

**Westfield Health British Transplant Games, Nottingham
2024 Medical Certificate**

Guidance notes for competitors and transplant medical staff completing this form:

Competitors

1. Ensure the medical certificate is fully completed, listing all medications and dosages, before handing in to your transplant team who will complete the results section and sign.
2. Ensure you have been in training in the events listed.
3. The form must be signed by yourself (or your guardian if you are under 18 years).
4. **Ensure your transplant consultant is aware of which events you are taking part in.**
5. Medical certificates should be completed and signed by a transplant consultant or other specialist (if required) **Please give them these notes with your medical certificate.**
- 6) If you wish for your medical information to remain confidential, the certificate may be placed in a sealed envelope before handing to your team manager.

To be completed within three months of the deadline or within 6 months, if transplant follow up/bloods are 6 monthly (as BP and results are stable)

Post Transplant Specialist: Consultant or a Specialist Registrar

Thank you for taking the time to complete this medical certificate for the Transplant Sports Event. It is of vital importance that competitors are fit to take part in the events they list, in order not to put themselves or indeed others, at any unnecessary risks.

Please ensure you are satisfied that the competitor's medical condition and transplant organ function permits him / her to take part safely in the events listed.

Events have been graded into 3 levels to reflect the intensity of activity.

Low: Walking, Golf, 10 Pin Bowling, Lawn Bowls, Darts, Snooker, and Archery.

Medium: Table Tennis, Volleyball, Field events

High: Athletics, Badminton, Cycling, Squash, Basketball, Swimming, Tennis, Football and Mini- Marathon.

Results/check up should be within three months of the deadline or within 6 months, if transplant follow up/bloods are 6 monthly (as BP and results are stable)

If wishing to compete in medium / high stress sports, and previous cardiac history is documented, then for the safety of the patient, it is highly recommended that further cardiological assessment be performed.

Please note that the figures below are for guidance only. It is most important that you consider the participant's general condition and his / her co-morbidities particularly cardiovascular disease, as well the activity level of the event when determining their suitability to participate in their chosen events.

All types of organ transplants, please note the information below and complete the relevant section on the Medical Certificate

eGFR ≥ 20 ml/min for low /medium stress sports and ≥ 30 ml/min for high stress sports (adults and children)
Serum creatinine < 200 umol/l (children)

Please consider events carefully; cannot compete if eGFR < 10 ml/min

BP $< 160/90$ (adults) $< 97^{\text{th}}$ centile (children)

Liver Transplants

LFTs $< 50\%$ above labs normal values

Heart Transplants

Good graft function as demonstrated by Echocardiography, angiography/MRI, or stress ECG **(within the last year)**

Lung Transplants

Good graft function as demonstrated by lung function studies **(within the last year)**

Haemopoetic Cell Transplants

WBC $> 3 \times 10^3$ /L, (but not more than 10^4) Neutrophils $> 1.5 \times 10^3$ /L platelets $> 80 \times 10^3$ /L

Finally please comment on competitors graft function and his or her suitability and fitness to compete in the listed sports.

If you have any concerns or queries about your patient, please contact one of our medical advisors, through British Transplant Games Office – btg@mls.gb.co

**British Transplant Games
Medical Certificate**

To be completed within three months of the deadline or within 6 months, if transplant follow up/bloods are 6 monthly (as BP and results are stable)

Name:	Telephone No:
Transplant unit:	Date of Birth:
Date of Transplant:	
Type of Transplant:	
I give my consent to my Transplant Sport Team Manager seeing my completed medical form Yes/No	

I declare I have been in training for at least 3 months for the following events		
1.	2.	3.
4.	5.	

ALL TYPES OF ORGAN TRANSPLANTS

Date of Results –

eGFR (excluding dialysis patients) OR	Creatinine: (excluding dialysis patients)	Hb:	BP:
Muscular skeletal disorder: Yes / No		Diabetes: Yes / No	Insulin Yes/No
Vision: Normal / Impaired / Blind		Epilepsy Yes/No; Asthma Yes/No Cardiac History Yes/No	
Any special requirements e.g. physical disabilities or special needs			
MEDICATION:			
Drug (delete as appropriate).	Dose.	Frequency	
Tacrolimus / Ciclosporin			
Mycophenolate / Azathioprine			
Prednisolone			
Other drugs please list:			
Anti coagulation therapy? Y/N Name:		Recent INR (if on warfarin):	
ALLERGIES:			

LIVER TRANSPLANTS ONLY

Bilirubin:	Alk Phos:	ALT:	AST:
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HEART & LUNG TRANSPLANTS ONLY

Cardioangiography/MRI:
Echocardiography:
Exercise ECG:
Lung Function Tests:

BONE MARROW TRANSPLANTS ONLY

WBC:	Neutrophils:	Platelets:
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DIALYSIS PATIENTS Y/N

Type of dialysis:
If on haemodialysis, which days do you dialyse on?

MEDICAL ADVISORS COMMENTS: (Please comment on graft function & suitability to compete)

If on dialysis please confirm that the participant is stable with good blood pressure, fluid and biochemical control.

Signature: Date:

Name: Status:

Hospital stamp:

PARTICIPANT SIGNATURE

Signature:	Date:
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PARENTAL SIGNATURE IF UNDER THE AGE OF 18 YEARS OLD

Signature:	Date:
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