

Abstract

Title

Exercise programmes for individuals with ESRD treated with dialysis and their effect for quality of life.

Objective: To evaluate an effect of regular 6 months intradialytic exercise programmes at functional state and quality of life in patients with ESRD.

Methods: 15 patients with ESRD on haemodialysis participated in exercise programme during haemodialysis. Senior Fitness Test (SFT), dynamometry of hands and questionnaire tool SF-36 were used to evaluate physical function and quality of life of the research group before and after 6 month exercise period.

Results: Results of output motoric tests and questionnaire tool after exercise intervention were conform with majority of cases or better than the results of input tests. Improvement was recorded for patients, that did exercises regularly. Only in one test we observed statistically significant change - in case of women, increased their test performance in 2-minute step test ($p < 0,04$). In case of men there were no statistical significant difference. Statistical significance of changes between input and output tests, were evaluated by small number of patients in group. In majority of the results before and after exercise intervention were no statistical significant difference.

Summary: Regular exercise programmes realized during hemodialysis can improve functional state and quality of life in patients with ESRD.

Key words: End-Stage Renal Disease; Hemodialysis, Exercise Programme, Quality of Life.