Introduction
Exercise is crucial in patients with Chronic Renal Failure (CRF). Physiotherapy Department has launched a Theraband Tai Chi Exercise Program for patients with CRF requiring Continuous Ambulatory Peritoneal Dialysis (CAPD) since November 2015. The exercise class is mainly conducted in renal day ward every Tuesday and Friday. The original Theraband Tai Chi Exercise may be too complicated for those patients with only 55% reported satisfy with the program, 2% were dissatisfied and others having no comments. Thus, the program has been modified into simple Sitting Theraband Tai Chi Exercise Program and was launched since 9/5/2017. Designed by Physiotherapists, the simpler exercises does not only focus on upper limbs and trunk muscles strengthening as the old one, but also focuses on lower limbs muscles, endurance and balance training. To improve patients’ home compliance, newly designed exercise leaflets are also distributed.

Objectives
To improve their health condition by raising awareness on home exercises and evaluate the efficacy of newly-modified exercise program.

Methodology
A patient satisfaction survey was conducted to evaluate the satisfaction of the exercise program and the needs of the patients from 12/5/2017 to 1/12/2017. There were six domains in the survey: 1) Patients’ age 2) Patient’s gender 3) Exercise habit 4) Perceived types of physical improvement by Sitting Theraband Tai Chi Exercise 5) Attitude towards Sitting Theraband Tai Chi Exercise 6) Attitude towards this program. Besides, all qualitative comments were also collected.

Result
54 subjects were recruited (31 male and 23 female). Results showed that only 19% of them reported they always performed exercise, 46% of them occasionally did exercise and 35% of them never exercise before attending the class. Patients thought that performing the new exercise can improve their balance (19%), muscle strength (57%) and endurance (21%), whereas 1% thought there was no beneficial effect. 78% of patients thought that these exercise was suitable for them and 20% of them have
no comment on that. However, 2% of patients thought that the exercise was not suitable for them. Nevertheless, 85% of patients were satisfied with this exercise class. The newly-designed exercise class was more beneficial and suitable for patients in terms of physical aspect, and they were more satisfied with the class. Further studies are needed to establish the objective physical improvement of this exercise class on these patients.