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
“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
- 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
- Bike loan Program
- Falls Prevention Program
- Home Exercise
- Inpatient
- Prehabilitation Clinic
Summary

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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.”