



FACULTY OF MEDICINE | UNIVERSITY OF CALGARY

The role of Kinesiologists in the care of renal patients

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Overview

- Frailty and CKD
- Exercise in CKD (our experience)
- Fund-raising project
- A kinesiologist point of view
- Conclusion

Frailty

Clinical syndrome of decreased physiologic reserve and diminished capacity to respond to health stressors

- Aging
- Chronic diseases (CKD)

Most frail patients

- Chronic inpatients
- Patients waiting for a kidney Tx
- Home dialysis patients (PD)

Exercise - definition

Activity requiring physical effort,
done especially as training or to
sustain or improve health

Quote

“I’m pushing 60 - that’s enough exercise for me.”

Mark Twain

Local Exercise programs

- Intradialytic biking
- Kidney exercise & education (KEEP)
- Early mobility for inpatients (new!)
- Transplant prehabilitation (new!)

Our Hemodialysis Units

Research–intradialytic Ex

- 12% increase in urea clearance
- 26% reduction in hospitalization
- 61% shorter length of stay
- ⑩ ↓ risk for low blood pressure

Kidney Exercise and Education

Research-KEEP

- Strength (sit to stand, grip)
- Endurance (6MWD)
- Physical function (DASI)
- Quality of life (EQ-5D)

Exercise as Medicine

- Patient - Person
- Disease - Condition
- Loss of control - Control
- Dependence - Independence

Fund-raising project

- \$750,000
- Full-time kinesiologist for 3 years
- State of the art dialysis chairs
- Bikes for intradialytic exercise

Development of New Bikes



A kinesiologist point of view



What is a Kinesiologist?!?!?!

That's like a physio right?

You're a personal trainer?



Health care professionals who
are experts in body movement

What a Kinesiologist Does



Intradialytic Exercise



Group Exercises



Home Exercise



Bike loan Program



Inpatient



Prehabilitation Clinic



Falls Prevention Program

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“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”