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. Rencieumainium on Margumino sprita kidney disease (Review).

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Results 📆 Tung Wah Hospital Service provision 60 patients 27 patients (45%)4 Drop out (14.8%)

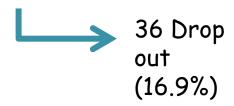
Exercise Compliance

High 52% (n=12) Moderate 22% (n=5)

Poor 26% (n=6)

Cochrane Review / Systematic Review

213 patients



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

Results



选 Tung Wah Hospital

Physiotherapy Exercise Protocol

Type of Exercise:

Aerobic / Strengthening

Exercise Intensity:

Moderate

Duration of Exercise:

45 minutes

Long Term Maintenance HD:

2 yrs of cycling (median), Longest 14 yrs

Cochrane Review/ THE COCHRANE Systematic Review

Same

Same

20 - 110 minutes

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





 Recommend intradialytic exercise as a standard of care



Tung Wah Hospital Renal Rehabilitation Team Members

Thank you