

Willingness to perform physical exercise: a survey carried out among dialysis patients

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Introduction

Physical exercise is a recognized form of therapy for any cardiovascular patient, and, more specifically, for patients undergoing haemodialysis (HD), even if their mobility is often compromised because of multiple comorbidities.

The possibility of doing some form of physical activity was also studied in prospective trials and the chances of doing physical exercise during HD session and at home were examined; this involved assessing the results by means of the “6 minute walk test”, and by measuring the outcome in terms of vascular function index, augmentation index, blood pressure or with the same perception of well-being reported from patients (Chen NDT 2010/Koh AJKD 2009). In all previous studies, the exercise programme was intended as a tool to increase the quality of life of the HD patients (Mika. Int Urol Nephrol. 2010) and, in fact, it made possible to improve the ability to do aerobic exercise and so reducing the risk of sudden death in dialysis patients (Kouidi-AJKD-2009).

The social and clinical condition of HD patients often involves a reduction of physical activity, thereby further increasing the already high cardiovascular risk. For these reasons the most rational therapeutic approach may be to control the various metabolic factors associated with a programme of physical exercise, commensurate with the clinical condition of the individual patient.

Objectives

The aim of this study was to assess the ability and willingness of each patient to perform physical activity as part of a more extensive rehabilitation programme within a group of patients undergoing dialysis in seven haemodialysis centers of Northern Italy’s Lombardy region.

Methods

A simple questionnaire was administered to a cohort of 296 patients, all being treated in the seven dialysis centres across Lombardy. All patients were homogeneous in terms of their clinical status and dialysis regimes. The male/female ratio was 2:1. The majority (73%) was older than 60 years.

Results

A large portion of the patients declared that they were already active (63%); of those: mainly walking (70%), at least 2 hours of physical activity weekly (80%). 61% of patients older than 60 years, with a minimum of 2 hours weekly (77%), to be performed on days not dedicated to dialysis, were willing to train in a gym. The majority of the patients declared that they were in favour of mild physical activity, using Tread Mill and Indoor Sport Bikes.

Conclusion

This survey showed that dialysis patients, in spite of their often incapacitating clinical conditions due to multiple comorbid factors, are willing to undertake a programme of physical activity. These data are encouraging for the development of programmes of physical rehabilitation and for its consideration as a feasible therapy.

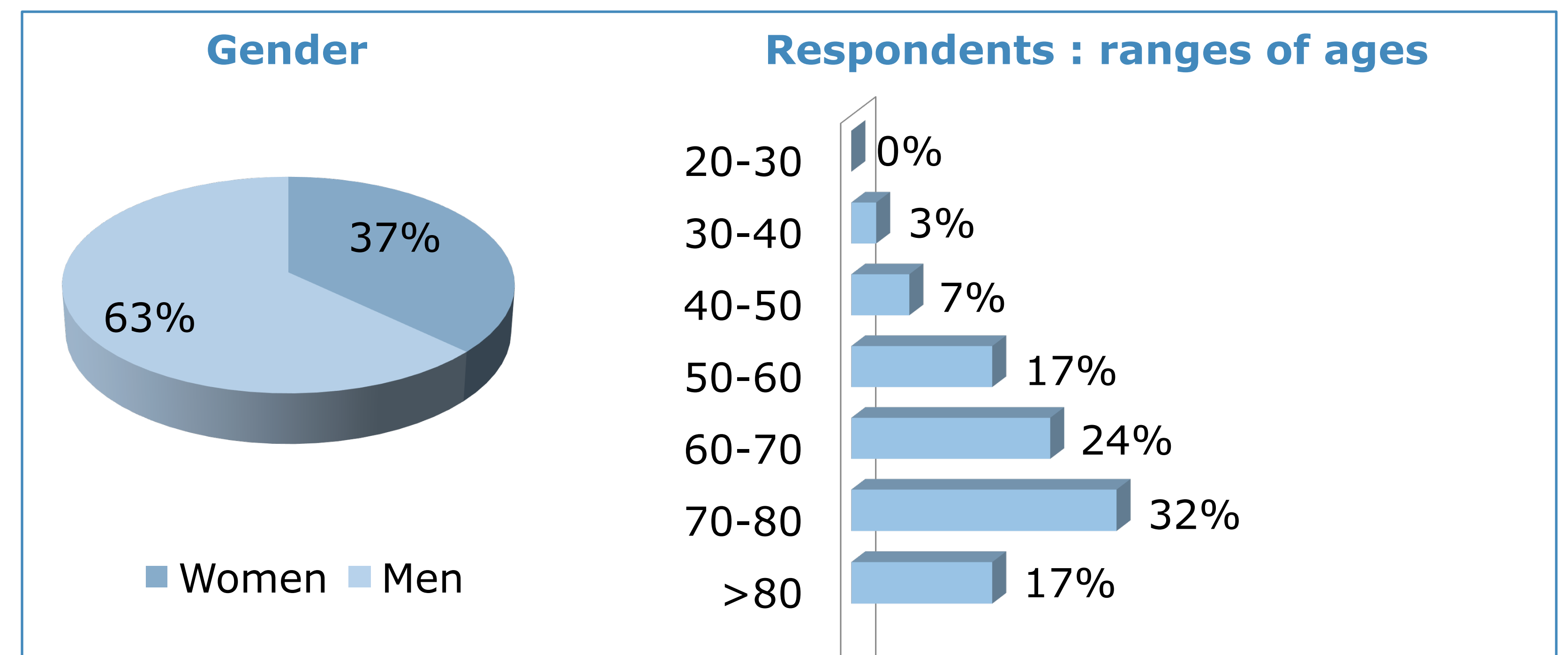


Figure 1: Gender,

Figure 2: Range of ages of patients

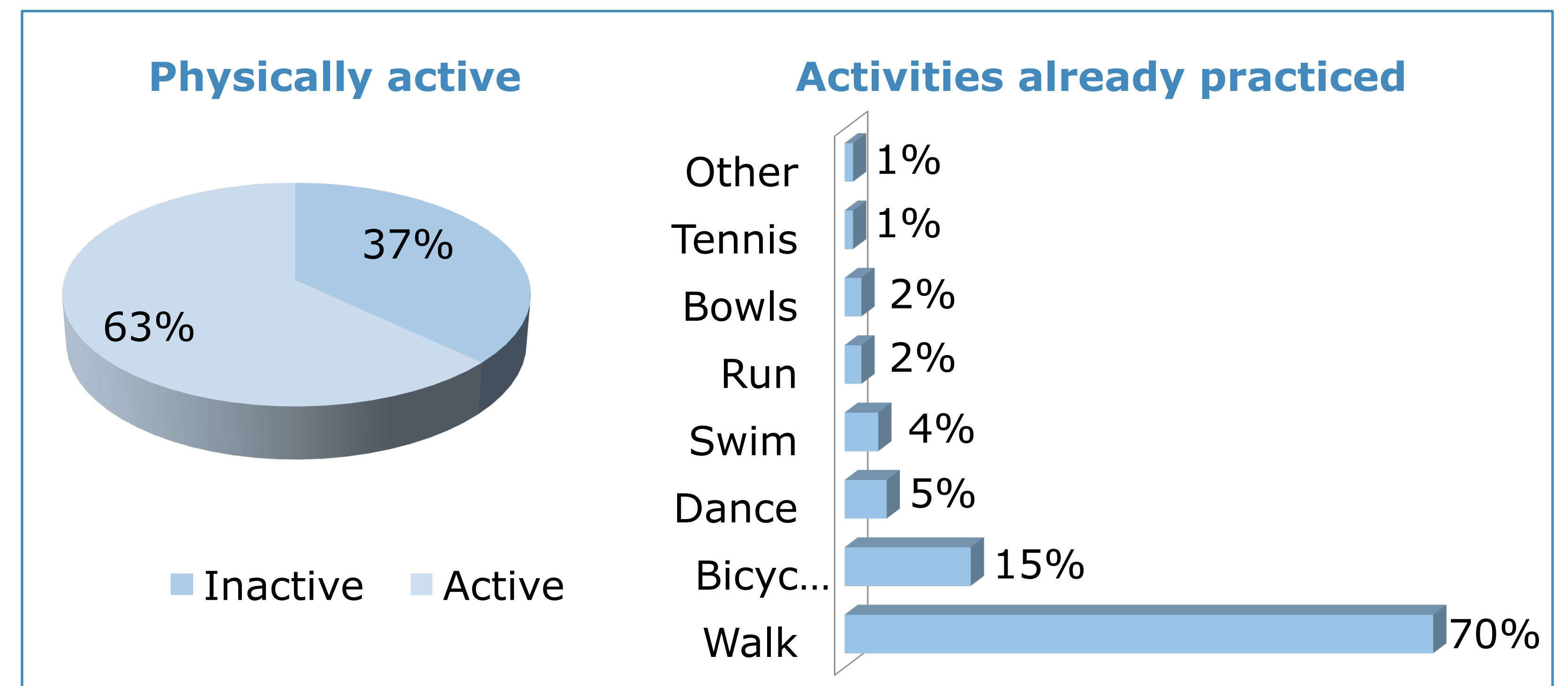


Figure 3: Physical exercise,

Figure 4: Practiced activities

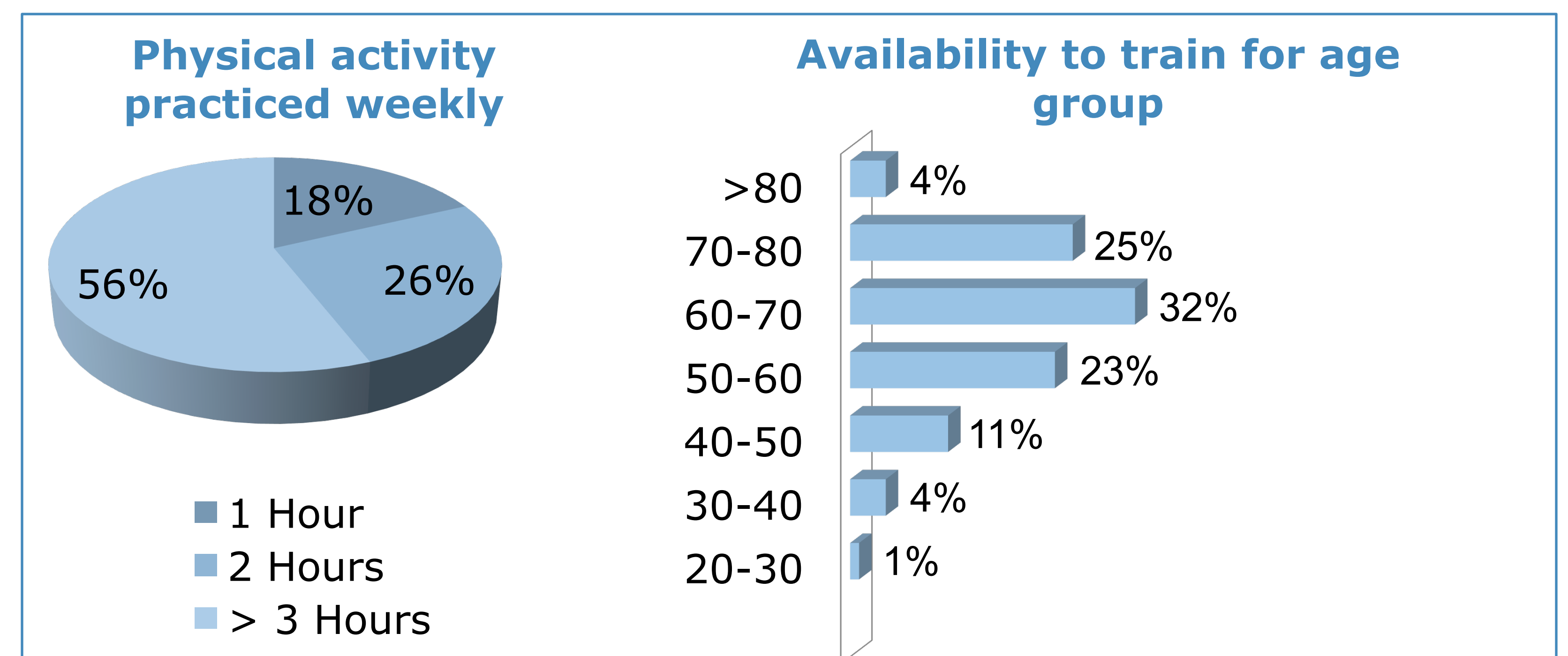


Figure 5: Time of activities,

Figure 6: Availability to train

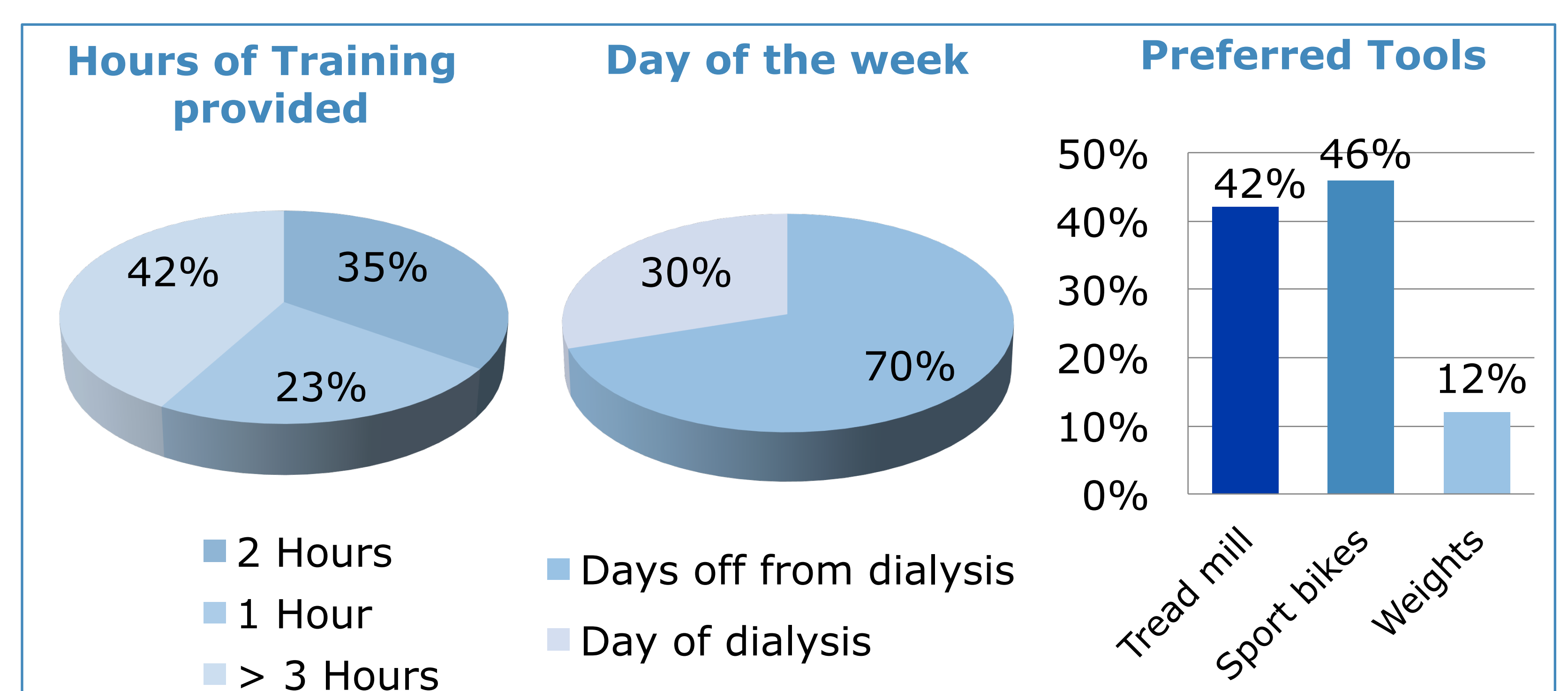


Figure 7: Training Hours, Figure 8: Day of week, Figure 9: Favorite tools.

References

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