



Agility, mobility and body balance in haemodialysis patients undergoing intradialytic exercise programme

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Presentation outline

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Introduction

Elderly patients with Chronic Kidney Disease (CKD) undergoing haemodialysis have an inferior physical function and higher incidence of falls than healthy elderly population. A fall can be the first sign of physical and functional decline which can lead to an increased morbidity and mortality. Therefore, intradialytic exercise programmes (IEP's) are considered an important strategy to develop body balance and prevent falls.



Objectives



To assess IEP's influence on body balance in CKD patients

To compare test results with standard values of healthy population at the same age.

Methods

N=150 patients

Inclusion Criteria

- Ability to perform the TUG, SLS and Tandem exercises
- HD time >2 months
- Without intradialytic complications in the last 2 months

n= 41 Patients

Group 1
20 Patients
(21months of IEP)

Group 2
21 Patients
(3months of IEP)

July 2014

Group 1
TUG

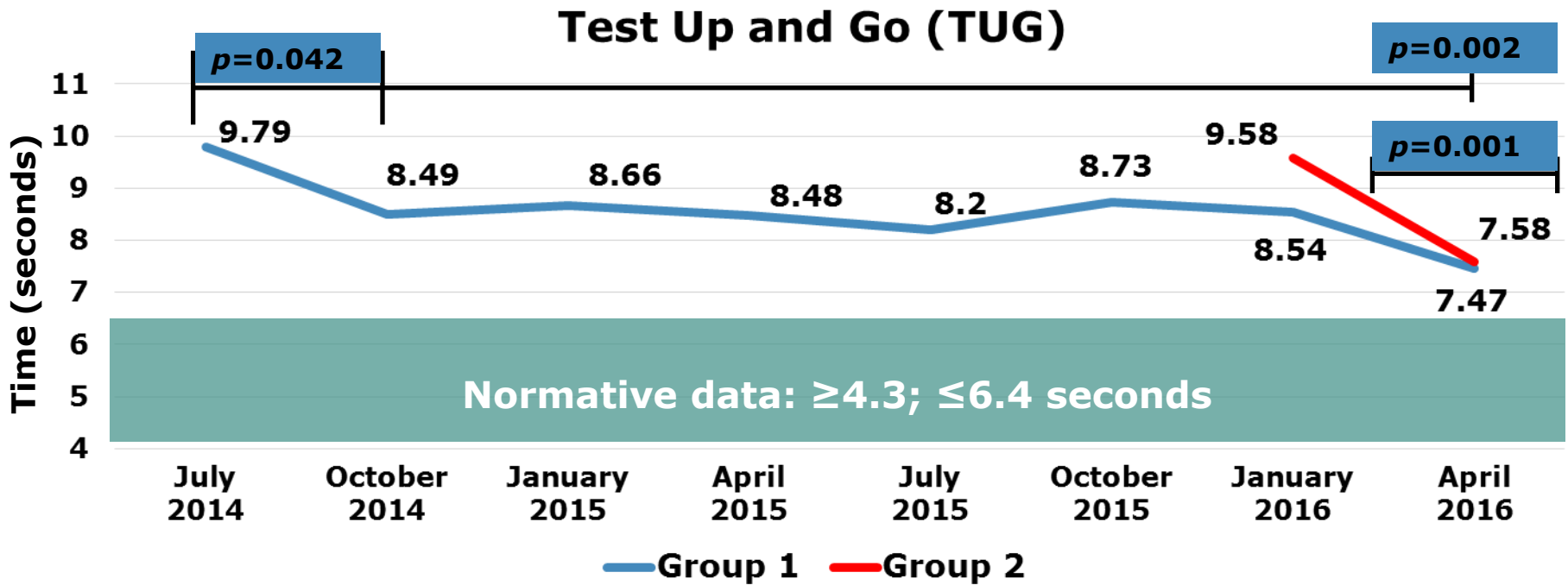
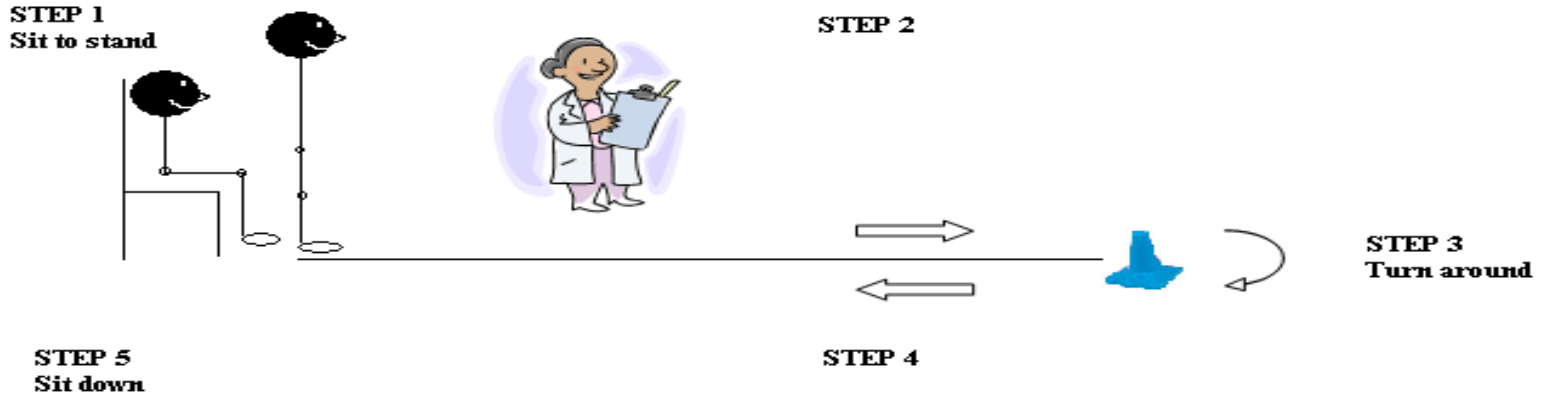
January 2016

Group 1+2
TUG

April 2016

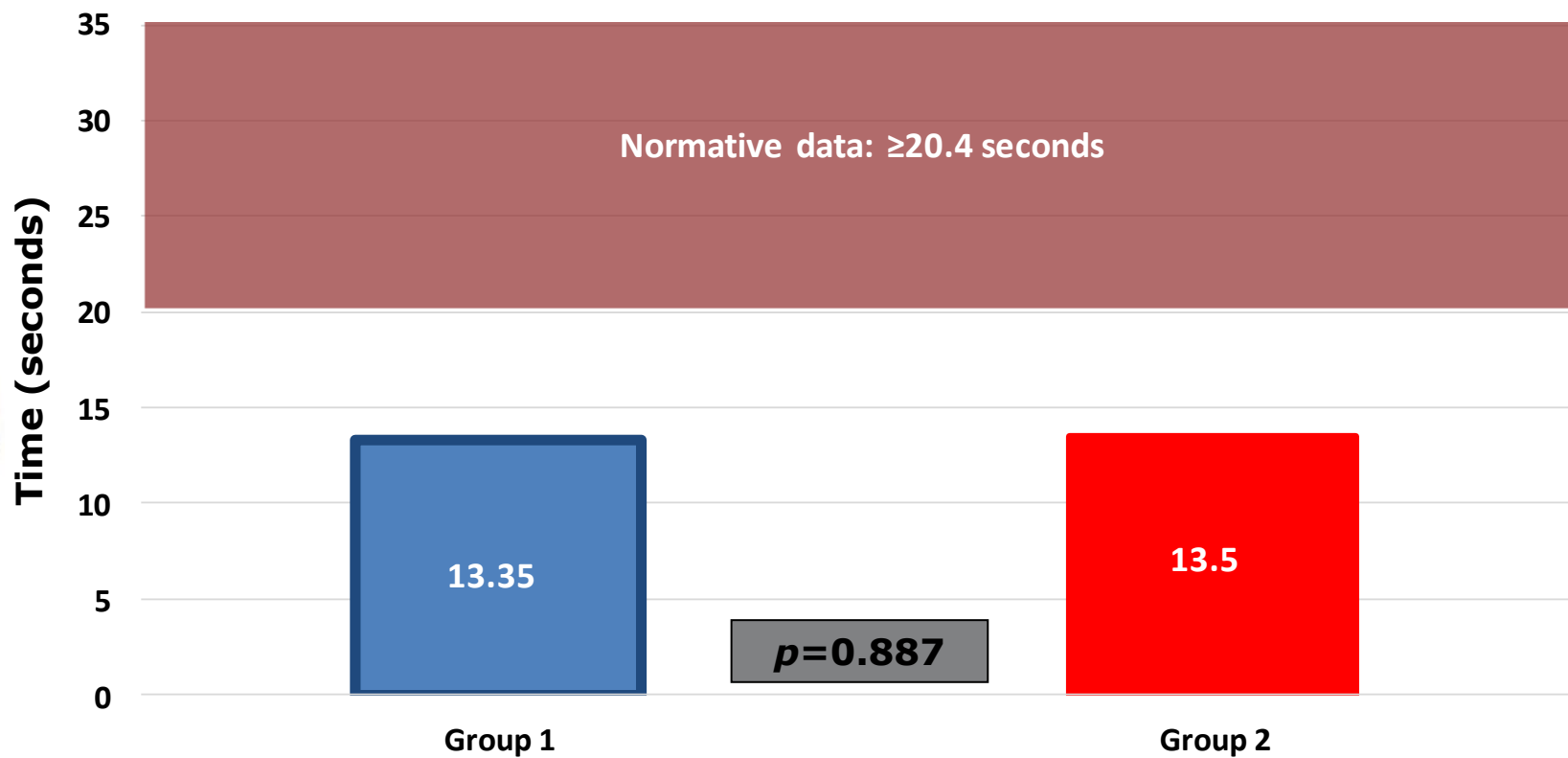
Group 1+2
TUG+ SLS+TS

Results (1/3)



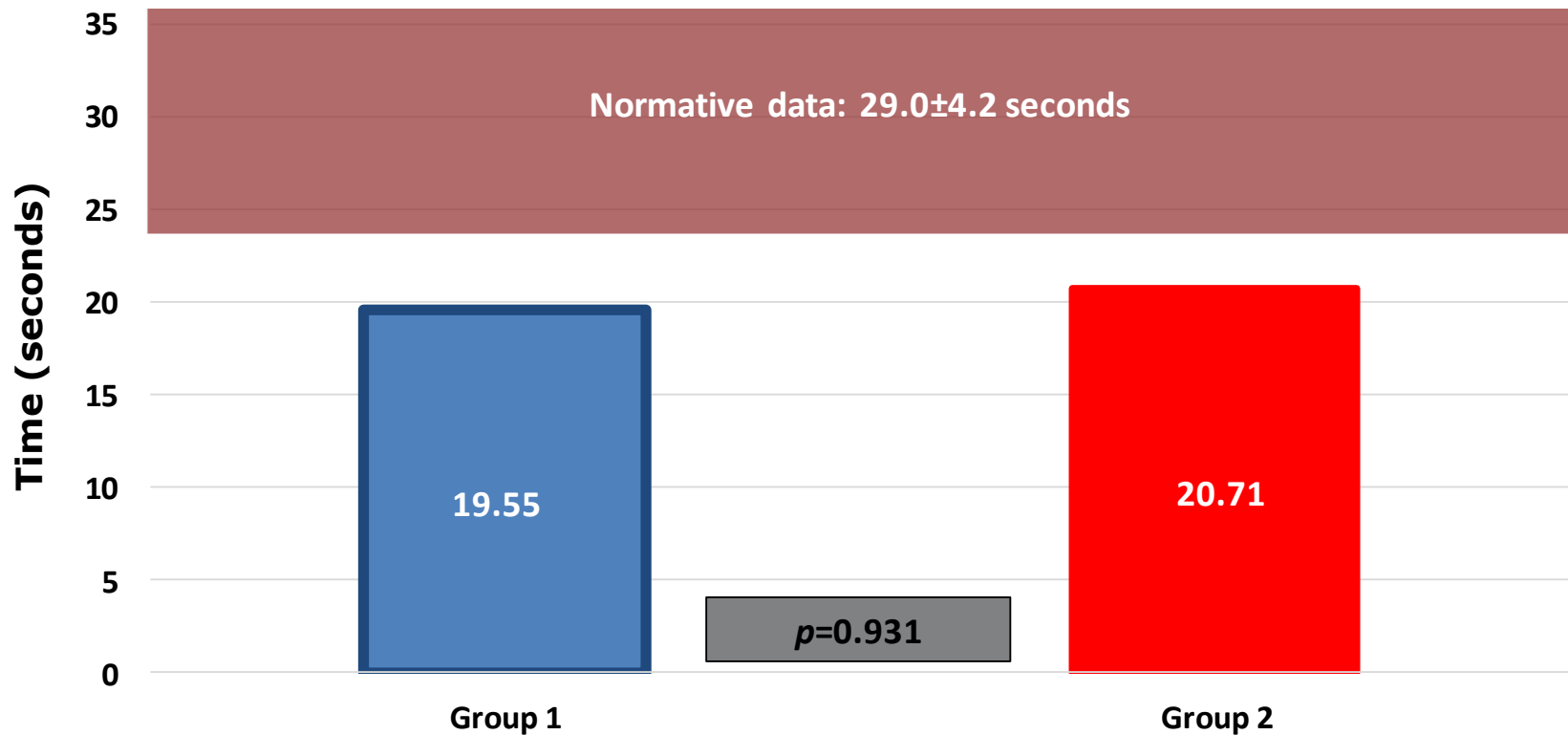
Results (2/3)

Single Leg Stance (SLS)



Results (3/3)

Tandem Stance (TS)



Conclusions (1/2)

- IEP was beneficial for our patients and both increased their quality of life and autonomy.
- Despite the gains in agility and mobility in the lower extremity, patients maintained body balance values from normative data for both tests.
- The WHO recommends regular balance training for people >65 years which was not included in this intervention.
- We suggest the assessment of the effect of an intradialytic exercise programme on the incidence of falls.

Conclusions (2/2)



**“IN LIFE, NOTHING IS IMPOSSIBLE.
JUST FIGHT FOR YOUR DREAMS EVERYDAY”**

**Thank You Very Much
for Your Attention!**

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