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The Impact of Erasmus+ Funded Sports Events: A Survey Study from the European Transplant Sports Week 2016

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The Impact of Erasmus+ Funded Sports Events: A Survey Study from the European Transplant Sports Week 2016

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The purpose of this study was to evaluate the impact of the European Transplant Sports Week 2016 as an Erasmus+ co-funded event. The research and the evaluation were made in co-operation with the evaluation team of Laurea School of Applied Sciences. The research describes the evaluation from two events from the European Transplant Sports Week 2016: The Researcher Workshops and the Transplant Sport Symposium. The aim of the study was to analyze the impact of the European Transplant Sports Week 2016 in light of the research findings.

The theoretical framework discusses the European Transplant Sports Week 2016 and its coordinator, Erasmus+, physical activity, transplant sports and health promotion. The theoretical framework was built to give an inclusive approach to the subject. The theoretical framework was gathered from health care literature, online documents and documents provided for the European Transplant Sports Week 2016.

This thesis was executed as a multi-method study, following the guidelines of health promotion evaluation. Survey was chosen as a method of collecting data. The data was collected at the European Transplant Sports Week 2016 in July 2016 and later analysed during the fall of 2016. Both quantitative and qualitative research methods were used in the survey. The European Transplant Sports Week 2016 was a unique event and therefore gave this study its case study qualities.

The results of the study show high value on the Researcher Workshops and the Transplant Sport Symposium. Content of the events was highly valued and new information was gained. Furthermore, the European Transplant Sports Week 2016 was evaluated in having an impact towards promoting organ transplant sports. The results show that the European Transplant Sports Week 2016 reached the goals set for the event.

Recommendations were given in the context of spreading the new knowledge and innovations to have a wider impact in promoting organ transplant sports. The European Transplant Sports Week 2016 was successful in raising awareness of organ transplant sports and health promotion.

Keywords: physical activity, health promotion, multi-method study, survey

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1 Introduction

European Transplant Sports Week 2016 Vantaa (ETSW 2016) took place in various locations in Vantaa, Finland 10th-17th July 2016. The 16th European Heart and Lung Transplant Championships (EHLTC 2016) and The 9th European Transplant and Dialysis Sports Championships (ETDSC 2016) formed the European Transplant Sports Championships. In addition to the two European transplant sport championship games, there were co-events held at the same time. These co-events make up the ETSW 2016. Together the ETSW 2016 and the two European transplant sport championship games were the biggest sports event in the world for persons with organ transplants in 2016.

The European Transplant Sports Week 2016 was co-funded by Erasmus+ Programme. The Erasmus+ funding was applied for by the Finnish coordinator of all activities, regarding the ETSW 2016 and the two championship games, the Finnish Sports Association of Persons with Disabilities (VAU). The participants for the championship games and for the ETSW 2016 events came from Europe. The need for the European Transplant Sports Week 2016 came from a will to promote physical activity for persons with organ transplants, or persons waiting for an organ transplant in Europe; hence making it a health promotion event.

Transplant sports is considered under disability sports. Organ transplant recipients compete in their own world championship games (World Transplant Games) or in the two championship games mentioned earlier. (VAU 2017.) In the UN Convention on the Rights of Persons with Disabilities it is stated that individuals with disabilities should have the same rights and opportunities as persons without disabilities. Regarding sports, the convention aims to promote and encourage the participation of persons with disabilities in mainstream sporting activities at all levels. (United Nations 2016.)

Furthermore, in the European Disability Strategy it is stated that sport and leisure organisations, activities, events and venues should be accessible for all; and that efforts should be made to remove barriers for participation in sports. According to the European Disability Strategy (2010-2020), the aim is to empower people with disabilities so that they can enjoy their full rights and benefit fully from participating in society. (EUR-lex 2015.)

To encourage organ transplant recipients to participate and to enhance social inclusion, the event was open for everyone to participate. "Sports for all" was used as one of the main concepts of the European Transplant Sports Week 2016 and the two championship games that were played at the same time to encourage participation. According to Judit Berente (2016), the President of European Transplant and Dialysis Sport: *"Those who are on the waiting list*

(for an organ) have to do a lot for themselves in order that their physical condition be at an advanced level for the transplantation. The ones who have already received their organs have to take care of themselves in order to keep their good graft function as long as possible.” According to Judit Berente (2016), motivating the patients and patient organization members for regular training is important.

These issues sparked the themes for the European Transplant Sports Week 2016. In its goals the ETSW 2016 aimed to promote organ transplant sports and to enhance social inclusion as well as to promote equal opportunities in sports.

This thesis evaluates the feedback from the Researcher Workshops and the Transplant Sport Symposium that were a part of the European Transplant Sports Week 2016. The themes for these events were all linked to physical activity, from fitness testing to promoting physical activity to the parents of the children undergoing organ transplantation. The participants were professionals, athletes, persons with organ transplants or in some cases all of the above. The message that the Researcher Workshops and the Transplant Sport Symposium wanted to send out was to keep moving.

The research methods chosen for the study depend on the purpose of the research. The framework of the research design is determined by the research questions, the guiding methodology, and previous knowledge of the topic. (Tuomi & Sarajärvi 2004.) In this study, the theoretical framework was built as a background for the study. The theoretical framework helps to understand the methodologies used for the study and to get an in-depth understanding of the issues that this thesis aims to study.

The evaluation was done using the guidelines for health promotion evaluation (Coombes & Thorogood 2004, Speller 2007). The methods used for this study were both qualitative and quantitative. The study is considered as a case study, for its unique nature. Because the study combines qualitative, quantitative and case study methods, it is considered as a multi-method study.

The purpose of the study was to evaluate the impact of the European Transplant Sports Week 2016 as an Erasmus+ co-funded event. This study also joined the evaluation team of Laurea School of Applied Sciences in reporting the evaluation results to Erasmus+ Programme. In this study the evaluation consists of the Researcher Workshops and the Transplant Sport Symposium. The aim of the study is to evaluate the impact of the events and the European Transplant Sports Week 2016.

2 Framework for the research

A literature review is conducted in the beginning of the research to build a framework for the research and to identify the research questions (Kankkunen & Julkunen-Vehviläinen 2013). The theoretical framework can be divided into two parts, the previous knowledge and the research conducted (Grove, Burns & Gray 2013). For the theoretical framework different sources were used. Literature and article searches were made online and in Laurea School of Applied Sciences' library. Online searches were conducted through Laurea's electronic library Finna and through traditional online search engines. Material for the theoretical framework was also gathered from the coordinator, VAU, and the European Transplant Sports Week 2016.

The theoretical framework for this thesis defines the concepts of physical activity, transplant sports and health promotion and its evaluation. Physical activity and disability sports were the main themes of the events (the Researcher Workshops and the Transplant Sport Symposium) evaluated. Health promotion was included in the theoretical framework, because of the goals set for the European Transplant Sports Week 2016. It was seen that all activities were promoting health, while promoting also physical activity. Therefore it was seen important to define evaluating in health promotion. The theoretical framework also defines European Transplant Sports Week 2016 and its coordinator for the reader and Erasmus+ Programme and the evaluation process for Erasmus+.

2.1 European Transplant Sports Week 2016 Vantaa

European Transplant Sports Week 2016 Vantaa (ETSW 2016) took place in various locations in Vantaa, Finland 10th-17th July 2016. The 16th European Heart and Lung Transplant Championships (EHLTC 2016) and The 9th European Transplant and Dialysis Sports Championships (ETDSC 2016) formed the European Transplant Sports Championships. In addition to the two European Transplant Sport Championship games, there were co-events held at the same time that make up the ETSW 2016.

These ETSW 2016 events included International Youth Camp, Sports for all- public events, the Researcher Workshops and the Transplant Sports Symposium. The Erasmus+ Sports Programme of the European Union co-funded the ETSW 2016 events. The Erasmus+ funding was for the

ETSW 2016 activities only, excluding the two European Transplant Sport Championships. Together the ETSW 2016 and the European Transplant Sport Championships were the biggest sports event in the world for persons with organ transplants in 2016. (Lakkasuo 2015.)

The European Transplant Sports Week 2016 was expected to gather different European organ transplant recipients, dialysis patients, students, volunteers, families, medical and sport professionals together with European transplant sports organizations to promote organ transplant sports and organ transplantation. The events were targeted for dialysis patients and organ transplant recipients in 65 European organizations. The events were expected to have approximately 1000-1500 organ transplant related local and European participants, as well as approximately 10000+ non-related local participants through public events. (Lakkasuo 2015)

The coordinator defined four goals for the European Transplant Sports Week 2016 events in the project description:

1. To enhance social inclusion of organ transplant recipients by using sports in European and national level.
2. To promote equal opportunities and participation in organ transplant sport on European and national level.
3. To bring together European transplant sport and patient associations.
4. To raise awareness of organ transplant sport and health enhancing physical activities.

(Lakkasuo 2015)

2.1.1 Coordinator

The Finnish Sports Association of Persons with Disabilities (VAU) was in charge of coordinating the European Transplant Sport Week 2016 events. VAU is a non-governmental umbrella sports organization for persons with disabilities in Finland. VAU was established in 2009 after a unification process of former disability specific sports federations. VAU plans, executes and develops sports and physical activity for physically and intellectually disabled people, visually impaired people, dialysis patients and organ transplant recipients. It offers diverse activities in sports and physical activity. VAU helps to develop accessibility in sports facilities, provides education for teachers, leaders, coaches and voluntary staff, and through education helps to spread sporting opportunities. (Lakkasuo 2015.)

VAU also serves as an umbrella organization for Special Olympics Finland. They organize Paralympic and Non-Paralympic sports activities for those disability specific sports that don't have

its own national sports federation in able-bodied sports, for example boccia and wheelchair rugby, or such disability sports that have not yet been integrated under mainstream sports federation, for example sitting volleyball. (Lakkasuo 2015.)

One of VAU's goals is to tie disability sports and adapted physical activity more closely together with sports and physical activity of able-bodied persons. In practice this means that disabled athletes could train and compete within mainstream sports clubs that are members of able-bodied national sports federations. To enhance this inclusion and integration, VAU offers education, training, consultation and evaluation for the parties involved. A lot of sports integration work is done in cooperation with VAU and national sports federation or in trident cooperation between VAU, national sports federation and Finnish Paralympic Committee. (Lakkasuo 2015.)

The main members of VAU are local associations and mainstream sports clubs who organize physical activity for disabled people. VAU is well connected and appreciated both internationally and nationally (Lakkasuo 2015.)

2.1.2 Erasmus+

The European Transplant Sports Week 2016 was funded through Erasmus+ Programme of the European Union. The funding covered the ETSW 2016 activities, not the two European Transplant Sport Championship Games (EHLTC 2016 and ETDSC 2016).

Erasmus+ is the European Union's Programme for supporting education, training, youth and sport in Europe. It is set to last until 2020 (since 2014), as part of the Europe 2020 strategy for growth, jobs, social equity and inclusion. It has a budget of 14.7 billion euros and that should provide opportunities for over 4 million people. (European Commission 2016.)

Erasmus+ brings opportunities for Organizations, in this case in the field of sport. Actions in the field of sport are designed to promote participation in sport, physical activity and in voluntary activities. They are also designed to tackle threats to the integrity of sport and to foster tolerance and social inclusion. (European Commission 2016.)

One of the opportunities is for not-for-profit European sports events. The aim for not-for-profit European sports events is to increase participation in sport, physical activity and voluntary actions. If chosen for funding the Erasmus+ provides organizations to carry out activities that encourage participation in sport and physical activity. (European Commission 2016.)

In the Erasmus+ Programme Guide it is said about the not-for-profit European sport events, that the Erasmus+ is “granting individual organizations in charge of the preparation, organization and follow-up to a given event. The activities involved will include the organization of training activities for athletes and volunteers in the run-up to the event, opening and closing ceremonies, competitions, side-activities to the sporting event (conferences, seminars), as well as the implementation of legacy activities, such as evaluations or follow-up activities.” (European Commission 2016.)

2.1.3 Evaluation for Erasmus+

As part of the Erasmus+ Programme, evaluation needed to be provided. Laurea University of Applied Sciences was responsible for the content of the evaluation report. All European Transplant Sports Week 2016 activities needed to be evaluated. Of the evaluation, the terms of reference were agreed with the organizers. In the terms of reference specific objectives of the evaluation were agreed in. Timeframe and budget for the evaluation were discussed in the report. For study purposes, the most important part was the evaluation questions that needed to be answered.

According to the terms of reference for Evaluation of the European Transplant Sport Week 2016, the evaluation questions were as follows:

- Impact: Explain the results and net impacts of activities and identify any unintended impacts. If results were not met, identify why not and provide recommendations.
- Participation Satisfaction: Determine if the participants’ needs or expectations were met.
- Relevance: How relevant is this project for the development of transplant sport and physical activity for persons with transplants?
- Effectiveness: Was this project implemented and managed effectively?
- Sustainability: Name the prospects for the sustainability of the end results produced by this project.

The terms of reference agreed upon also guided my thesis process. The purpose of this study was also to join the evaluation process for Erasmus+ Programme.

In the report participants’ and volunteers’ experiences and opinions are viewed and the events’ impact, relevance and effectiveness are discussed. Finally, in the evaluation report,

some lessons learnt are lifted up. The evaluation report is of the ETSW 2016 events only, as the Erasmus+ Programme funding covered only the ETSW 2016 events. The report will therefore not assess the two European Transplant Sport Championships. (Julin 2016.)

The evaluation for the evaluation report from the Transplant Sport Symposium and the Researcher Workshops were provided as a part of this thesis. The evaluation was gathered in survey form. For the Researcher Workshops, paper questionnaires were handed out that were easy and quick to fill out. For the Transplant Sport Symposium, participants were later e-mailed a survey form that they were able to fill out online. This was good for the purposes that many participants were foreign and traveled back to their home-countries after the ETSW 2016.

During the Sports for all events paper surveys were handed out to visitors at the booth, where also organ donation cards were handed out. Also volunteers were given the chance to give feedback from the Sports for all events. The International Youth Camp's evaluation was done also through survey form. Families attended this International Youth Camp, and both children and adults were able to voice their opinions. (Julin 2016.)

Media coverage from the ETSW 2016 was evaluated through visits on the web-page and through using Google Trends search engine. (Julin 2016)

2.2 Physical activity & health promotion

The World Health Organization has defined health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” in 1946. This definition remains the ideal, though it has been criticized for the lack of measurability. In contrast, disease is much easier to define, either according to etiology or in terms of symptoms. Defining health is more problematic. (Hardman & Stensel 2009.)

When people are asked about their definition for health, the reply is often not being sick or having no disease or exercising right and eating healthy. Health is a positive expression of our well-being and resides in the quality of sharing and caring in our relationships. Therefore, the definition of health goes also beyond the lack of diseases. (Hardman & Stensel 2009.) According to a book by Hardman & Stensel; cross-cultural studies suggest that people's experiences of health can be organized under the following six broad categories:

1. Feeling vital, full of energy.

2. Having a sense of purpose in life.
3. Experiencing a connectedness to “community”.
4. Being able to do things one enjoys.
5. Having good social relationships.
6. Experiencing a sense of control over one’s life and one’s living conditions.

Physical activity has been linked with health and longevity since ancient times. The earliest records of organized exercise used for health promotion were found in China around 2500 BC. Later, the Greek physicians of the fifth and early fourth centuries BC established a tradition of maintaining positive health through a regimen. It was Hippocrates, who is often called the father of modern medicine, who said that *“all parts of the body which have function, if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well-developed and age more slowly, but if unused and left idle they become liable to disease, defective in growth and age quickly.”* (Hardman & Stensel 2009.)

Since then, the relationship between physical activity and health has been studied more and different cause-effect relationships have been found. In today’s world, for the past few years, three behaviors have been the root cause of many deaths and illnesses. These three behaviors are smoking, poor diet and physical inactivity. These behaviors lead to illnesses such as heart disease, cancer, stroke and diabetes. (Hardman & Stensel 2009.) In other studies, it is found that active individuals are also more likely to use preventive health services and tend to have more preventive health behaviors. These are such as dental care or immunization. (Blair, Jacobs & Powell 1985.) A trend that is still current these days. Though noting that the health issues stated here are specific to Europe and other Western cultures. In the transplant sport community, the link between physical activity and health holds an even greater role.

2.2.1 Physical activity

Physical activity can mean different things to different people. Related to the concept of physical activity are also exercise, physical fitness and sport. All these terms mentioned are related to the term health-enhancing physical activity. (WHO 2007.)

Physical activity is often defined as any bodily movement produced by skeletal muscles that results in energy expenditure above resting level. For professionals it means a health-enhancing behavior. Physical activity is one of the most basic human functions, which can be compromised by diseases. (WHO 2007.)

Sport is most often defined as an activity within organized sports clubs, but can also be thought of as activities practiced through exercise and competitions facilitated by sport organizations. Therefore, sport can be seen as a more specialized activity than the broader concept of physical activity. (WHO 2007.)

The term health-enhancing physical activity is in relation to the health benefits gained from physical activity. Health-enhancing physical activity is any form of physical activity that benefits health without under harm or risk. (WHO 2007.)

The impacts of physical inactivity have been recognized by WHO Europe. WHO Europe published a document: "Steps to Health: A European Framework to Promote Physical Activity for Health". The objective of this document is to call for national awareness of and attention to physical activity as an important health determinant. (WHO 2007.)

In a special Eurobarometer from 2011-2013 supported by the European commission, sport and physical activity were examined. The results prompted the Erasmus+ Sports Programme, as it was found out how inactive the Europeans still are; some 30,000 Europeans answered the survey from different social-demographic backgrounds and age-groups. In the survey, it was found that only 41% of the Europeans exercise or play sports at least once a week, while the rest 59% never or seldomly do so. These figures compared to the results from 2009 show that physical inactivity is still on a small rise. The European Commission considers these results alarming. Such findings could indicate that the message about the importance of sport and physical activity for an individual's health and wellbeing has not yet got through to significant segments of the EU population. (European Commission 2014.)

Health promotion and preventing non-communicable diseases is also important in avoiding diseases that lead to transplantation. Thus the message of the European Transplant Sport Week 2016 events was to promote sports and physical activity to people with transplants.

2.2.2 Transplant and disability sports

Disabilities is an umbrella term for impairments, activity limitations and participation restrictions. An impairment is a problem in body function or structure. An activity limitation is a difficulty encountered by an individual in executing a task, while a participation restriction is a difficulty experienced by an individual in involvement in life situations. Therefore, it can be

defined that disability is not just a health problem. It is a phenomenon that reflects the interaction between the features of a person's body and the features of a society in which she or he lives in. (WHO 2016.)

United Nation's Convention on the Rights of Persons with Disabilities (CRPD) defined a disabled person as "a person who has long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others." (United Nations 2016.)

The United Nations and the World Health Organization both have programs and divisions for disabilities concerning rehabilitation and recommendations to achieve equality. The United Nations Convention on the Rights of Persons with Disabilities states to "promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity". This reflects a major shift in global understanding of disability. (WHO 2011.)

In the Convention on the Rights of Persons with Disabilities it was decided that States parties shall take appropriate measures to promote the participation of persons with disabilities in mainstream sporting activities at all levels, and to ensure that persons with disabilities have an opportunity to participate in disability-specific sporting and recreational activities. Moreover, it aims to ensure that children with disabilities have equal access with other children to participation in sporting activities. (United Nations 2016.)

The role of physical activity in transplanted patients is often underestimated. However, the importance of transplant sports has scientific evidence-base. Studies validate the importance of physical activity after organ transplantation. The five studies chosen for the research table (Appendix 1) examined heart, liver and renal transplant patients and their physical activity after transplantation.

Most studies evaluated organized physical activity against physical activity performed by the patients at home with instructions. The results showed more progress in physical activity when the patients were practicing in a supervised group. The most important message from the studies was the improvement in health related quality of life as they were exercising more regularly. Improved quality of life is seen as a result of physically active life. The best results for active life were found when patients were given advice on how to precisely resume physically active life.

According to the results and discussion during the Researcher Workshops in the European Transplant Sports Week 2016, the main opinion was that there isn't nearly enough scientific

research on the physical activity among persons with organ transplant. The common thought was that physical activity is important among persons with organ transplant, but going deeper into the issue proved easier said than done, since every person with an organ transplant is an individual. The common idea was that “if we want to change something, we must know what to change.” (Jaakkola & Skantz 2016.)

2.2.3 Health promotion

The World Health Organization defines health promotion as the process of enabling people to increase control over, and to improve, their health. An individual or group must be able to identify and to realize aspirations and to change or cope with the environment, in order to reach a state of complete physical, mental and social well-being. Health is seen as a resource for everyday life, not the objective of living. Health is a positive concept that emphasizes social and personal resources and physical capacities. Therefore, health promotion can be seen as not just the responsibility of the health sector, but it goes beyond healthy life-styles to well-being. (WHO 2016.)

Health promotion is the core aspect of the work of healthcare professionals and of those engaged in education and social welfare. It is still defining its boundaries and building principles. Health promotion can range from a scientific medical exercise or an educational exercise to a moral query. It is important for health promoters to clarify to themselves where they stand in relation to their goals. As it was noted during the European Transplant Sport Week 2016, health promoters can have different backgrounds, for example scientists, medical professionals and educators. Health promotion is an umbrella which encompasses all these activities. Working together, practitioners can bring their knowledge and skills to focus on promoting health for the population. (Naidoo & Wills 2016.)

2.2.4 Evaluating health promotion

Health promotion is seen in many ways. What we comprehend as health promotion today includes activities such as public policy aimed at improving health through legislation, regulation or policy directives; clinical interventions which aim to prevent disease, education that aims to enable people to make informed decision about their health and a variety of interventions which aim to strengthen communities. All of these activities fit the definition of health

promotion. However health promotion is viewed or understood, it is clear that the increase in the sophistication of the discipline has brought with it the need for a more rigorous evaluation and a stronger evidence base. (Coombes & Thorogood 2004.)

The problem in evaluating health promotion is deciding how to value the outcome and deciding on what value to give to “health”. The easiest route is to only measure outcomes in terms that are easily quantifiable. There cannot be just one form of evaluation, as health promotion consists of many activities. (Coombes & Thorogood 2004.)

The uniqueness of evaluating health promotion requires evaluation methodologies using both quantitative and qualitative research methods. Health promotion is a multidisciplinary activity, which requires a range of evaluation methodologies, each suited to measuring and evaluating different interventions and activities. (Coombes & Thorogood 2004.) Besides the multiple methods, health promotion evaluation also should include participation, capacity building and appropriateness. Participation aims to include everyone at all stages of the evaluation process who have an interest to the matter. Capacity building is health promotion evaluation that means to enhance the capacities of communities as well as individuals. Health promotion evaluation should also be appreciative to the complex nature of health promotion interventions and their long term impact. (Speller 2007.)

Even the World Health Organization recognizes the need for evidence base in health promotion. WHO has stated in its health promotion program’s areas of work that there is a need for global evidence base for health promotion. The Global Programme on Health Promotion Effectiveness needs to focus on the principles, models and methods that relate to the best health promotion practice. (WHO 2016.)

3 Purpose and aims

This study joined the evaluation team of Laurea School of Applied Sciences to provide evaluation from the European Transplant Sports Week 2016 to the Erasmus+ Programme that co-funded the event. The purpose for this study was to evaluate the impact of the European Transplant Sports Week 2016 as an Erasmus+ co-funded event. This study describes the evaluation and results from two events: the Researcher Workshops and the Transplant Sport Symposium. The evaluation findings were a part of the Evaluation Report provided by Laurea School of Applied Sciences.

The aim of the thesis is to evaluate the impact and health promotional aspects of the European Transplant Sports Week 2016 as an Erasmus+ co-funded sports event. The evaluation is done through the research questions, which are in line with the goals set for the European Transplant Sports Week 2016 by the coordinator and Laurea School of Applied Sciences.

From the research questions, the feedback surveys were formed and the methods for the study were decided.

In accordance to the aims and purposes of the study, the research questions were formed:

1. Were the goals set by the coordinator for the European Transplant Sports Week 2016 met; and how?
2. Was there an impact towards promoting transplant sports in the European Transplant Sports Week 2016?
3. Did the participants gain new information at the European Transplant Sports Week 2016?
4. Is it beneficial for Erasmus+ Programme to fund these kind of events?
5. What kind of health promotion occurred?

4 Research methods

According to Burns, Gray and Grove (2015), research design is a blueprint for the conduct of a study. The type of design directs the selection of a population, methods of measurement, plans for data collection and analysis. The choice for research design depends on what is known and what is not known about the research problem or the purpose of the study. Research designs have been developed to meet a variety of research needs as they emerge. (Burns et al 2015.)

An introduction section of a research report identifies the nature of the problem being investigated and provides a case for the conduct of the study. The purpose of the study should be stated. Depending on the type of research report, the literature review and theoretical framework might be separate or part of the introduction. (Burns et al 2015.)

The research methods used for this study were both qualitative and quantitative, making the study a multi-method study. Furthermore, the study has qualities of a case study.

4.1 Multi-method study

The methods section of a research report describes how the study was conducted and may include the study design, measurement methods and data collection process. Research methods are the tools by which the information for an enquiry is collected (Ellis 2013). This section of a report needs to be presented in enough detail (Burns et al 2015). The methods of data collection must fit the type of question asked. The research generally falls into qualitative or quantitative research methods.

Both quantitative and qualitative research methods complement each other and may blend in a research. They complement each other, because they generate different types of knowledge. The similarities between qualitative and quantitative research methods are that they both require researcher expertise, involve rigor in implementation of studies and generate knowledge. (Burns et al 2015.)

Quantitative research methods are most often used in the studies conducted in nursing. Quantitative research is a formal and systematic process in which numerical data is used to obtain information about the world. Quantitative researchers are defined to hold the position that “truth” is absolute and that a single reality can be defined by careful measurement. (Burns et al 2015.)

Qualitative research is a systematic and subjective approach to describe experiences and to give them meaning. The methodology to qualitative research has evolved from behavioral and social sciences. Qualitative researchers believe that the truth is complex. Because emotions are difficult to quantify, qualitative research is a more effective method of investigating emotional responses than quantitative research. (Burns et al 2015.) In this thesis both quantitative and qualitative research methods were used to get the broadest possible view of the phenomena and to work in line with the good practices of health promotion evaluation.

Quantitative research methods were chosen to generate systematical data from the workshops and symposium, such as age, gender, attendance and background. Quantitative research methods were also chosen to measure levels of satisfaction and to get numerical data of the benefits of having events such as the Researcher Workshops and the Transplant Sport Symposium. Using quantitative research methods information was gathered, for example of the relevance of the European Transplant Sport Week 2016 and the impact of the Researcher Workshops and the Transplant Sport Symposium towards promoting organ transplant sports.

Qualitative research methods were chosen to get a more in-depth view of the phenomena and to allow participants to write their thoughts freely. Open questions were used in the survey to

get a deeper understanding of the issue. Qualitative research methods were mainly used to add value to the quantitative research done for this thesis.

According to Burnard, Gluyas and Morrison (2011), a case study focuses on developing an in-depth description and understanding of the case being studied. Case study can use multiple sources of data, such as interviews, observations, documents and questionnaires. The analyzing of the data is done through description of the case. The aim of a case study is to “paint a picture” of the case studied. Case study can be a simple unit or a more complex multifaceted entity. It can be an individual, a group, a particular incident or an event. A feature that combines all case studies, however, is that the case is bound by space and time. (Burnard et al 2011.) This study can be considered as a case study as it was a one time event. The event as it was can not be duplicated. In addition, the methods of a case study were used in analyzing the Researcher Workshops and the Transplant Sport Symposium.

4.2 Target group

Data is collected from a sample, usually drawn from the population that the researcher is interested in. Sample can be both subjects or incidents. The size of the selected sample depends on the research design that is being used to answer the research question and the methods of data collection used. The research should aim to recruit a number of participants to support the rigor and confidence in the data analysis. (Goodman & Moule 2009.)

The target group for this study was the participants of the European Transplant Sports Week 2016, in particular the participant of the Researcher Workshops and the Transplant Sport Symposium. All volunteers, valuable speakers, athletes, coaches and other participants were able to answer the survey. The paper surveys were handed out to all participants of Researcher Workshops and the e-mail for the online survey was sent out to all Transplant Sport Symposium attendees, who added their name in the list of attendees. All opinions were considered valuable and appreciated.

The target group was chosen based on the research questions. The sample size was known to be small, so all opinions were valuable and also relevant. The research questions, aims and purposes of this thesis guided the target group to be all of the participants of the Researcher Workshops and the Transplant Sport Symposium. In the first thoughts, the target group was thought to be limited more towards the organizing party. All participant of the Researcher Workshops and the Transplant Sport Symposium were chosen to get a broader scale of opin-

ions and views for evaluation. Also it was considered that the participants would be more critical in their opinions and views towards the impact and relevance of the European Transplant Sport Week 2016 and in this thesis especially towards the impact of the Researcher Workshops and the Transplant Sport Symposium.

4.3 Methods for data collecting

To collect data, a survey was chosen as the method. When creating a good and well-designed survey, it is crucial to determine what one wants to evaluate (Bell 2005). The aim of the surveys was to answer the research questions and to be in line with the purpose of the study.

Two different kind of surveys were planned, one paper survey for the Researcher Workshops and one online survey for the Transplant Sport Symposium. The surveys partly asked the same questions, making it possible to compare the events together.

A questionnaire, asking questions, is an obvious method of collecting quantitative and qualitative information from people. It enables the researcher to organize the questions and receive replies without having to talk to every respondent. One of the main features of a questionnaire is its impersonality, that can also be an advantage. (Walliman 2011.) Simply stated a questionnaire only differs from a structured interview by the degree of personal involvement on the part of the researcher at the point of data collection (Burnard et al 2011).

The questions are fixed and therefore do not change depending on how the answers develop. The responses can be totally anonymous and the person posing the questions is remote, which allows more truthful answers. Another feature is that there are not necessarily geographical limitations with regard to the location of the respondents. This allows the respondents to be anywhere, as long as they can be reached by email. (Walliman 2011.) In this thesis it allowed the online survey to be sent to participants after the European Transplant Sport Week 2016, after the participants had already flown back to their homes in the European Union area.

Placing attention to the structure of the questions is important while producing a survey. The questions should be clear and on point. One should avoid leading questions and double questions. They may be difficult to answer. (Bell 2005.)

4.3.1 Survey for the Researcher Workshops

The structure of the paper survey for the Researcher Workshops (Appendix 2) was designed to be quick and easy to answer. Background information of the participants was thought important to gather, but in a quick and easy manner. Background information consisted of gender, age and nationality. Also as a part of background information, it was asked, whether a person attended as volunteer, valuable speaker, athlete, coach or other participant. Of interest was also which of the workshops a person attended. Most questions were designed so that the participant could circle the right option.

Both the paper survey and the online survey included five statements that evaluated the impact and satisfaction towards the events. Participants were asked to agree or disagree with the statements by circling the right option. In the paper survey, the scale was from 1 to 5, 1 being strongly disagree and 5 being strongly agree, 3 being neutral. In the online survey the numbers were thought not important and all options were mentioned after the statements.

The last part of the paper survey measured the content of the Researcher Workshops. The participants were asked to rate the content of the workshops they attended. The scale was from excellent to poor. The participants were asked to circle the right option.

The paper surveys were collected from the participants after every workshop. Participants were personally told to hand them back once they leave the workshops for the last time. The participant count was small and it was therefore thought justified that the papers would be collected from the participants personally. No returning envelopes were able to be provided.

4.3.2 Survey for the Transplant Sport Symposium

The survey for the Transplant Sport Symposium was an online survey (Appendix 3) that was made in a program provided by Laurea School of Applied Sciences for the students. The link for the survey was sent to all participants who had provided their email-address in either the registration phase or in the paper in which participants signed their attendance. The participants were given two weeks to answer the online survey, after that the link didn't work anymore.

The online survey started with the same questions about background information, including gender, age and nationality. Also the same questions, about the role in which the participant

attended and which Symposiums the participant attended, were repeated. After that participant were asked to disagree or agree with the same statements as were asked in the Researcher Workshop survey. Participants also rated the content of the Transplant Sport Symposium from excellent to poor, in the same manner as in the paper survey for the workshops. These questions were asked to get comparison between the events and also to be able to evaluate the Researcher Workshops and the Transplant Sport Symposium as one event.

The last part of the online survey was more evaluative, especially evaluating the whole European Transplant Sport Week 2016. The aim of these questions was to get information about the impact, innovations and relevance of the events. In this part it was important to ask qualitative research questions. The participants were asked yes or no questions with the ability to give comments and explain their answer. The questions asked about the relevance of holding the European Transplant Sport Week 2016 simultaneously with the European Transplant Sport Championships and about the greatest achievements of the ETSW 2016.

Lastly two open questions were asked. The online survey was made so that any answer wasn't mandatory to give. The last questions asked about suggestions on improvements or any other comments the participants might have.

4.3.3 Collecting the data at the ETSW 2016

The European Transplant Sports Week 2016 was held during the summer. It was not necessary for the study purposes for me to be present, but I felt that it was necessary and interesting to be a part of the ETSW 2016 and to get a real sense of the atmosphere.

Before attending the ETSW 2016, the paper survey was finalized. The online survey was still open for changes. Decisions had been made, on what kind of information was wanted, for my study purposes, but also for the evaluation purposes of Laurea School of Applied Sciences and Erasmus+ Programme. The research questions were formed with guidance from Mikko Julin, senior lecturer from Laurea School of Applied Sciences.

The aim of the Researcher Workshops was to promote multi-professional dialogue between practitioners, athletes and academics. The theme was "performance, training and trainability". Four different workshops were arranged, that meant two per day. There were no accessibility issues, as the idea was for the athletes also to participate (Julin 2016.)

The core theme also for the Transplant Sport Symposium, and the Researcher Workshops was the organ transplant recipients' physical activity and sports. The four themes for the Researcher Workshops were:

- Workshops 1 & 2: “Organ transplant recipients' physical trainability and fitness testing”
- Workshop 3: “From passive patient to active patient”
- Workshop 4: “Physical activity and transplantation: towards common guidelines”

(Julin 2016.)

I was present during the two days of the Researcher Workshops, during which the paper surveys were handed out and collected. I managed to hand out the survey to mostly all participants, but not everyone returned their paper surveys. To help handing out the surveys, I had a student from the Laurea School of Applied Sciences, who was attending as a volunteer. She was present with me both two days of the Researcher Workshops. The atmosphere at the Researcher Workshops was innovative and the participants showed excitement and interest to be present at the lectures. The participants were also quite active in conversation.

The Transplant Sport Symposium followed the two consecutive days after the Researcher Workshops. The content of the symposium was presentations that were expected to meet the following guidelines and goals:

- The impact of exercise on health outcomes and the quality of life.
- Recommendations regarding physical activity, such as a safe level of exercise and programming.
- Role of parents in promotion of physical activity and healthy lifestyle for young children.
- The power of sport and physical activity in psychological rehabilitation and social integration.
- Enhancement of social inclusion through participation in sport and physical activity.
- Future challenges for the organ transplant sport movement.

(Julin 2016.)

The evaluation for the Transplant Sport Symposium was collected later on, in an online-survey. However, I still wanted to be present at the symposium. The atmosphere was more formal, but still very innovative and the participants showed interest in the subjects by joining the conversations. The crowd was never too big, so as the symposium was held at the end of the week, the participants already knew each other well.

While attending both the Researcher Workshops and the Transplant Sport Symposium, I still had my options open on whether to interview some participants for a more in-depth view. I however decided to stay with the surveys and add more open questions to the online survey. This decision was made also to keep the data more collected and manageable, as I already had paper surveys answered and the plan to make an online survey anyhow.

Together the Researcher Workshops and the Transplant Sport Symposium had 89 participants from 16 different countries.

4.4 Methods for data analyzing

As the study is a multi-method study, the results of the surveys are both qualitative data and quantitative data, and were thus analyzed differently in this study. The quantitative data is from both the paper survey and the online survey, and the qualitative data is from the online survey only. The qualitative data was therefore not collected in person and the open questions were answered online.

To analyze the qualitative data, content analysis was used. Content analysis is a method that applies to all qualitative studies, according to Tuomi and Sarajärvi (2004). The intention is to create a clear and coherent description of the results of the study (Tuomi & Sarajärvi 2004). An other definition is that content analysis is a method for identifying, analyzing and reporting patterns within the data (Elo & Kyngäs 2008). In this study content analysis was chosen to help categorize the answers and make sense of them. In the process the guidance of Elo and Kyngäs (2008) were used. The process begun with the preparation phase of familiarizing the data, then followed to the organizing phase, where gategorization and abstractions were done and ended with reporting the analyzing process and the results (Elo & Kyngäs 2008.)

Content analysis was done in this study for the researcher's purposes of reporting the results. The content analysis was not as strict form as in most examples of the literature, as this was not purely a qualitative study. Content analysis was used to each question separately, and answers were categorized as similarities were found. The results show an example of the content analysis in table format.

For the quantitative data, descriptive statistics was used. Descriptive statistics are used to describe the basic features of the data of the study, with the use of summaries and graphics (Trochim 2006). Descriptive statistics were used after the decision to do a survey and getting

the results. The amount of answers and the nature of the questions were found to transform easily to descriptive statistics. Figures and summaries were chosen for this study.

5 Results

The Researcher Workshops and the Transplant Sport Symposium could be referred to as the two major parts of the European Transplant Sports Week 2016, as they, in my understanding, consumed most of the coordinators time and also most of the funding. The Researcher Workshops and the Transplant Sport Symposium were free of charge for the participants and arrangements had been made, so that the events were easy to access. Also the goals and expectations were set high for these two events that lasted together for four days.

The surveys were made in accordance to the research questions and the goals set for the ETSW 2016, the Researcher Workshops and the Transplant Sport Symposium. Furthermore, the surveys questions were formed to meet the purposes and aims of the thesis. The survey questions were also expected to answer to the evaluation criteria set by Laurea School of Applied Sciences and the Finnish Sports Association of Persons with Disabilities (VAU).

5.1 The Researcher Workshops and the Transplant Sport Symposium

As discussed, the Researcher Workshops and the Transplant Sport Symposium had in total 89 participants, from 16 different countries.

The Researcher Workshops were for two days and the participants were given the freedom to come and go as they please. Allowing also athletes to stop in for half a day or less, however it fit their schedule. Other attendees were mainly experts, who attended as valuable speakers for the Researcher Workshops or other academics with knowledge from the area. Few volunteers attended as well.

From the total 89 participants to both events, the participant count for the Researcher Workshops is not known, but 26 people answered the paper survey on either the first or second day. The participants, who attended all 4 workshops were asked to return their surveys only as they exit the next day.

The 26 people who answered the survey, formed a rather young crowd with the average age being 38 years (varied from 16 to 64 years). 7 participants were Finnish, other participants came from EU-member countries, except for one from Russia.

The participants were asked to rate the content of the Researcher Workshops (referred to as the Transplant Sport Workshops). The participants were asked to rate the ones they participated in. In average, the content was rated very good, 4,2, on a scale from 1 to 5 (1 = poor, 5 = excellent), which indicates that the Researcher Workshops were valued in content. The figure 1 shows the distribution of the Researcher Workshops evaluation. The Researcher Workshops were quite similarly attended (from 16 participant attending Workshops 4, to 22 attending Workshop 1), so the content averages can be analyzed side by side.

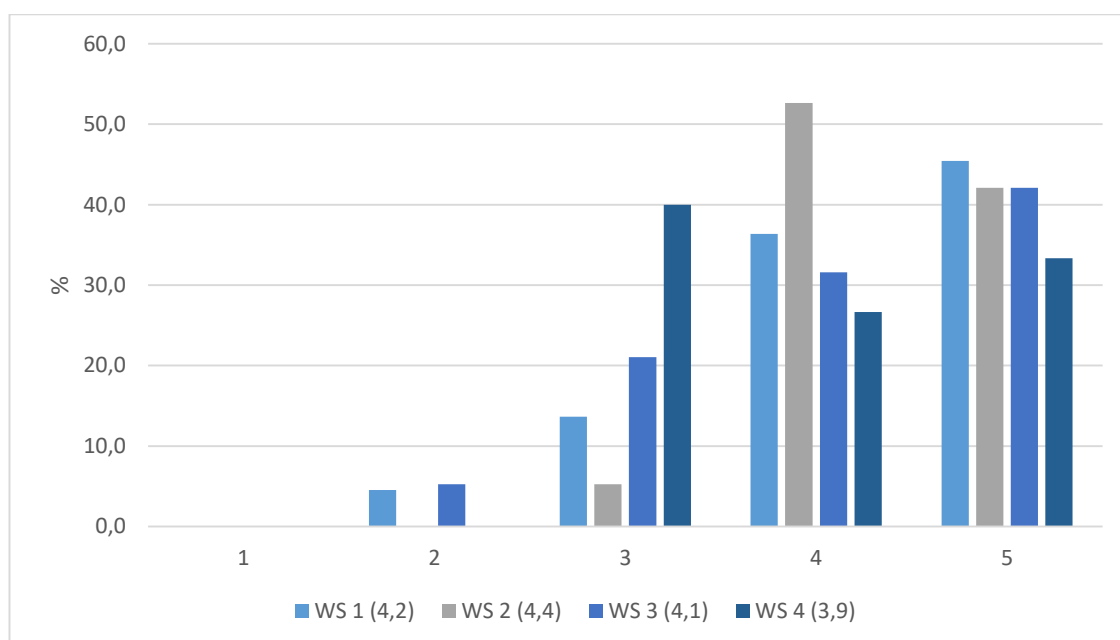


Figure 1: The content evaluation distributions of the four Researcher Workshops (referred to as WS1-WS4)

The Transplant Sport Symposium was arranged after the Researcher Workshops and many participants attended both. As said, the atmosphere was more formal, but still allowed for participants to come and go, but mainly between presentations. The feedback was collected in an online form. 25 participants answered the online survey, from the 88 participants, who had signed the attendance sheet and therefore gotten the link in email.

9 participants were male and 16 females. For the symposium, the average age was 43 years old, ranging from 25 years to 74 years. 11 of the participants who answered were Finnish, the rest came from other EU-countries. Also in the Transplant Sport Symposium, most participants

were academics and experts in the area, referred to also as “valuable speakers” (9 participants). The rest were athletes, volunteers or “other participants”.

The participants were asked to rate the Transplant Sport Symposium’s content. They were asked to rate the symposium’s they attended. The content got very good rating in average, 4,5 (on a scale from 1 to 5, 1 = poor, 5 = excellent), indicating high value in the content of the Transplant Sport Symposium. Figure 2 shows the distribution.

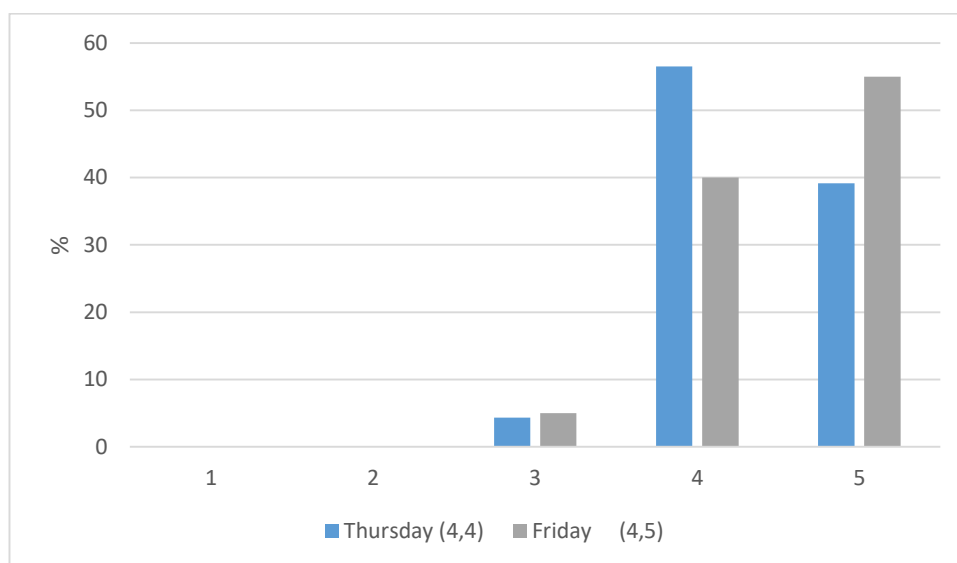


Figure 2: The content evaluation distributions of the two Transplant Sport Symposium days

As mentioned earlier, the overall feel at the events was very positive, which showed also in the surveys. Participants of both events were asked to evaluate their satisfaction with either the Researcher Workshops’ or the Transplant Sport Symposium’s program. They were asked to either agree or disagree with the statement: “*I am satisfied with the event’s program*”. The scale was from 1 to 5 (1 = strongly disagree, 5 = strongly agree). From the Researcher Workshops, the average grade was 4,5 and from the Transplant Sport Symposium, the average grade was 4,2. The average total of both of the events being 4,4 on a scale of 1 to 5, meaning that the participants highly valued the program presented at the events. These result correlate with the highly valued content of the Researcher Workshops and the Transplant Sport Symposium, both also highly rated.

The high ratings for the event continued with the evaluation of the statement “*I gained new information*”. As Figure 3 shows, the average grade was high, from both of the events 4,6 on a scale from 1 to 5 (1 = strongly disagree, 5 = strongly agree). The Researcher Workshops were somewhat more valued. Figure 3 shows the distribution of the answers.

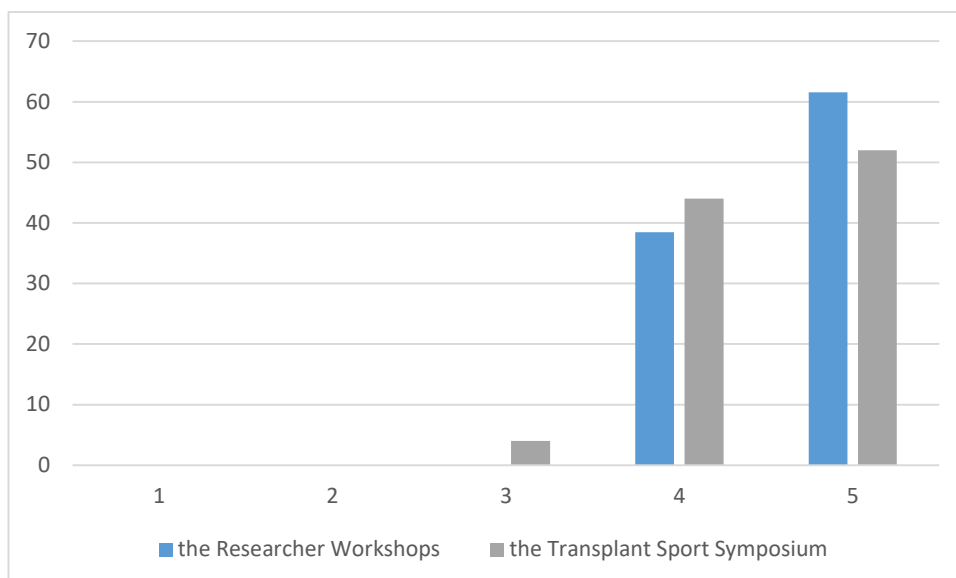


Figure 3: Evaluation of the new information gained

Regarding the previous statement asked from the participants, the following question was alike. The participants were asked to agree or disagree, whether *“I can make use of what I learned in the future (research, work, sports, everyday life etc.)”*. The average grade for the Researcher Workshops was 4,3 (on a scale of 1 to 5, 1 = strongly disagree, 5 = strongly agree) and for the Transplant Sport Symposium the average was 4,5. Meaning that the participants not only gained new information, but they can make use of it.

The participants were appreciative of the content of the events, that showed in also in their satisfaction with the program. The results show that the program proved interesting for experts and athletes from different fields, and that new information was gained. The most important in reaching the goals set for the European Transplant Sports Week 2016, is however, that the participants gained information that they can make use of in the future. This means that the goals set for promoting and raising awareness of organ transplant sports can be achieved.

One of the goals of the ETSW 2016 was to have an impact towards promoting organ transplant sports. The participants were asked to agree or disagree with the statement: *“I feel that the Researcher Workshops / Transplant Sport Symposium will have an impact towards promoting organ transplant sports”*. Most of the participants agreed. The statement was slightly more agreed with in the survey for the Researcher Workshops. The average grade was 4,5 for the Researcher Workshops, on a scale of 1 to 5 (1 = strongly disagree, 5 = strongly agree). For the Transplant Sport Symposium the average grade was 4.3. Figure 4 shows the distribution of the answers in both events. The average total was 4,4 for both events.

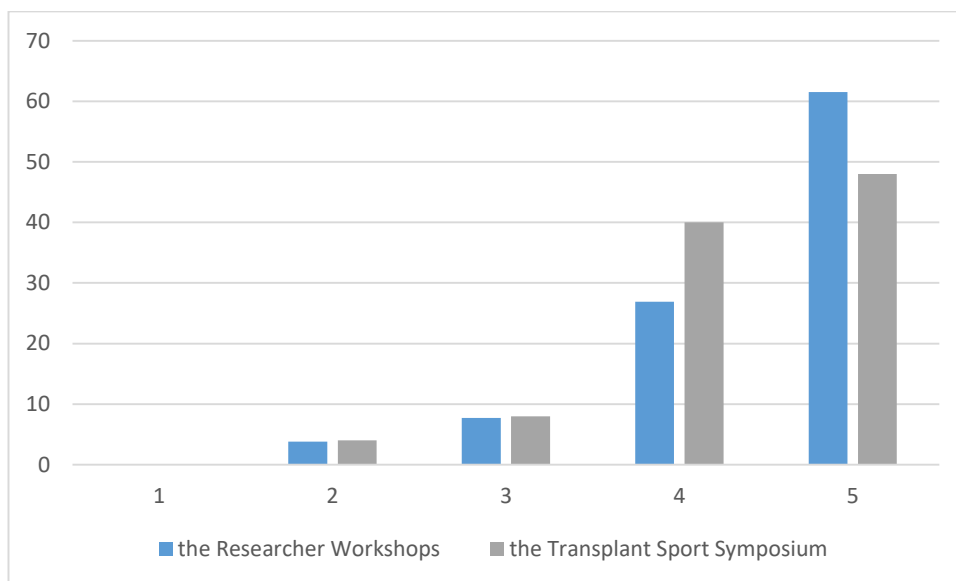


Figure 4: Evaluation of the impact towards promoting organ transplant sports

Among the participants, they were hopeful and agreed that the Researcher Workshops and the Transplant Sport Symposium would promote organ transplant sports and have an impact. This statement is later further analyzed in the next chapter. One of the most important factors in having an impact further on is spreading knowledge, in my opinion, this caused a concern among the participant in the online survey.

Lastly, the participants were asked whether they would participate again in a similar event. For both events, the average grade was 4,6 on a scale of 1 to 5 (1 = strongly disagree, 5 = strongly agree). This evaluation combined with the other answers shows that the Researcher Workshops and the Transplant Sport Symposium were highly valued events and the participants enjoyed them very much, that was seen even for me as a researcher at the event. In the next chapter, the evaluation for the ETSW 2016, a little bit more critique is found in the qualitative data.

5.2 The European Transplant Sports Week 2016

An online survey was sent to participants of the Transplant Sport Symposium. In the survey, as described earlier, the participants were asked to evaluate the European Transplant Sports Week 2016 as one event. It was expected that most of the participants had joined other events as well, not just the Transplant Sport Symposium. According to the answers this is true.

The questions of “*Did you find it relevant to hold the Transplant Sport Workshops and Symposium simultaneously with the European Transplant Sport Championships?*” was analyzed through content analysis. The results are shown in Table 1. It indicated that some participants had issues with the timetable, making it hard for them to attend the ETSW 2016 as they had obligations at the championships. This translates to many or some expert opinions missed at the ETSW 2016. Other issue that was raised was the professional talk at the Researcher Workshops and the Transplant Sport Symposium. Participants felt that the presentations were not meant for the ordinary people and that the results of the discussion might not leave the room.

Meaning Unit	Code: What is it about?	Theme
“I was only at Thursday symposium due to supporting Irish Heart/Lung team in the championships but found Thursday programme very good”	Participant feels that the timetable had issues with overlapping, so couldn’t attend the ETSW 2016 because of the championship games.	Overlapping of events.
“It would be better to organize it 1-2 days before or after the competitions, because the sports specialist and team doctors are busy with their athletes. Many of them wanted to join, but they had other obligations.”	Participant feels that, because of mandatory obligations, many missed the events.	Overlapping of events.
“It was so nice to hear also the athlete’s opinions about attitudes and knowledge about transplant sports and not just the professionals (doctors and physic therapists)”	Participant feels that the discussion was versatile and also other participants were given the time to present, not just professionals.	Most presentations were professional led.
“In symposium experts speak to another experts!”	Participant feels that the discussion is understood only by few and the discussion might not leave the room.	From professionals to professional.
“Most of the attendances to the symposium were people “suited in the job”, so already convinced on the relevance of the matter. Disseminate such information among patients (not yet that already in-	Participant felt that the crowd and presenters were mostly professionals and therefore feel their subject is of importance and calls after sharing of the information and new knowledge gained.	From professionals to professionals.

<p>involved in sports), families and medical authorities may have a greater impact on promoting organ transplant sports.”</p>		
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Table 1: Content analysis for the question: *“Did you find it relevant to hold the Transplant Sport Workshops and Symposium simultaneously with the European Transplant Sport Championships?”*

The European Transplant Sports Week 2016 was a collection of events with many goals. Reaching of the goals was asked in a question about the greatest achievements of the European Transplant Sports Week 2016. The participants were able to choose more than one from the options. The options for the greatest achievements were:

- Raising awareness of organ transplant sports (21 chose this).
- Enhanced social inclusion for organ transplant recipients (12 chose this).
- New contacts (13 chose this).
- Health promotion (13 chose this).
- Other (1 chose this, but didn’t add a comment).

The participants were able to add other greatest achievements, but no one did. Raising awareness of organ transplant sports was valued the highest as 84% of the participants chose the answer. The answering options were decided from the goals for the ETSW 2016.

And as the participants agreed that one of the greatest achievements was raising awareness of organ transplant sports, they also agreed that the organ transplant recipients will benefit from the innovations and results of the Transplant Sport Workshops and Symposium. This was asked with the options yes and no. From the participants 92% answered yes and the remaining 8% answered no. The participants were allowed to leave comments to the question, a few answered. One said this:

Maybe you should inform the organ recipients more about the Workshops and Symposium as well? I’m not sure if all were informed of these events? Maybe I’m wrong, but some I talked to were not aware of these events. I informed some and they were very satisfied to listen to the presentations.

This comment shows issues about informations of the events as well, and ties together with the timetable issues. There could have very possibly been a bigger participation count at the Researcher Workshops and the Transplant Sport Symposium with more advertising and informing. Another participant commented to the questions about benefits for the organ transplant recipients this:

Depends how information is distributed.

This comment relates with the comments about the events being just for experts. In some of participants view's there is a doubt that the innovations will never leave the participant group and that the innovations and the information isn't going to be shared.

The survey ended with suggestions and other comments. In the second to last question, participants were asked in an open question if they have any suggestions on improvements for the Transplant Sport Workshops and Symposium, in terms of content. In previous evaluation, it was discussed that the content of the events was valued highly. The answers were analyzed through content analysis and raised up two themes: information about the events and information from the events & content of the presentations. Content of the presentations was discussed so that there was a hope for more participation for the participants and that the presentations should follow the title given. Information about the events has been brought up also before, in the previous evaluations. One participant also commented this:

Make material after the event accessible for all those who are involved.

In the other comments sections the events were thanked and praised highly, but also critique was raised. In one comment promoting of the event was discussed:

It might be beneficial to promote the symposium also for the healthcare professionals that take care of this group of patients.

This is an important comment and suggestion, as the ETSW 2016 has been previously criticized for being very expert led. Another comment agreed with the previous statement, stating that *"the symposium wasn't meant to ordinary people"*.

The survey questions for the European Transplant Sports Week 2016 allowed the participants to analyze the events more indepth, so it is not suprising that more critique was raised. Still the Researcher Workshops and Transplant Sport Symposium were highly valued and the whole event of the European Transplant Sports Week 2016 very much thanked. Important subjects were raised in consideration of future activities, and suggestions and recommendations can be made.

6 Discussion

The Researcher Workshops and the Transplant Sport Symposium proved to be successful events in the European Transplant Sports Week 2016 according to the results of the surveys. The topic of physical activity and disability sports raised concerns and discussion among participants. The topics for the events chosen were current and applicable for general audience as well, not just for organ transplant recipients or persons waiting for an organ transplant. The audience for the Researcher Workshops and the Transplant Sport Symposium was small, however, it should be noted that the area of transplant sports affects limited amount of people and therefore it cannot be expected that the events would gather very large crowds. This enabled the use of paper surveys.

In a wider view, the European Transplant Sports Week gathered a great number of volunteers, from all backgrounds, and affected the lives of many participants. The Sports for All- events gathered large crowds and made an impact towards promoting the awareness of organ transplants and organ transplant sports.

The multi-method approach proved to have been a good choice as the research process went on. Qualitative data and quantitative data complemented each other, making also the results section more interesting for the reader.

The results of the research are the feelings, thoughts and ideas of the participants of the Researcher Workshops and the Transplant Sport Symposium. In this study the researcher's previous knowledge, or lack of knowledge, did not affect the results as the surveys gathered information of the impact and success of the events, rather than the innovations of the events. It must, however, be noted that the researcher was present at the events, and as mentioned before, has analyzed the overall feel of the Researcher Workshops and the Transplant Sport Symposium.

It has been discussed that the evaluation of the results in qualitative research is interpretation of the researcher, no matter that the results did rise from the data obtained (Grove et al 2013). By following the good practices of ethics in research, the aim has been to report the evaluation process transparently and to not jump to conclusions. Content analysis was used to achieve high quality evaluation of the qualitative data, even though it was used more loosely.

The quantitative data was analyzed in traditional quantitative research methods. Descriptive statistics were used to form averages and figures, which were later analyzed and explained.

The number of the participants who answered the surveys was small enough that it was decided to report very little answers in percentages. Variation to the quantitative data was found in comparing the events together. However, the variation proved to be small.

6.1 Evaluation of the results

As mentioned in the previous chapter, the European Transplant Sports Week 2016 was highly valued in the surveys. This appreciation towards the events was also visible to the researcher while visiting and attending the Researcher Workshops and the Transplant Sport Symposium. The atmosphere was innovative and participants seemed interested in the subjects, as mentioned, and the overall feel was very positive.

This study was conducted together with the evaluation team for the European Transplant Sports Week 2016. The purpose was to provide evaluation from the Researcher Workshops and the Transplant Sport Symposium. The aim was to study the impact of the events and to study the events from the perspective of health promotion. The criteria for the evaluation was agreed upon by Laurea University of Applied Sciences and the Finnish Sport Association of Persons with Disabilities. The effectiveness and the sustainability of the events were not added as part of the survey and therefore not discussed in this study. However, the participation satisfaction is widely analyzed and the relevance and impact discussed. The evaluation criteria also highlighted the need for recommendations, if results or goals were not met.

The results were mostly all parts good if not excellent for the Researcher Workshops and the Transplant Sport Symposium. The participants agreed unanimously that the events were of high content and that they would participate again. Originally, the results proved quite uninteresting for me as the researcher. Little or no variation was found in the answers from the quantitative data for most parts. The case however turned out to be, that there was no need for critique from the participants point of view. This opinion was proven in the qualitative data gathered from the online survey.

The goals set by the coordinator highlighted the promotion of organ transplant sports on European and national level. The goals included enhancing social inclusion and bringing together organ transplant sport associations from all over Europe. The goals set for the European Transplant Sports Week 2016 aimed for impact on European and national level.

The results from the surveys show that the coordinator reached all its goals for the European Transplant Sports Week 2016. During the events, social inclusion of organ transplant recipients was enhanced and equal opportunities in participation were promoted. The goal was reached through making the events free of charge and easy to access. According to the survey results and the evaluation report for Erasmus+, it can be argued that the European Transplant Sports Week 2016 was a success. According to the evaluation report, majority of the participants and the volunteers graded the events very successful (Julin 2016.)

The Researcher Workshops and the Transplant Sport Symposium united experts from different fields, all over Europe, to discuss physical activity of organ transplant recipients. The experience was managed to bring together, in my understanding, by inviting people to the event and through advertising. However it could be questioned, that the advertising done for the events had not been successful. As the results show, opinions are expressed about the lack of knowledge of the ETSW 2016 activities. Also overlapping the events with the championship games made it impossible for some experts to join. Considering that the organ transplant sports community is rather small, all voices would be valuable to hear.

Still, the coordinator of all activities managed to bring together athletes, families, experts and volunteers in one very successful event. According to the evaluation report, everything went as planned and it can be considered a worthwhile idea to bring the European Transplant Sports Week 2016 events together with the two championship games (Julin 2016).

According to the survey answers, the participants strongly agreed that the Researcher Workshops and the Transplant Sports Week 2016 would have an impact towards promoting organ transplant sports. The impact of the European Transplant Sports Week 2016 will be later discussed in the recommendations, but it can be considered that the greatest impact towards promoting organ transplant sports was for the people who attended the events. The impact of the European Transplant Sports Week 2016 towards promoting organ transplant sports and the impact of the Researcher Workshops and the Transplant Sport Symposium can be considered as two different concepts.

The impact of the European Transplant Sports Week 2016 was more obvious to the public. According to the evaluation report, some 1500 organ donation cards were given away during the Sports for All events (part of the ETSW 2016). The European Transplant Sports Week 2016 made adequate media coverage during the events week. The event's web page had many visitors during the activities and the social media was active. (Julin 2016). This translates to impact and awareness about organ transplant sports, at least in Finland and at least more locally around the events.

One goal of the study was to find out, whether there was any new information gained from the European Transplant Sports Week 2016, more specifically from the Researcher Workshops and the Transplant Sport Symposium. The survey results show that the participants not only gained new information, but also felt that they can make use of the new knowledge in the future. This speaks towards the Researcher Workshops and the Transplant Sport Symposium making an impact in promoting transplant sport as well. The impact and its affect, however, right now lies in the hands of the participants; what are they going to do with the new knowledge?

Erasmus+ Programme co-funded the European Transplant Sports Week 2016. The funding was applied for by the coordinator, and in the application the goals for the event were made clear. From Erasmus+ Programme's point of view, the coordinator delivered a successful event and did what was promised.

The European Union has highlighted the importance of physical activity for all, and especially enhancing social inclusion in the field of sports (European Commission 2014.) This type of event is in line with the recommendations and programs that EU has made for enhancing physical activity. The success of this event hopefully encourages events alike. In my opinion, it is beneficial for Erasmus+ Programme to fund a sports event like the European Transplant Sports Week 2016 also in the future, and this opinion is also seen in the results of the surveys as the satisfaction of the participants towards the events was high.

Like European Commission, also the United Nations' Division for Social Policy and Development Disability has made goals towards enhancing the world for persons with disabilities. The sustainable development goals (SDGs) are commented with the goal of making the world fully inclusive of persons with disabilities in 2030. The SDGs are in line with the goals of the European Commission and the goals for the European Transplant Sports Week 2016, in the aims to raise awareness and reducing inequalities. These health promotional aspects of the goals for the European Transplant Sports Week 2016 were also reached. From a global point of view, it makes the event highly valuable in reaching the SDGs. (United Nations 2017.)

Other health promotional aspects of the European Transplant Sports Week 2016 and more specifically from the Researcher Workshops and the Transplant Sport Symposium, were offering the participants with new valuable information, that they can make use of in the future. This hopefully translates to spreading the knowledge at work or in every day life. Spreading new knowledge will lead to, in this context, social inclusion and enhancing physical activity; both good examples of health promotion. As mentioned in the theoretical framework, health promotion is also helping people make informed decision in their life (Coombes & Thorogood 2004). The impact that the European Transplant Sports Week 2016 can make in the future or

right now, is to have educated the participants with new knowledge and to have encouraged them to spread the information.

6.2 Ethical considerations

Ethical considerations should be made from the very beginning of the research process. Question that should be asked is about the intentions of the study. If the intention of the study is to improve the lives of future patients and clients, then it is reasonable to start the research process. Other question that should be asked is whether or not the study will inflict harm. Even qualitative or quantitative surveys have the potential to upset people, mainly by encouraging people to confront thoughts and feelings they may have suppressed. Any risks, or potential risks, should be informed at the point of gaining consent. (Ellis 2013.)

According to Ellis, a consent to participate in research should be obtained in all types of researches and studies. When gaining consent from participants, the researcher should make sure that the participants are competent to give consent. Participants should be informed about the reasons for research. Participants of a research should be informed about their freedom of choice to participate, that they are under no obligation to participate. Participants also enjoy the freedom to withdraw from the research at any point. Even in a survey study, such as this thesis, participants could choose after filling the survey not to return it. (Ellis 2013.)

Another key element of research ethics is the protection of the confidentiality of research participants. Participants should have the right to assume that he or she will not be identifiable when the findings of the research are made public (Ellis 2013). Participants also have the right to assume that the data collected will be kept confidential. Complete anonymity though exists only when the participants' identity cannot be linked, even by the researcher. In most studies, the researcher will know the identity of the participants, and promise to keep the research data confidential.

In this thesis, for the survey, no written consent was asked. All participants were informed personally about the reasons for the study. Answering the survey, both paper and online surveys, was encouraged. However, participants were not obliged to participate in the study. Participation in the survey was not mandatory and there were no direct benefits to the participants for participating.

Autonomy was achieved online by not asking for more personal information than gender, age, nationality and their role in the European Transplant Sport Week 2016. In the paper survey same questions were asked for background information. When collecting back the paper surveys, no box or envelope was used and all surveys were returned by hand. This did not compromise the participants' anonymity in the research.

Another term defining the ethics in research is research misconduct. The goal of the research should be to generate sound scientific knowledge, which is possible only through the honest conduct of the researcher. The Office of Research Integrity defines research misconduct as *“the fabrication, falsification, or plagiarism in processing, performing, or reviewing research, or in reporting research results. It does not include honest error or differences in opinion.”* Fabrication in a research means making up results and recording or reporting them. Falsification in a research means manipulating research materials. Fabrication and falsification in a research are the two most common acts of research misconduct. (Burns et al 2015.) The results of the surveys are not fabricated and no misconduct happened while doing this study. The results have been handled by Mikko Julin, senior lecturer at Laurea School of Applied Sciences and me as the researcher. The results present as the same in both this study and the evaluation report provided for Erasmus+ Programme.

6.3 Recommendations

One of the aims for the Researcher Workshops, as well as the Transplant Sport Symposium, was to create new ideas and innovations in the field of organ transplant sports. All the workshops and the symposium had presentations about physical activity, in a wide range. The discussion was good, and new issues were brought up. The valuable speakers came from all over Europe and different experiences were brought up in the field of organ transplant sports and rehabilitation.

The critique that was given from the European Transplant Sports Week 2016 was in relation to the information and innovations of the Researcher Workshops and the Transplant Sport Symposium. The goal for the European Transplant Sports Week 2016 was to raise awareness of organ transplant sports. This goal was met in the events studied, but in the evaluation of the results, it is mentioned, that the innovations and new ideas never left the conference room.

The European Transplant Sports Week 2016 was advertised in a few organizations, including European Federation of Adapted Physical Activity (EUFAPA) and ESOT, an umbrella organiza-

tion under which transplant activities are structured and streamlined in Europe and worldwide (ESOT 2017 & EUFAPA 2017). After familiarizing myself with these websites, it can be said that no feedback or results of the Researcher Workshops or the Transplant Sport Symposium were ever published. Even the European Transplant and Dialysis Sport Federation (ETDSF), whose president Judit Berente attended the Transplant Sport Symposium, as a valuable speaker, has made no updates from the event, after the European Transplant Sports Week 2016 (ETDSF 2016).

It must be noted, however, that all the presentations and discussion from the Researcher Workshops and the Transplant Sport Symposium have been uploaded to a youtube account, that is visible for everyone. (VAU 2016.) The presentations there are seen as they were presented at the Researcher Workshops and the Transplant Sport Symposium. The problem with the youtube account however is, that it has not been advertised. In my opinion, the organizer and the organizations that attended should have more proudly advertised these videos. From a health promotional view, the youtube account is very valuable in spreading the innovations and ideas of the Researcher Workshops and the Transplant Sport Symposium.

The effects of the European Transplant Sports Week 2016, in light of the media, seem to have been the greatest for those people, who attended the ETSW 2016 events. However, health promotion occurs on different levels. According to Charlton, Hanlon and Kelly, the four levels of health promotion are environmental, social, organizational and individual. Health promotion, in my opinion, is not always aimed to reach all four levels. However, it is also suggested, that health promotion shouldn't be confined to one level (Charlton et al 1993.) The health promotional aspects of the European Transplant Sports Week 2016 were confined to individual and organizational level, but as mentioned, in my opinion it could be argued that this is enough. In the light of the goals set for the European Transplant Sports Week 2016; the social level of health promotion should have been reached. The goals for the ETSW 2016 aimed for impact and awareness in national and European level.

This study is only a part of the evaluation report from the European Transplant Sports Week 2016 and does not present all participants' opinions. However, all participants of the Researcher Workshops and the Transplant Sports Symposium were able to voice their opinions about the events. As discussed many times, the evaluation stated that the Researcher Workshops and the Transplant Sport Symposium were a success. The opinions provided are all stated and analysed in this study.

The European Transplant Sports Week 2016 proved to have been a successful event that many would participate again. It made an impact towards promoting organ transplant sports on an individual and organizational level. Wider knowledge of the results and innovations of the

events are lacking, but the shared knowledge and new contacts made at the events, might carry out a lasting impact that will be seen in the future.

Recommendations for VAU are therefore in the area of advertising. The event was highly successful in attendance and in content, but in the opinions voiced in the surveys, it is said that more people could have participated if knowledge of the European Transplant Sports Week 2016 was spread more. In the future, more active advertising is advised.

For future studies, it would be interesting to study a similar event that would in theory be a follow up to this event, to find out, whether the European Transplant Sports Week 2016 made a lasting impact in the transplant sports community in Europe and to find out if the gained knowledge has spread and what are the long lasting effects of the health promotion that occurred at the ETSW 2016.

As a research process this was educational and interesting. The theoretical framework opened up new concepts for the researcher and during the process new research methods were learned from theory to practise. The only problems during the research process were issues with the European Transplant Sports Week 2016 uniqueness. Research about events alike is very limited and therefore the study is lacking contrast. Still, the research questions were answered and the aims of the study reached.

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Appendix 1: Research Table

Reference	Country	Purpose and Aim of the Study	Design	Data and Methods	Results	Other important marks if needed
Ascher, N. et al. 2001.	The United States of America	To examine the health-related quality of life and physical activity in liver transplant recipients.	A Health Status Questionnaire was sent to all patients 5 years or more post-liver transplantation.	Scores were compared and regression analysis was performed, to determine the contributions of coexisting medical conditions.	Study indicates that physical activity is related to health-related quality of life after liver transplantation independent of other coexisting medical conditions.	Low questionnaire return rate.
Costa, A.N. et al. 2014.	Italy	To study the role of physical activity in solid organ transplant recipients through a model.	A multi-center study in which half of the patients were treated with supervised physical activity and half were the control group.	Questionnaire was analyzed for self-improvement, but also physical tests were analyzed such as oxygen uptake and muscle strength.	In the supervised physical activity group aerobic power was increased and also health related quality of life showed a significant improvement.	Geographical limitations to patients, some had to travel far.

Goffin, E. et al. 2000.	Belgium	To study increased level of physical activity in successful renal transplant patients.	Questionnaires was sent over a 5-year follow-up period. Physical activity was measured 1, 3, 12 and 60 months after transplantation.	The questionnaire allowed measures that were analyzed in ANOVA.	Physical activity levels increased within the first year, but after five years it remained unchanged.	
Einhorn, K. et al. 1999.	The United States of America	To study exercise rehabilitation after a heart transplantation, in a controlled trial.	Half of the trial patients participated in exercise training program and the control group got written guidance.	Cardiopulmonary exercise testing and muscle strength were analyzed.	The exercise group had significantly greater increases in both areas.	
Ascher, N. et al. 2002.	The United States of America	To study the benefits of exercise training after renal transplantation.	Patients were randomized into two groups: exercise intervention and usual care. Measurements were made after 1, 6	Physical measurements such as peak oxygen uptake and health status questionnaire were analyzed.	The exercise intervention group had significantly greater progress in physical activity and was exercising more regularly.	

			and 12 months.			
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Appendix 2: Survey for the Researcher Workshops

Your feedback is greatly appreciated!

Female Male Age? _____ Nationality? _____

Did you attend as: valuable speaker / volunteer / athlete / coach / other participant

Please circle the Transplant Sport Workshops you attended:

Workshop 1 Workshop 2 Workshop 3 Workshop 4

Do you agree or disagree with the following statements? Please circle the number.

1. I am satisfied with the Transplant Sport Workshops' program.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. I gained new information.

1	2	3	4	5
---	---	---	---	---

3. I can make use of what I learned in the future (research, work, sports, everyday life etc.).

1	2	3	4	5
---	---	---	---	---

4. I feel that the Transplant Sport Workshops will have an impact towards promoting organ transplant sports.

1	2	3	4	5
---	---	---	---	---

5. I would participate again in a similar event.

1	2	3	4	5
---	---	---	---	---

How would you rate the content of the Transplant Sport Workshops? Please rate the ones you participated in. Please circle the right option.

Workshop 1

Excellent	Very Good	Good	Fair	Poor
-----------	-----------	------	------	------

Workshop 2

Excellent	Very Good	Good	Fair	Poor
-----------	-----------	------	------	------

Workshop 3

Excellent	Very Good	Good	Fair	Poor
-----------	-----------	------	------	------

Workshop 4

Excellent	Very Good	Good	Fair	Poor
-----------	-----------	------	------	------

Appendix 3: Survey for the Transplant Sport Symposium

Transplant Sport Symposium / July 14-15, 2016 / Vantaa, Finland

Form is timed: publicity starts 18.7.2016 8.00 and ends 1.8.2016 23.59

Your feedback is greatly appreciated!

This evaluation form is in regards to the Symposium that was held as a part of the European Transplant Sport Week 2016 (ETSW16). Also held during the ETSW16 activities were the Transplant Sport Workshops, Sports For All - public events and the International Youth Camp.

Background information

- Male
- Female

Age? ____

Nationality? ____

Did you attend as:

- Valuable Speaker
- Volunteer
- Athlete
- Coach
- Other Participant

Please choose the Transplant Sport Symposiums you attended:

- Symposium, Thursday 14.7
- Symposium, Friday 15.7

Do you agree or disagree with the following statements?

I am satisfied with the Transplant Sport Symposium's program.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I gained new information.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I can make use of what I learned in the future (research, work, sports, everyday life etc.).

- Strongly Agree
- Agree

- Neutral
- Disagree
- Strongly Disagree

I feel that the Transplant Sport Symposium will have an impact towards promoting organ transplant sports.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I would participate again in a similar event.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

How would you rate the content of the Transplant Sport Symposium? Please rate the ones you participated in.

Symposium, Thursday 14.7

- Excellent
- Very Good
- Good
- Fair
- Poor

Symposium, Friday 15.7

- Excellent
- Very Good
- Good
- Fair
- Poor

The European Transplant Sport Week 2016

Did you find it relevant to hold the Transplant Sport Workshops and Symposium simultaneously with the European Transplant Sport Championships?

- Yes
- No

Comments to the question above: _____

What were the greatest achievements of the European Transplant Sport Week 2016 from your point of view? (You can choose more than one)

- Raising awareness of organ transplant sports
- Enhanced social inclusion for organ transplant recipients
- New contacts
- Health promotion
- Other

Other, what? (You can add several) _____

Do you feel that the organ transplant recipients will benefit from the innovations and results of the Transplant Sport Workshops and Symposium?

- Yes
- No

Comments to the question above: _____

Do you have any suggestions on improvements for the Transplant Sport Workshops and Symposium, in terms of content? _____

Any other comments or thoughts about the Transplant Sport Workshops and Symposium? _____