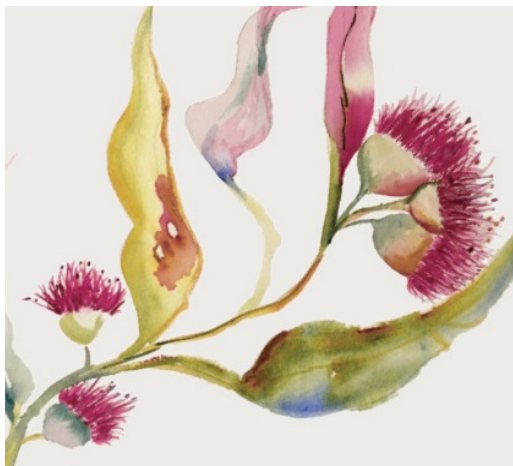
## Have you thought about writing to your Donor Family?

Message from DonateLife Queensland

If you would like to write to your donor family please don't hesitate. There is a card provided in your transplant package with a guideline brochure to help you, or you can write your own note or card. Just follow the guidelines in the correspondence brochure provided to you. You can send this via your transplant coordinator or directly to DonateLife Queensland.

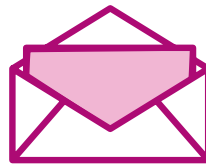
### Correspondence guideline brochure

There are a few do's and don'ts so please go online and read: <https://www.donatelife.gov.au/resources/donor-families/contact-between-donor-families-and-recipients>



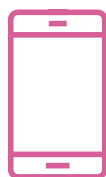
### Correspondence guidelines

Transplant recipients



Please send your card or letter to:

To: Donation Specialist Coordinators  
 DonateLife Queensland  
 Level 4  
 Princess Alexandra Hospital  
 199 Ipswich Road  
 WOOLLOONGABBA QLD 4102



If you are struggling to find the right words your transplant coordinator or the staff at DonateLife are always available to answer any of your questions;

**phone (07) 3176 2350**





# Seize The Day

by Cathy Martin

Message from the QLTS Social Worker

During the year, a patient was discussing their profound appreciation for their new transplant. From feeling overwhelmed, frightened and anxious, the patient described now noticing a sense of mindfulness, calm and control; despite feeling less sure than ever about what was around the corner. In all this, the patient explained they had recently heard mention of “Carpe Diem” and thought to try it out. Of Latin origin and coined by Roman poet Horace over 2000 years ago, Carpe Diem simply translates to: “Seize the Day”. To make best of the here and now, of the simple moments right there. To choose well and with intent. The patient actively decided to Seize the Day in a way that was right for them, with a respectful but uncluttered regard for past or future whilst being considerate of consequence. All this, while reflecting humbly upon the generosity of organ donation, the expertise and care of the treating teams, and the incredible new life opportunities post-transplant; led the patient to noticing significantly improved mental wellbeing. The patient could not believe the difference. Whilst unable to change or influence some things in their life and still learning to live with a transplant; an active decision to take the Carpe Diem approach, suddenly opened up a whole new way of deciding, being and living.



No doubt there are endless pathways to **Seize the Day**. Resilience coach Kathryn Sanford suggests:

1. Getting clarity on what matters most in your life and fixing priorities.
2. Letting go of regrets and moving on to restore action, movement and energy.
3. Creating space to reflect, reboot and re-energise. Relax and reflect. Walk, exercise, practice gratitude.
4. Spend time outside.
5. Be prepared to do something different, go off the path, be open to (safe) opportunities.
6. Learn something new

As you can see from the LiveR Wire lead story, QLTS chose to Seize the Digital Day by reflecting, clarifying, prioritising and re-booting. With the increasing need for 24 hours 7 day global access to resources, support and information; the new website has something for everyone. Website participants can make choices that are right for them and in so, Seize their Day. There is plenty to be found on the website about transplant assessment and evaluation, temporary re-location, letters of appreciation to the donor family, Advance Care Planning (including Enduring Powers of Attorney and Wills), mental health, life choices, employment, carers, money matters and much more.

I too will be Seizing the Day in January 2023, by taking a few months of leave. Social worker Amanda Prause will be stepping in, so please don't hesitate to contact Amanda any time.



Phone: (07) 3176 2617

Email: [pahlivertransplant.sw@health.qld.gov.au](mailto:pahlivertransplant.sw@health.qld.gov.au)

With best wishes to everyone and Carpe Diem.

Cathy Martin



New team member

**Amanda Prause**  
has joined the team  
as the Liver Transplant  
Social worker

Queensland Liver Transplant Service | Health and wellbeing | Queensland Government  
<https://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service>

# 2023 World Transplant Games



15 April - 21 April 2023  
[worldtransplantgames.org](http://worldtransplantgames.org)

Proudly supported by



The 24th World Transplant Games will be staged in Perth, Australia and promises to be a game like no other bringing the transplant community back together when we need it most.

First held 1978 in Portsmouth, UK, the World Transplant Games has grown to become the world's largest awareness event for the gift of life and a beacon for transplant recipients, their families and supporters, donor families and living donors. The Games has been held on the continents of North America, South America, Africa, Asia, and Europe. This will be the third time the Games have been held in Australia, with successful events previously held in Sydney in 1997 and the Gold Coast in 2009.

Registration is open until Friday 17th February 2023 to attend this seven-day event of high exertion and low impact sports, along with many social and cultural events, caters to both elite and social athletes and attracts 2500 participants from over 60 nations.

Entry is open to recipients, aged between 4 and 80 plus, of life-supporting allografts and haemopoietic cell transplants from other individuals or species which require or have required the use of immunosuppressive drug therapies. Donor Families and Living donors can take part in selected sporting events.

Competitors must have been transplanted for at least 1 year, with stable graft function, be medically fit and have trained for the events in which they have entered.

Date: April 15 to 21, 2023

Location: Perth, Australia

Information from article go to <https://wtgf.org/event/2023-world-transplant-games/>





transplant  
australia

LIMITED  
PLACES  
AVAILABLE  
REGISTER  
NOW

# World Transplant Games Training Camp

**When:** 10 - 12 February 2023

**Where:** Gold Coast Performance Centre,  
Runaway Bay, Queensland

**Cost:** FREE  
(including accommodation & meals)

You're invited to attend our Specialist Training & Development camp for all transplant athletes planning to attend the World Transplant Games in April. Meet your teammates and receive specialist coaching for your chosen events! Facilitated by the Australian Team Head Coach, Adam Gordon

We have specialist coaches & sessions specific for:

- Track & Field (incl jumps & throws)
- Racewalk
- Swimming
- Cycling
- Triathlon
- Education sessions on strength & conditioning, recovery, nutrition & hydration, race nerves & more

**\*OPEN TO ATHLETES FROM ALL STATES\***

All meals and accommodation are included.  
Travel costs must be met by the participant.

For more details or to register scan the QR code.  
Enquiries: Julie.scudds@transplant.org.au



REGISTER



HERE

**SPORTAUS**