

Exercise program for dialysis patients–experience & update 2017

*Jun chul KIM

Internal Medicine, CHA Gumi Medical Center, CHA University, Korea, South

Chronic kidney disease patients requiring dialysis are more likely to be sarcopenic compared to age-, gender-matched general population without renal impairment. This higher susceptibility to sarcopenia in dialysis patients is related with premature (or accelerated) aging process in addition to chronological aging. Sarcopenia is one of the main causes leading to frailty which has been reported to be associated with poor health-related quality of life and increased incidence of fall down, disability, hospitalization and mortality in this population.

Three main strategies, that is, nutritional support, anabolic medicine and exercise, are suggested to prevent and treat sarcopenia. Although these measures have been widely proven to relieve sarcopenia in community-dwelling elderly population, the first two things seem not to be so promising in dialysis patients group, unfortunately.

Since the first study reported by Jette et al. in 1977, numerous researches of exercise training prescriptions with various combination in frequency, intensity, type and time (FITT) have shown the efficacy and safety in maintenance dialysis patients.

This presentation will deal with the updated reports and practical prescription of exercise training for dialysis patients.