

Abstract

Title:

Quality of the life in patients with chronic renal failure treated by haemodialysis during exercise intervention period.

Introduction: Quality of life has become very discussed idea also in medicine in last ten years. The life of man is prolonged owing to the modern medicine. It does not go on to live at longest, but the most quality too.

WHO advances a definition: „quality of life presents an individual relation of man to his own life goals, expectation value systems and interests in cultural, social and environmental context“. In spite of it does not exist a definition, which is accepted in general. In present the study of quality of life presents the searching and identification of factors which add a good and meaningful life, the sense of a human happiness and a research of their mutual relations.

Aim: To evaluate six months period of a regular exercise program on quality of patient's life with chronic renal failure.

Methods: We studied a composite group of hemodialysis patients from three dialysis centres in Prague, Karlovy Vary and Pardubice. There were measured 46 patients in a mean age $64,3 \pm 13,9$ years. The assessment of quality of life was performed twice, before and after six months of regular exercise program. The questionnaires WHOQOL-BREF and KDQOL including generic part SF-36 were applied. It was also assessed the importance of individual dimension of quality of life with a questionnaire WHOQOL-100. The results were analyzed using descriptive statistics and non-parametric Wilcoxon signed-rank test. P lower than 0,05 was considered statistically significant.

Conclusion: Quality of life did not significantly changed in the most of cases. But the trend of improvement was found in components „physical activity“, „mental health“ or „social interaction“.

Key words: quality of life, chronic renal failure, hemodialysis, physical activity.