

# Intradialytic exercise: Experience of Tung Wah Hospital

- Can this be a standard of care for the haemodialysis patients?



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# Background

## Exercise

- Different rehab settings
- Beneficial effects on CKD patients

Intradialytic exercise for haemodialysis patients are not common among HA hospitals

1. **Review: Tzung Wah Hospital**  
Exercise training for adults with chronic kidney disease (Review).  
From: The Cochrane Collaboration 2011
2. **Patient Group: Haemodialysis Patients**  
Exercising in dialysis centres for patients: A systematic review  
and meta-analysis  
**Pamochdan-Dee 2013**  
From: Nephrology 16(2011) 626-632.

# Results



Tung Wah Hospital

Service provision

60 patients

27 patients  
(45%)

4 Drop out  
(14.8%)

Exercise Compliance

High  
52%  
(n=12)

Moderate  
22%  
(n=5)

Poor  
26%  
(n=6)

Cochrane Review /  
Systematic Review

213 patients

36 Drop out  
(16.9%)

Cochrane Definition  
>70% = high  
>50-70% = moderate  
<50% = poor

# Results



Tung Wah Hospital



Cochrane Review/  
Systematic Review

## Physiotherapy Exercise Protocol

Type of  
Exercise:

Aerobic /  
Strengthening

Same

Exercise  
Intensity:

Moderate

Same

Duration of  
Exercise:

45 minutes

20 - 110  
minutes

Long Term  
Maintenance  
HD:

2 yrs of cycling  
(median),  
Longest 14 yrs




Longest duration  
in review:  
18 months

## Safety Issues

No adverse effect of exercise  
induced mm injury,  
cardiovascular event / mortality

A case suffered  
partial mm tear

# Conclusion

- With the reasonable exercise compliance and drop out rate 
- Up to international standard exercise protocol 
- No adverse effects 

**Important**

- **Recommend intradialytic exercise as a standard of care**





Tung Wah Hospital Renal Rehabilitation Team Members

Thank you