A survey of physical activity in dialysis patients in Northern Norway.
An observational study

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Key words: Nephrology, physical activity, dialysis
Background, hypothesis and aims

Background

• Patients in advanced stages of chronic kidney disease (CKD), especially patients treated with dialysis, have reduced physical capacity.

Hypotheses

• General level of activity in dialysis patients, assessed using an accelerometer, is low; lower than the general population within the same age group.
• Patients in PD have a higher level of activity compared to patients in HD.

Aims of the study

• Study the degree of physical activity of patients in HD and PD in Nordland, Troms and Finnmark.
• To study potential factors that limit the amount of PA carried out by patients in HD and PD.
Material and methods

• Observational pilot study
• Patients were recruited in hospitals and dialysis satellites by mainly nephrologist and dialysis nurses.
  • Finnmarkssykehuset, Universitetssykehuset Nord-Norge, Nordlandssykehuset, Helgelandssykehuset.
• N = 30 of 181
  • 22 HD
  • 8 PD

• Subjective: Health-Related Quality of Life questionnaires
• Objective: Accelerometer recordings for 7 full days
Results

- Seven out of 22 HD patients (31.8%) and five out of eight PD patients (62.5%) reached the recommended weekly goal of ≥ 150 minutes moderate-to-vigorous physical activity (MVPA).
- Only one patient had an active lifestyle in terms of average steps daily (≥ 7500), three patients classified to somewhat active (5000-7499 steps/day), whereas 26 were categorised as sedentary.
- Most patients reported that they had never been informed by their nephrologist about the potential benefit of being physically active, but a desire to be more active was commonly found.

What are the most important barriers against physical activity?

- Complications from other diseases I have
- The time I use on dialysis treatment
- Complications from my dialysis treatment
- Complications from my kidney disease
- The travel time to/from dialysis treatment
- I have never been interested in physical activity
- Complications from my medications
- I do not know how to start up with physical activity

Have your nephrologist talked to you about the importance of physical activity?

- Yes
- No
- Do not know/do not remember

Do you have a wish of being more physical active then you are today?

- Yes
- No
- Do not know/do not remember
- Missing
Conclusion

• We found no significant differences in self-reported and objectively measured amount of PA between patients in the two different dialysis modalities.

• Results from this study indicate that dialysis patients have a low level of PA based on average daily MVPA and step count, compared to healthy people.

• There seems to be a potential for increased level of PA in dialysis patients, and efforts should be made by health care personnel to get more patients to reach the recommended levels of PA.