



ISHLT



HFSA

HEART FAILURE SOCIETY OF AMERICA

2026 HFSA/ISHLT Heart and Lung Transplant Series

The Art and Science of Lung Transplantation Remote Monitoring

COURSE DESCRIPTION

This session examines the lung transplant patient journey with a focus on the design and implementation of remote monitoring and tele-rehabilitation programs for post-transplant care. Using a large regional transplant program as a model, the session explores how hybrid care delivery supports patients who travel long distances for assessment and surgery while maintaining continuity, safety, and functional recovery after transplant.

Participants will learn how tele-rehabilitation is integrated into post-operative care, including patient selection, technology platforms, home monitoring tools, and low-cost exercise equipment strategies. The course reviews typical recovery timelines, outpatient follow-up structures, and multidisciplinary rehabilitation workflows, along with approaches to remote assessment of exercise capacity and physical function. Operational considerations – such as digital access, patient engagement, device reliability, staffing models, and technical support – are discussed alongside current challenges and future directions.

LEARNING OBJECTIVES

At the conclusion of this activity, learners will be able to:

1. Describe the key components of a lung transplant tele-rehabilitation and remote monitoring program, including patient selection, technology platforms, home-based assessment tools, and multidisciplinary staffing models.
2. Identify operational and clinical considerations for implementing tele-rehabilitation after lung transplantation, including equipment needs, patient engagement strategies, and limitations related to digital access and measurement reliability.

FACULTY

- **Kate Hughes, MSN, APRN, AGACNP**, Vanderbilt Medical Center, Nashville, TN USA
(Chair)
- **Meg Fregoso, MSN, NP-BC, CCTC**, Inova Fairfax Hospital, Falls Church, VA USA
(Chair)

- **James Walsh, PhD, BPhty, Physiotherapist, The Prince Charles Hospital, Brisbane, QLD Australia**

CONTINUING EDUCATION CREDIT FOR THIS SEMINAR ONLY

The HFSA/ISHLT Transplant Seminar Bundle offers up to 0.50 continuing education hours, including CME, NCPD, AAPA CME, and CEPTC.