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EFFECT OF EXERCISE INTERVENTION ON STRENGTH OF MUSCLES AND LEVEL OF FATIGUE IN PATIENTS UNDERGOING DIALYSIS IN A TERTIARY HOSPITAL IN MYSORE” - PILOT STUDY

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Objectives: The objective of this study was to know the short term effects of exercise intervention on muscle strength, and level of fatigue in outpatients undergoing dialysis in a tertiary hospital.

Methods: Twelve patients with CKD undergoing dialysis as outpatients in a tertiary hospital were randomly allocated into experimental and control groups. Baseline data of Maximum Repetition Rate (MRR) of major muscles of upper and lower limbs using theraband, and level of fatigue using Fatigue Assessment Scale (FAS) were checked for both the groups. The experimental group was made to perform a set of resisted exercises with theraband, and endurance training using pedometer, when they were undergoing dialysis, twice a week. The controlled group was taught to perform Home Exercise Programme (HEP), to the muscles of upper and lower limbs

Results: At the end of 3 months, reassessment of strength of muscles and level of fatigue was done in both groups. There was an improvement in strength of muscles of the limbs and decrease in the level of fatigue in five patients of the six from the experimental group. In the controlled group, the strength was decreased in two patients while it remained the same in four of the patients

Conclusions: The results of this pilot study indicate that the exercise intervention was effective in improving the strength of muscles and reducing the level of fatigue in out patients undergoing dialysis in a tertiary hospital