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**Medium not Too High Intensity Versus Medium not Too Low Intensity
Exercise Effect on Hypertension Adults with Chronic Kidney Disease: A
Comparison Study**

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Objectives: To measure the effectiveness of medium not too high (MNTH) and medium not too low intensity (MNTI) exercise using callisthenic method in adult with hypertension and history of Chronic Kidney Disease (CKD).

Methods: 2 groups of each 25 adult with fatty liver and history of CKD were treated with 2 different method of exercise prescription, specifically in-group of MNTH and MNTI, for 12 weeks. To practice, the exercise prescription was structured and supervised by sports medicine specialist. The intensity was measured with heart rate during exercise with cut off point 64-69% of maximum heart rate (MHR) for MNTH and 69-74% for MNTI. Thus it contained strength, flexibility, balance and cardiorespiratory exercise that were suitable with patient conditions. A subjective Borgs' Scale, Blood pressure, heart rate, profile lipid, bodyweight examination were used as controlling parameter.

Results: Exercise was done 3 times a week regularly with average duration of 58 (SD±4.66) minutes on MNTH and 55 (SD±6.19) minutes on MNTI. Borgs' scale obtained during of intervention (Score 11 (SD±2.15) of 20) was in the target level, medium intensity. Subjectively and objectively no clinical symptoms, led to cardiovascular and complication of disease, were found. There was a significant improvement in the MNTL group on Blood Pressure Systole (improvement 6 (SD±3.73)mmHg [p=0.031]), Diastole (improvement 9(SD±0.81)mmHg [p=0.048]) and bodyweight (improvement 5 (SD±2.84)kg[p=0.036]). Heart rate, total cholesterol and LDL-cholesterol concentration were improved on both groups clinically.

Conclusions: The MNTL exercise gives better significant results compared with MNTI exercise on blood pressure and bodyweight in adult patients with hypertension and history of CKD. By applying exercise in both groups, patients' quality of life has been improved clinically.