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Effect of exercise intervention on fatigue in patients undergoing dialysis as out patients ina tertiary hospital

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Objectives: The main objective of this study was to find the effect of exercise intervention on fatigue in patients undergoing dialysis as out patients in a tertiary hospital.

Methods: Forty six patients who fulfilled the inclusion criteria were randomly allocated into control and experimental groups of 23 each, by double blinded method. After the initial assessment of baseline data and outcome measures of range of motion, maximum repetition rate and fatigue severity scale, the experimental group were administered exercise intervention of resistance and endurance exercises for two days in a week when they underwent dialysis. The control group were taught to perform resistance exercises at home daily. Both the group were advised to walk for atleast 30 minutes a day.
Outcomes of strength and endurance were assessed after 3,6 and 9 months of intervention while fatigue assessment was done at the end of 9 months of intervention.

Results: At the end of nine months of intervention, the results suggested that there was an improvement in strength, endurance and the severity of fatigue was reduced in the patients who underwent exercise intervention for 9 months.

Conclusions: The results of the study suggest that exercise interventions on patients undergoing dialysis are beneficial in improving strength, endurance and reducing the level of fatigue.
This will also be effective in improving the quality of life in patients with chronic kidney disease who are undergoing dialysis.