

# KSN 2016 Abstract Submission

## *Dialysis*

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### **The Clinical Significance of Physical Activity in Maintenance Dialysis Patients**

Eun Woo Choi\*<sup>1</sup>, Seok Hui Kang<sup>1</sup>, Gyeongmin Jeong<sup>1</sup>, Kyu Hyang Cho<sup>1</sup>, Jong Won Park<sup>1</sup>, Kyung Woo Yoon<sup>1</sup>, Jun Young Do, Jun Chul Kim<sup>2</sup>

<sup>1</sup>Internal Medicine, Yeungnam University Hospital, Daegu, <sup>2</sup>Internal Medicine, CHA Gumi Medical Center, Gumi, Korea, Republic Of

**Background:** Few studies have comprehensively assessed the effects of physical activity on various factors, including HRQoL, frailty, disability, exhaustion, and mortality in Asian populations. The aim of the present study was to evaluate the effect of physical activity on various aspects in dialysis patients.

**Methods:** The study participants were enrolled in the previous study [19]. Briefly, study participants were recruited from 27 hospitals or dialysis centers in Daegu/Kyungsangpook-do between July 2012 and December 2012. 1,611 participants were ultimately included in this study. Physical activity was assessed by the presence of regular exercise during their leisure time for the past 3 months. The participants were divided into three groups according to amount of exercise: Non-active, Intermediate, or Active.

**Results:** The number of participants in Non-active, Intermediate, and Active groups was 728, 520, and 363, respectively. Most common cause of non-physical activity was non-willing to exercise. The proportions of frailty, disability, and exhaustion decreased as physical activity increasing. The participants with history of fall during the last 12 months were greater in the Non-active group than in the other groups. Most scores among HRQoL scales were greatest in the Active group. Statistically significance was not observed, but trend showed highest survival rates in Active group.

**Conclusion:** High physical activity was associated with favorable results for most HRQoL scales, frailty, disability, and exhaustion in prevalent Korean dialysis patients. The dialysis patients should be encouraged to increase physical activity, which may results in improve prognosis.

**Keywords:** Frailty, physical activity, Quality of life