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**Role of exercise on function and quality of life in patients undergoing haemodialysis in a tertiary hospital**

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**Objectives:** Evaluate the effects of exercise program on function and quality of life (QoF) in patients diagnosed with Chronic Kidney Disease (CKD) undergoing dialysis

**Methods:** Chronic kidney disease patients undergoing dialysis as outpatients in a tertiary hospital were enrolled for the experimental study for the duration of nine months. Forty-eight (n=48) participants were assigned to the control and experimental group by block randomization and were single-blinded. The baseline outcome measures of the six-minute walk test (6mwt) and global physical activity questionnaire (GPAQ) were recorded. A validated exercise protocol that included strengthening exercises using resistance band, aerobic exercises using the pedo cycle during hemodialysis and a home exercise program (HEP) were prescribed for the experimental group. The control group underwent normal activities as prescribed during regular hemodialysis. The outcome measure was recorded at the end of nine months. The data were analyzed using t-test and ANOVA.

**Results:** Forty-eight patients (n=48) were enrolled, among these 25 were allotted in control and 23 in experimental groups. The demographic data is as shown in table 1. The participants were allocation consists of 20 men and 5 women in the control group, 21 men and 2 females in the experimental group with a mean age of 47years. At the end of 36 weeks, out of 48 participants, 32 completed the study, out of which 15 were from experimental and 17 from the control group. Some of the reasons noted for the drop out were hospital transfers and feeling sick.

**Conclusions:** Data analysis in progress, the results will be concluded by 28<sup>th</sup> of February 2020.