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Benefits of interdiayltic exercise program on quality of life for haemodialysis patients in Saudi Arabia

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Background: Physical functioning decline over time with dialysis therapy, in hemodialysis (HD) patients, the exercise has been established as a vital part of health promotion activities to improve all aspects of quality of life.

Methods: A quasi-experimental intervention design was used, pre-post assessment of the effect of implementation of exercise program for hemodialysis patients at Mohail General Hospital- southern of Saudi Arabia. The questionnaires were used to collect data: Physical Fitness Measurement, KDQoL-SFTM 1.3, Borg's 15-point scale for rating of perceived exertion (RPE), vital signs and lab investigation (Hemoglobin, Serum phosphates, Serum albumin, Creatinine, Fasting blood sugar, Kt/v and Urea).

Results: The pre-post physical fitness scale as assessed among patients; statistically significant changes in the scores of all activities ($p < 0.001$). Regarding the correlations between pre-post-program QOL scores were indicate weak to strong statistically significant positive correlations in all domains except for those of cognitive function, quality of social interaction and sleep. Moreover the patients' Borg scores statistically significant decreases in throughout the three months of follow-up ($p < 0.001$); in addition improvements in the adequacy of dialysis (kt/v) and in serum potassium level ($p < 0.001$) from the first to the third months. Although the percentages of patients with hemoglobin level 11 gm/dl or higher increased from 41.1% at the first month to 60.3% at the third month, the difference could not reach statistical significance ($p = 0.067$).

Conclusions: The implementation of the exercise program was associated with significant improvements in the score of all domains of quality of life and physical fitness scale. Therefore might be applied in other similar situations as on peritoneal dialysis patients and evaluated for further improvement.

Biography

Magda Mohamed Bayoumi is currently working as an Assistant Professor, Head of Nursing Department at Al-Farabi Colleges Riyadh. She has been the Dean College of Medical Applied Sciences, King Khalid University in the Medical & Surgical Departments for 4 years and as a Lecturer in the Faculty of Nursing, King Saud University for 4 years and before to that; working in haemo and peritoneal dialysis for seven years. She was awarded with PhD in 2007 from Ain Shams University. She has published more than 10 papers in reputed journals and has been serving as Reviewer of repute. Her main interests are in nursing research, adding to new nursing knowledge for the benefit of patients, families and communities; this encompasses all aspects of health including promotion and prevention.

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