

INTRADIALYTIC EXERCISE ON HAEMODIALYSIS



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BACKGROUND

- There is good evidence that a low level of physical activity is associated with increased morbidity and mortality which may include but are not limited to obesity, high blood pressure, low quality of life and musculoskeletal problems such as low back pain and tightness.
- Chronic Kidney patients have low functional capacity.
- Research outlines the benefits of intradialytic exercise (IDE), however, there is poor implementation of this in the local setting due to lack of patient and staff engagement.

AIM OF THE PROJECT

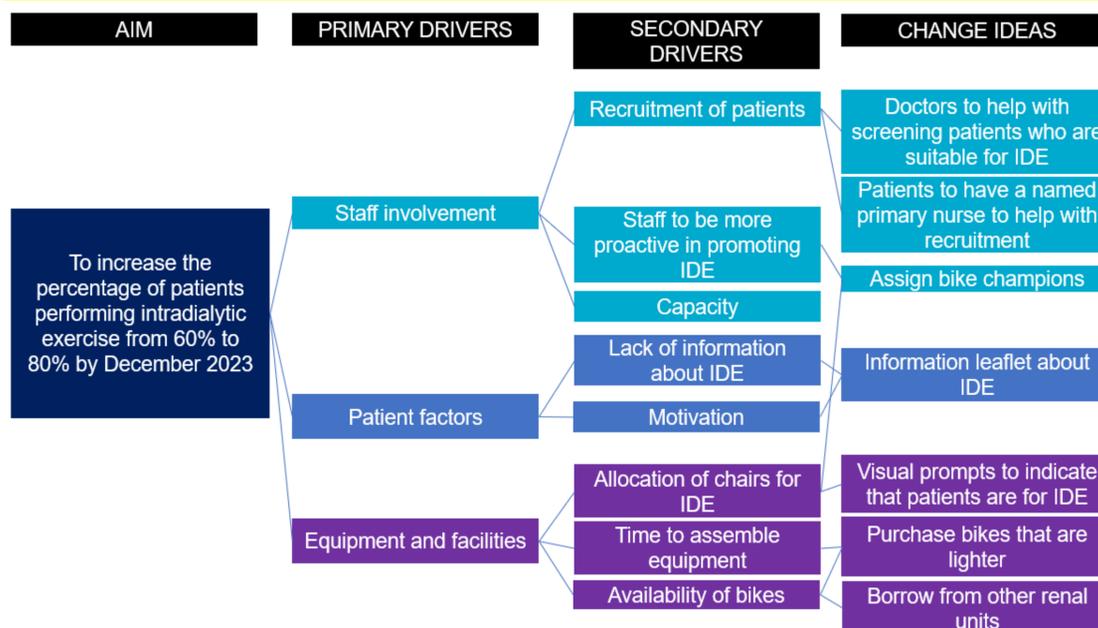
- To increase the percentage of patients performing intradialytic exercise from 60% to 80% by December 2023

IMPROVEMENT METHODOLOGY



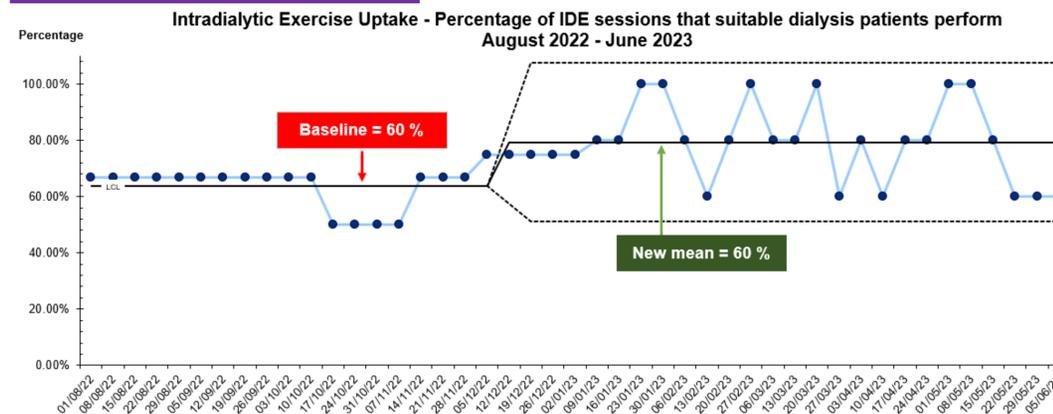
ENHT 7-step model for improvement

IMPROVEMENT METHODOLOGY

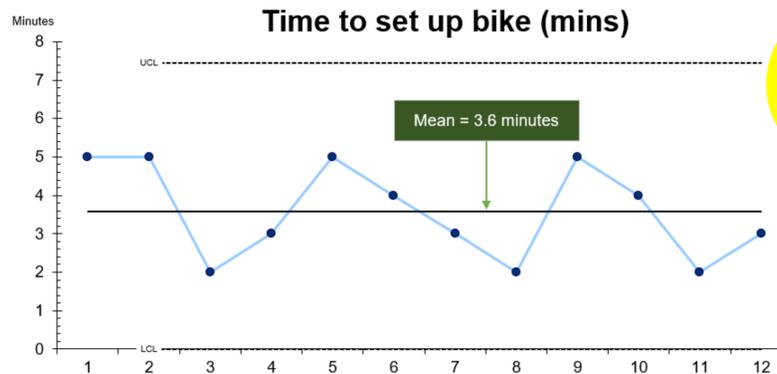


MEASUREMENT FOR IMPROVEMENT

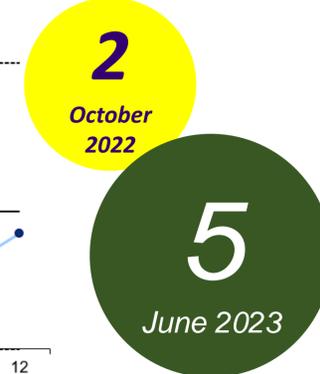
OUTCOME



PROCESS



Patient recruitment



CHANGE IDEAS

- Doctors to help with screening patients who are suitable for IDE
- Patients to have a named primary nurse to help with recruitment
- Visual prompts to indicate that patients are for IDE
- Purchase bikes that are lighter
- Borrow from other renal units
- Assign bike champions
- Information leaflet about IDE

East and North Hertfordshire NHS Trust

Exercise on Haemodialysis

Renal Department

This is just a brief introduction. If you would like more information please ask a nurse at your unit and they will be more than happy to answer your questions. There will also be 'exercise champions' who will be happy to talk to you about exercise on dialysis.

Useful Dialysis Unit Numbers

Liston: 01438 284152
Luton: 01582 497538
Bedford: 01438 286790
St Albans: 01727 897688
Harlow: 01279 278205

www.enherts-tr.nhs.uk

Date of publication: November 2014
Author: P. Davis
Reference: S4HD
Version: 1.0
Review Date: November 2017

You can request this information in a different format or another language.

Introduction

Exercising is important for all people, including those with kidney disease. It helps to maintain your mobility, fitness and quality of life. While you need dialysis it is good to be as active as you can, this includes exercise while having your dialysis treatment.

The following information is intended to guide you with regard to exercising on haemodialysis.

How do you exercise on dialysis?

After being cleared to exercise by a member of the renal team, you will need to make the dialysis staff aware that you wish to exercise, they will bring a small portable cycling machine to you and attach it to the end of your chair. Unfortunately a cycle machine for a bed is not available.

How much do people cycle on dialysis?

The cycling intensity and duration will be left for you to decide. You should not push yourself too hard and should feel comfortable throughout. Research has shown that you will achieve optimum benefits with around 60 minutes of moderate intensity cycling 3 times a week.

What if I feel like I can't exercise?

It will be possible for most patients to exercise. Some patients who have a need for a wheelchair day-to-day still find it possible to cycle on dialysis. The best policy is to start slowly, as you get used to it you can increase the speed intensity and time as you feel comfortable. Hopefully you will enjoy cycling and make gains as you progress.

What are the benefits of exercise on dialysis?

There are many benefits to exercising on dialysis and different people can feel and experience some or all of these.

Exercising on dialysis can:

- Improve your ability and comfort when doing day-to-day tasks.
- Improve your sense of well-being, mood and enjoyment of life.
- Improve the efficiency of the dialysis machine cleaning your blood.
- Increase your general fitness and energy levels.
- Improve your confidence and independence at work and home.
- Relieve the boredom of being on dialysis.
- Improve your nutrition and appetite.
- Reduce unhealthy and increase healthy fats in your blood.
- Improve your blood pressure.
- Help to reduce cramps.
- If you are diabetic it may also improve your glucose control.

What other patients have said...

"I can walk further and find it easier to go shopping."
"I enjoyed the exercise and have recommended it to other patients."
"My friends notice that I look better and have more energy"
"It helps me pass the time and it seems like my dialysis is shorter"

NEXT STEPS

- Share the project in other forums.
- Inspire other dialysis units to encourage their patients to perform IDE.
- Allow IDE patients to share their perceived benefits of IDE to other patients in the unit

LEADERSHIP LEARNING

- Communication was a key component of effective leadership and therefore I focused on listening to feedback and fostering honest communication between my team members and service



- It is important to develop more leaders within the department who can be role models for junior staff.
- It is essential to celebrate wins.