

# Self-Reported Physical Activity in Patients with End Stage Renal Disease



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In 1995, the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM) published national guidelines on Physical Activity and Public Health (Pate et al., 1995). These recommendations have been updated (Haskell et al., 2007), and new recommendations that include considerations for older adults with clinically significant chronic conditions and/or functional limitations have been published (Nelson et al., 2007) and have expanded to reflect increasing data regarding the dose response of activity. Previous recommendations were not specific as to frequency and intensity of activity needed to promote and maintain health – especially in older adults or in those with chronic conditions. The updated recommendations are more specific, stating: “To promote and maintain health, older

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*Patients served by ESRD Network 11 were surveyed on participation in regular physical activity (physical activity). National recommendations (3 days/week, 30 minutes/session, and intensity of “moderate level”) were used to categorize respondents into three physical activity categories: no physical activity, some physical activity, and recommended levels of physical activity. Analysis of 1323 returned questionnaires indicated that 57% of respondents reported participation in regular physical activity; however, only 13.2% achieved recommended levels based on frequency, duration, and intensity. The primary reasons for no physical activity were “too tired” and “not motivated.” The most frequently cited benefits in those who reported regular physical activity were “increased energy,” “increased muscle strength,” and “enhanced ability to do things needed in life.” Fifty-seven percent reported they had “been talked to about exercise;” only 34% received any written information on initiating physical activity. Greater effort to incorporate education and motivation into the routine care is warranted to increase physical activity to levels that may result in health benefits.*

## Goal

To provide an overview of the importance of exercise and physical activity to individuals with end stage renal disease undergoing dialysis.

## Objectives

1. Identify the national recommendations for physical activity participation.
2. Discuss how increased physical activity and/or exercise may provide health benefits for older adults diagnosed with chronic kidney disease, cardiovascular disease, and/or diabetes mellitus.

adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes on five days each week or vigorous intensity aerobic activity for a minimum of 20 minutes on three days each week” (Nelson et al., 2007, p. 1098). Moderate and vigorous activity is clarified as “moderate level

of effort relative to an individual’s aerobic fitness. On a 10-point scale, where sitting is 0 and all-out effort is 10, moderate intensity activity is a 5 or 6 and produces noticeable increases in heart rate and breathing. On the same scale, vigorous intensity activity is a 7 or 8 and produces large increase in

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