

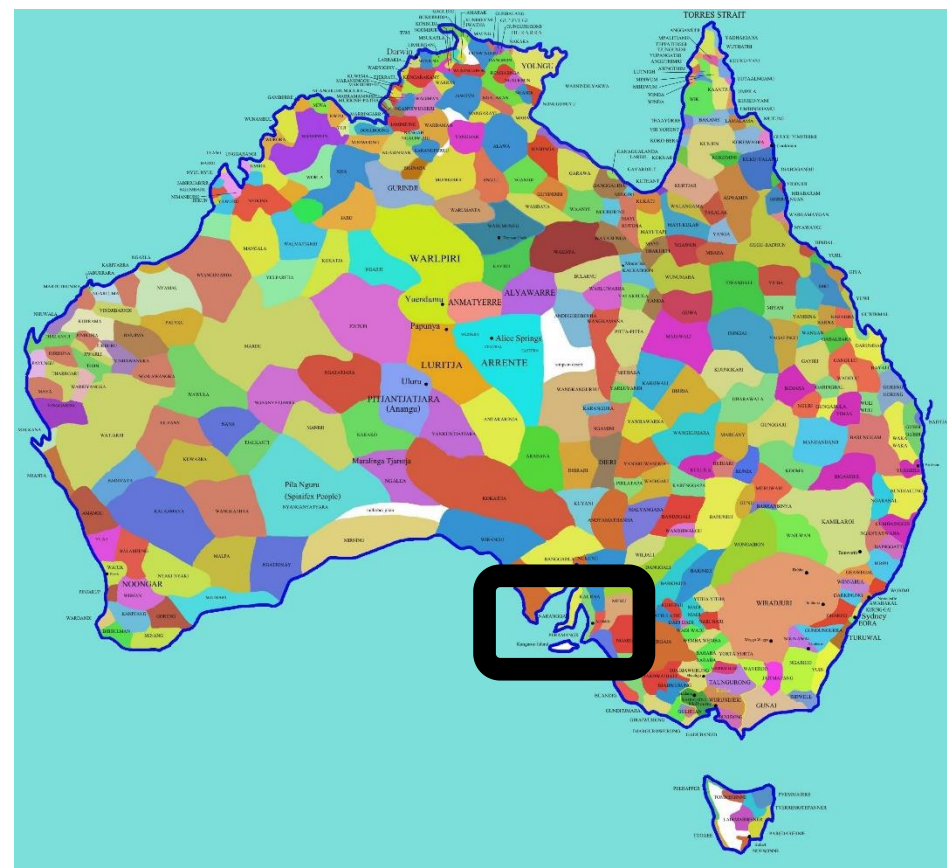


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Physical Activity and Exercise: Policy Considerations for Sustainable Change

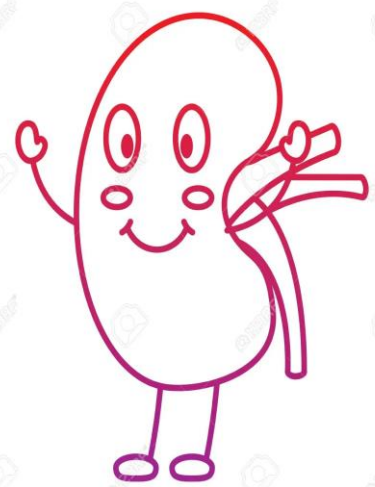
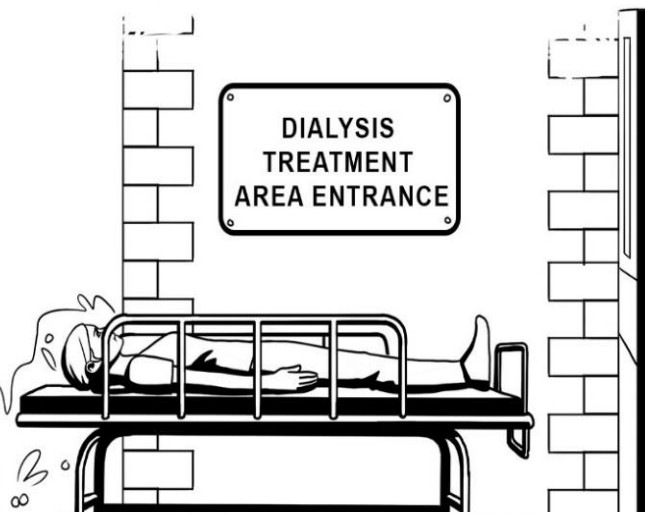
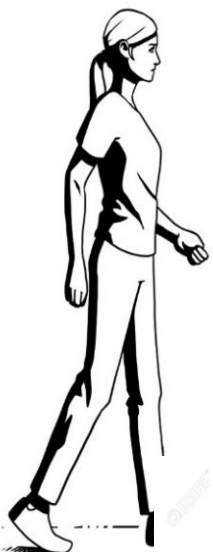
Paul Bennett





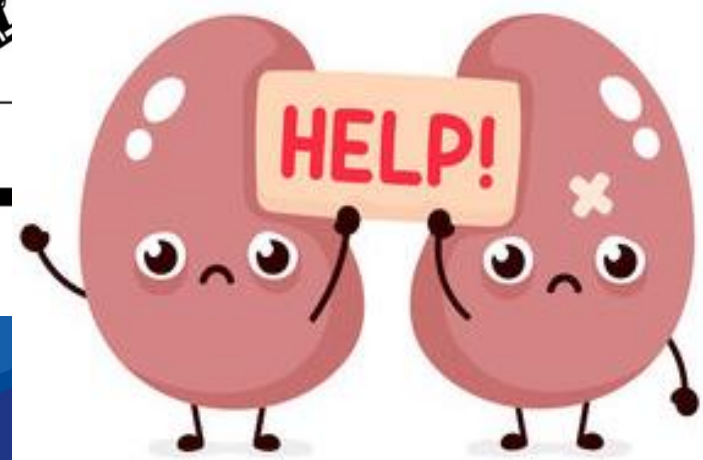
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From Adelaide, Australia



DIALYSIS YEAR

YEAR 5

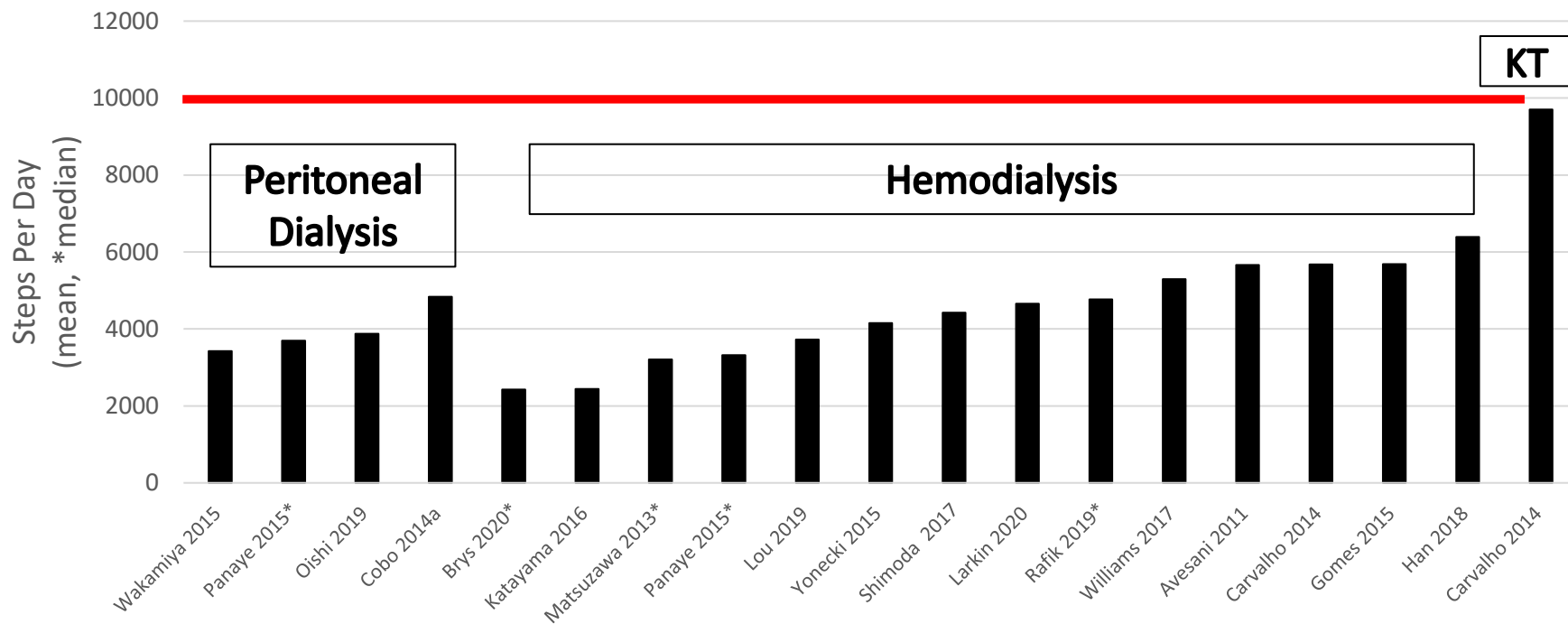


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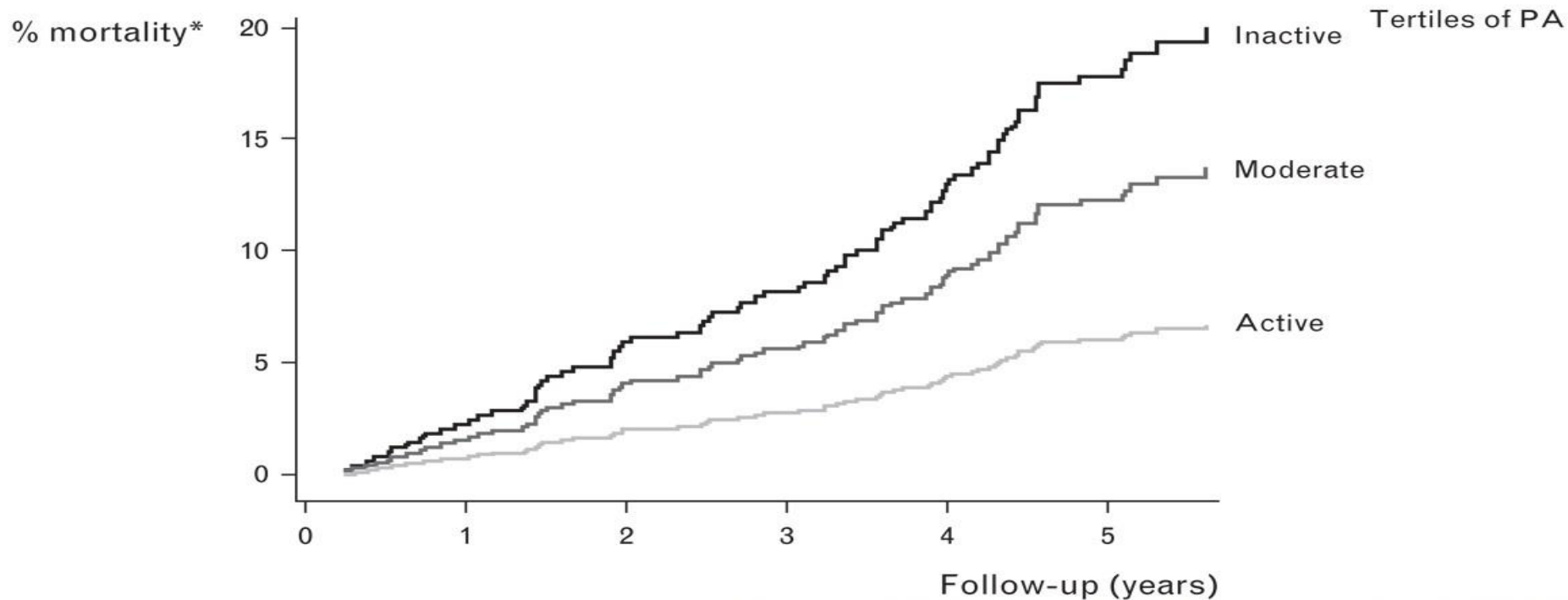


Inactivity in Kidney Disease

Steps Per Day



Inactivity and Mortality in KT



CURRENT OPINION IN NEPHROLOGY AND HYPERTENSION



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Painter, Patricia; Roshanravan, Baback Current Opinion in
Nephrology and Hypertension 22(6):615-623, November 2013.



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Identification of barriers and benefits to exercise and influence on physical activity levels in dialysis patients



Haemodialysis (HD)
n=1022



Peritoneal dialysis (PD)
n=124



Dialysis Patient-
perceived Exercise
Benefits and Barriers
Scale (DPEBBS)

General Practice
Physical Activity
Questionnaire
(GPPAQ)



11% HD
14% PD
Physically active



Tiredness

Most commonly reported barrier

% HD > % PD

Reported exercise ...

...reduces body pain

...delays decline in function

...improves quality of life

More likely to be Inactive

if reporting the following barriers to exercise:



Other comorbidities

OR 3.9



Burden on family

OR 3.2



Fear of falling

OR 2.1



Lack of exercise knowledge

OR 1.9

Less likely to be Inactive

(i.e. more likely to be active) if reporting the following
benefits to exercise:



**Lead an optimistic and
active life**

OR 0.3



Enhances self-care abilities

OR 0.3

Conclusions

Dialysis patients perceive several barriers which may prevent them from engaging in physical activity. Addressing these barriers may be key to increasing participation in physical activity and exercise.

Lightfoot CJ et al. *Perceptions of exercise benefits and barriers: the influence on physical activity behaviour in individuals undergoing haemodialysis and peritoneal dialysis*. Journal of Nephrology

Exercise is all about behaviour change



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Do people on dialysis want to exercise?



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An Exercise Program for Peritoneal Dialysis Patients in the United States: A Feasibility Study

66% completed 3 months exercise

**70% continued exercise
at 3 months post**

But it's not just about the ~~bike~~ person with CKD



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**But how do we change
behaviors
AND
ensure sustainability?**

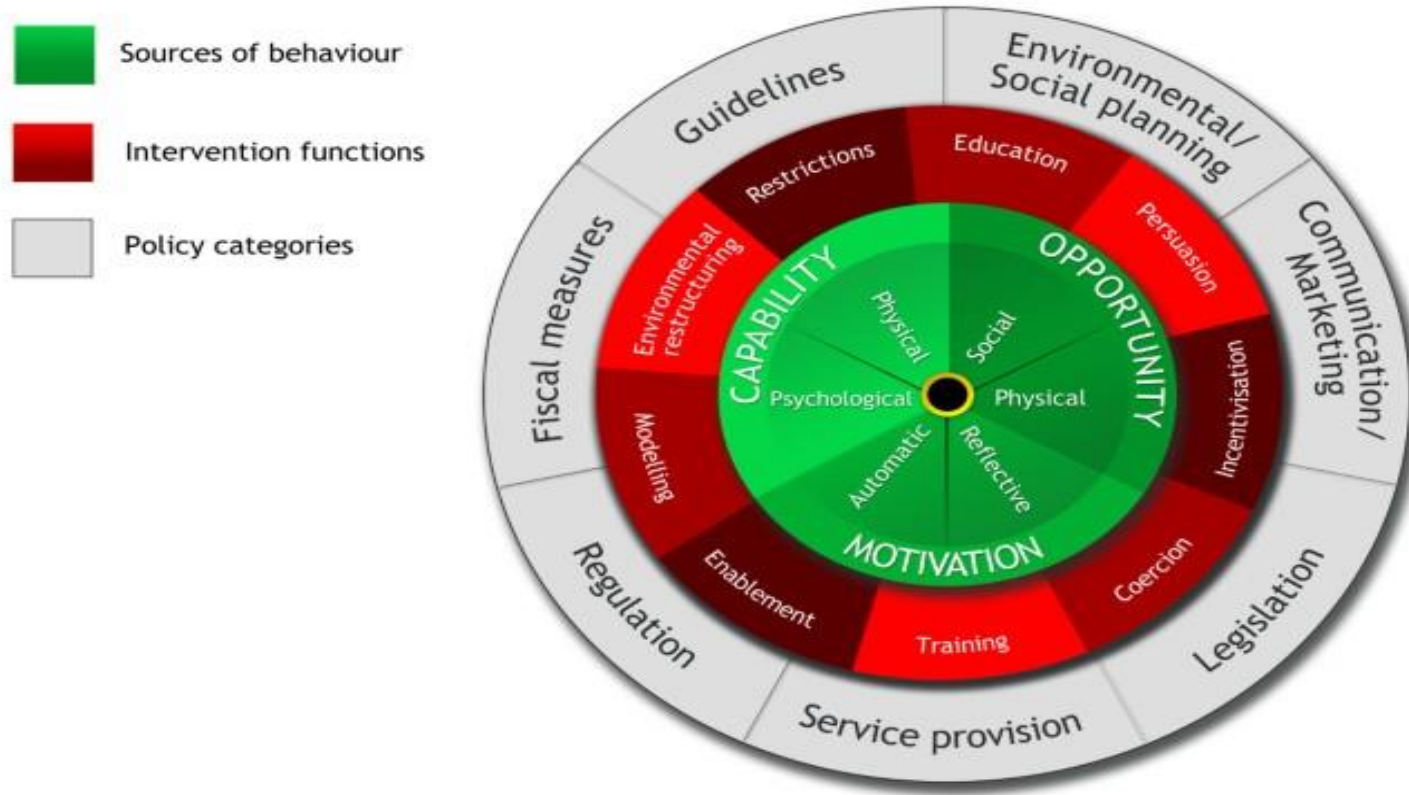


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The Behavior Change Wheel





Sources of behaviour





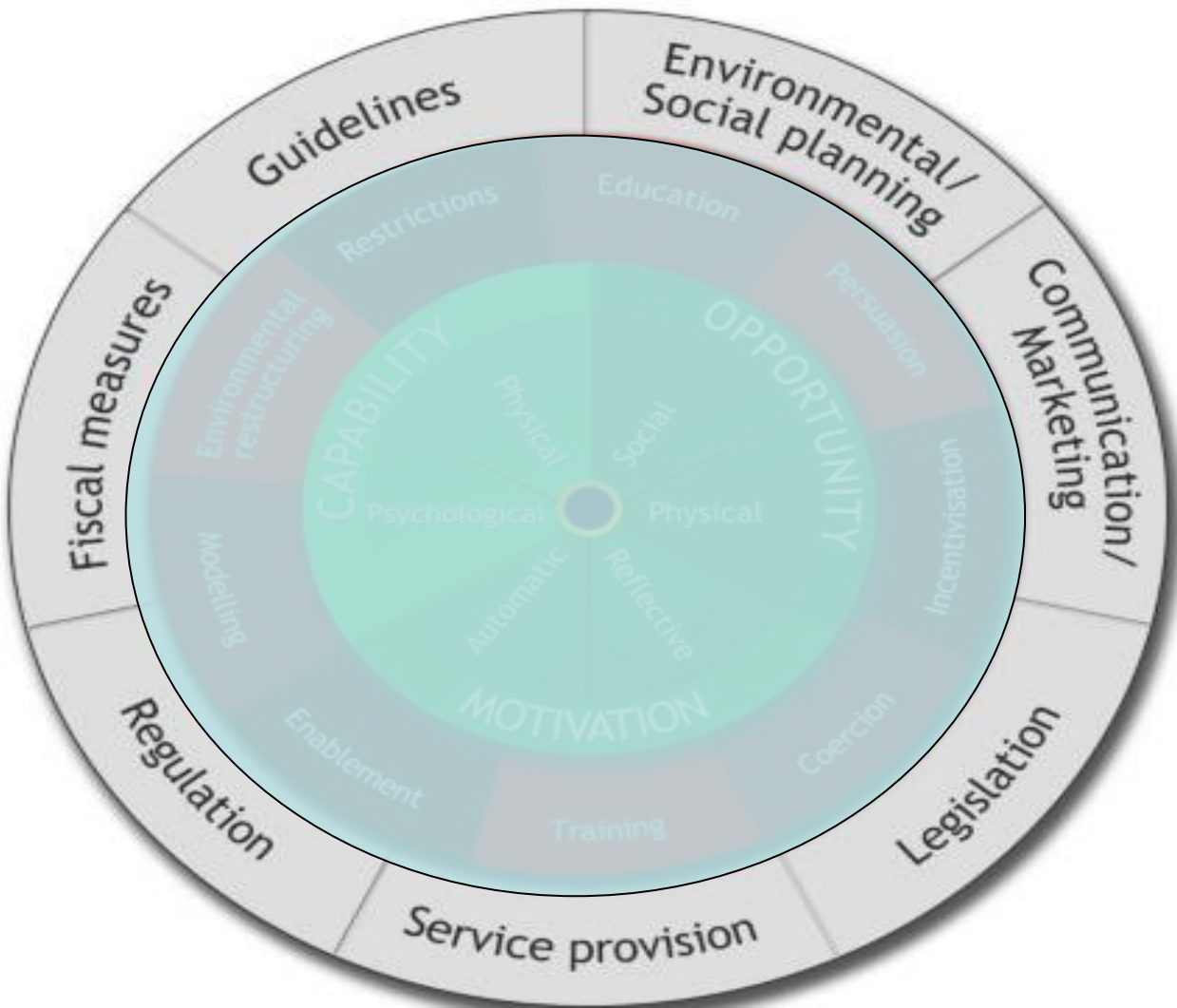
Behaviour



Intervention aspects that influence sustainable change



Policy Strategies for Sustainability



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Funding

- Mandate funding-linked exercise and physical activity metrics
- Increase and improve physical disability diagnostic coding
- Fund renal exercise professionals



Service Provision

- Integrate appropriate clinical algorithms that include tailored exercise prescriptions and clinical safety reviews
- Nationwide policies that mandate the opportunistic delivery of consistent and concise healthy lifestyle information
- Integrate cost-effective renal exercise professional models of care
- Include exercise and physical activity education in undergraduate and graduate renal professional training programs



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Regulations and Legislation

- Support policy that endures liability cover for health professionals supporting increased physical activity
- Decrease risk by introducing stratified activity risk assessment
- Develop an education and accreditation process for renal exercise professionals



Guidelines and Research

- Advance the idea of a global clinical renal exercise and physical activity research consortium into reality
- Creating documents that recommend or mandate practice
- Producing and disseminating protocols, guidelines and recommendations



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Physical Activity and Exercise in Patients on Peritoneal Dialysis: ISPD/ GREX Recommendations



PERITONEAL
DIALYSIS
INTERNATIONAL



TIMING OF PHYSICAL ACTIVITY

Clinical practice points were developed from the perspective of patient partner questions followed by consensus of expert patient partners, nephrologists, nephrology nurses, allied health, exercise clinicians and researchers. Clinical guidance is required from multiple sources regarding exercise and activity advice to address the specific needs of people receiving peritoneal dialysis.

Bennett PN, Bohm C, Harasemiw O, et al. ***Physical Activity and Exercise in Peritoneal Dialysis: International Society for Peritoneal Dialysis and the Global Renal Exercise Network Practice Recommendations***. PDI 2021-00173.R1

Visual Abstract by Edgar Lerma, MD

Swimming and Peritoneal Dialysis



Practice Points

- Swimming or other water sports should preferably take place in either sea water or swimming pools that are known to be well maintained (private or municipal). (2D)
- Avoid swimming in open water directly after storms to limit exposure to water-borne pathogens. (2D)
- A clear waterproof dressing or colostomy bag can assist the catheter and exit site from getting wet during bathing or swimming. (2D)
- We recommend that routine exit-site care should be performed after swimming and water sports. (1C)



Environmental and Social

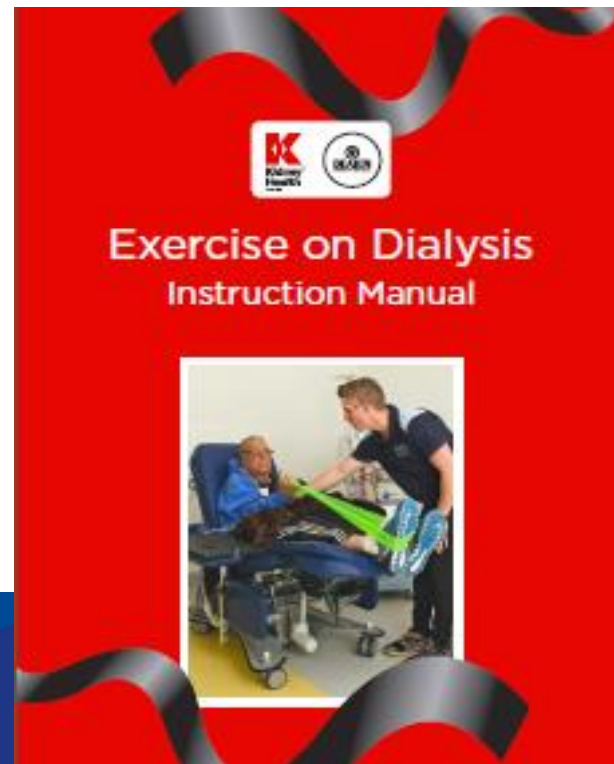
- Design fitness areas into outpatient and dialysis centers
- Design and store exercise equipment to maximize staff and patient safety
- Develop and coordinate policy-supported, funded group physical activity and exercise programs



Communication and Marketing



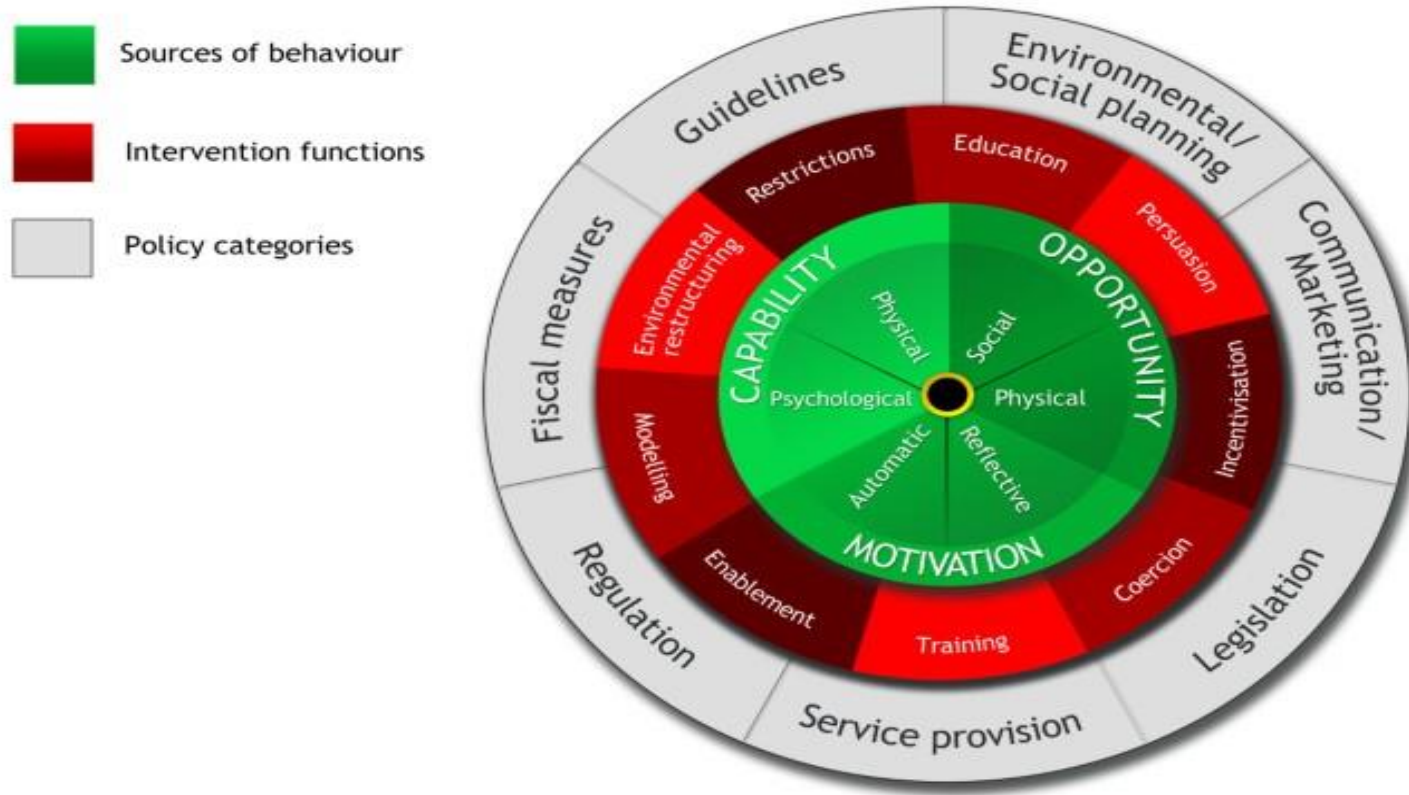
- Encourage local, regional, national and global nephrology associations to collaborate with rehabilitation and exercise professional organizations
- Lobby government, policymakers, and health-care providers to include patient voices in policy initiatives



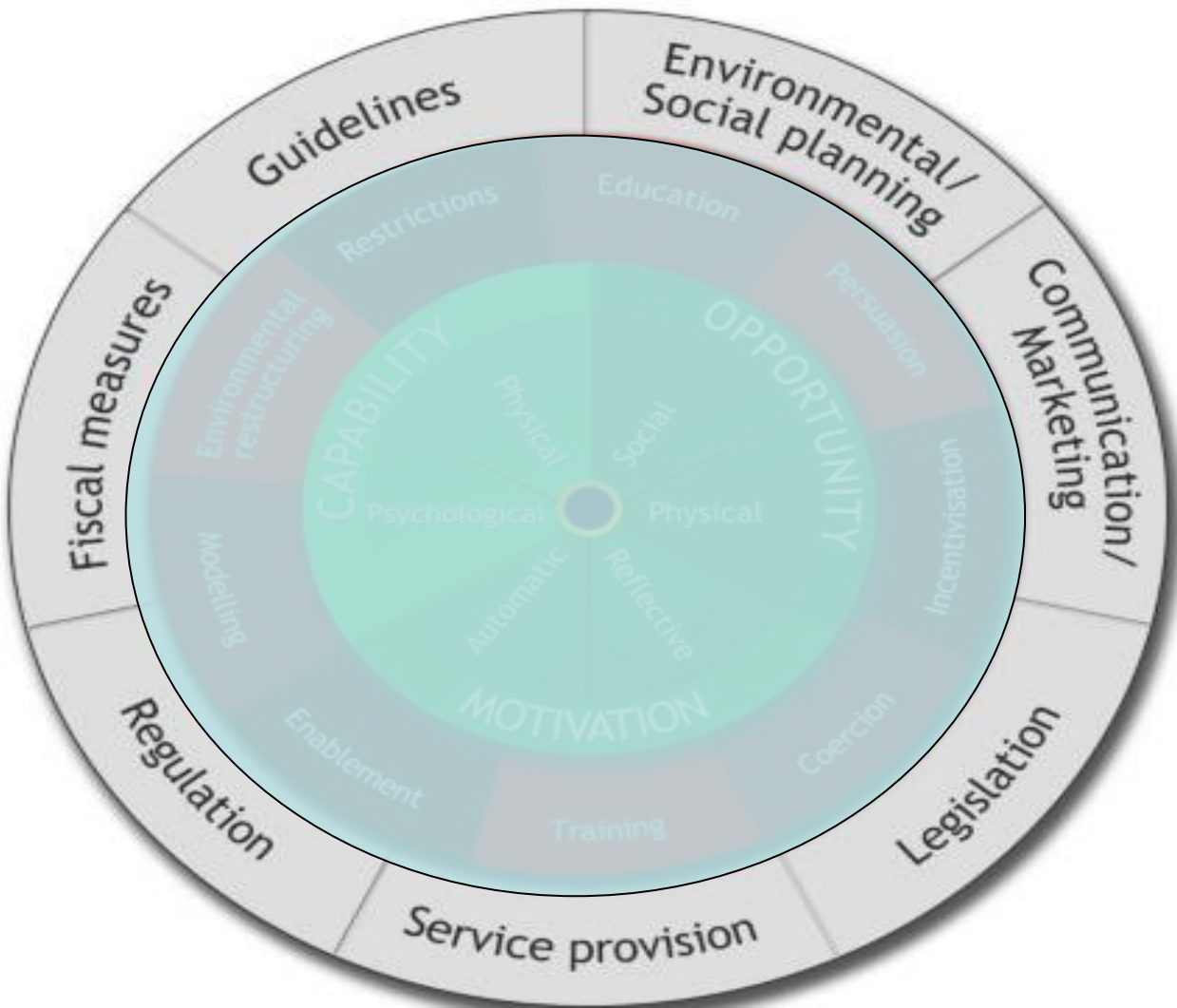
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<https://kidney.org.au/your-kidneys/living-with-kidney-disease/health-and-wellbeing/exercise>

The Behaviour Change Wheel



Policy Strategies for Sustainability



Funding Disclosures: B.R. acknowledges funding from the National Institutes



ULTIMATE
OBJECTIVE



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Thank you



GREX – <https://grexercise.kch.illinois.edu/>

We acknowledge Satellite Healthcare's funding to
assist GREX activities.