Outcomes of a Pre-operative Exercise Regimen for patients undergoing hand-assisted live donor nephrectomy And kidney Transplantation (OPERATe)

It is widely accepted that pre-operative exercise improves outcomes post-surgery, yet there is very little data in this context in renal transplant. This study aims to investigate the effect of a 4- 6 week, pre-operative exercise regimen, delivered by recorded videos, on the surgical outcome of patients following either hand-assisted laparoscopic donor nephrectomy or live kidney transplantation. Uniquely, to this study, patients will wear an Oura Ring, a wearable monitor of physiology that collects a number of parameters related to fitness and sleep. By collecting real-time data in this way, the effect of exercise on a patients’ physiology and sleep can be monitored and correlated to post-operative outcomes. This study will provide important preliminary data about the feasibility of: 1. The compliance and engagement of offering exercise regimens via recorded video link 2. The potential benefits of pre-operative exercise to patients undergoing kidney transplant 3. The quality of sleep and its association with outcome.