

MOVE resources: new resources to increase physical activity among haemodialysis patients

In this article, Dr Jennifer Cooney and Dr Jamie Macdonald from the Physical Activity for Health and Wellbeing Centre, Bangor University, outline the MOVE resources and how these can be used to help haemodialysis patients increase their physical activity and help health professionals make exercise a part of routine care

■ MOVE resources ■ physical activity ■ chronic kidney disease ■ haemodialysis

The MOVE resources were developed as part of an impact project carried out by Bangor University in collaboration with the Wales Kidney Research Unit and funded by the Economic and Social Research Council Impact Acceleration Award.

Research literature provides strong evidence for the benefits of regular exercise in improving health outcomes in people with chronic kidney disease (Cheema and Singh, 2005; Segura-Orti, 2010; Tentori et al, 2010; Smart and Steele, 2011; Koufaki et al, 2013). Yet, despite this knowledge, haemodialysis patients remain physically inactive (Painter and Roshanravan, 2013).

As part of the impact project, the researchers at Bangor University held a series of focus group discussions with dialysis patients and health professionals, to find out their opinions about physical activity in general, intradialytic

exercise and exercise as part of routine. It was evident from these focus group discussions that both dialysis patients and health professionals recognised the importance of regular physical activity for improved physical health and mental wellbeing. Renal health professionals and dialysis patients agreed that exercise should be made part of routine care. However, both groups felt that a major barrier to achieving this was a lack of knowledge and poor resource availability.

The aim of the impact project was to develop much-needed resources that could be used by haemodialysis patients and renal health professionals in renal units throughout the UK and worldwide.

Information about the MOVE resources

The MOVE resources are freely available on the MOVE website (move.bangor.ac.uk) and have been endorsed by the British Renal Society (BRS). The website houses the resources in two clear subsections: Information for Dialysis Patients and Information for Health Professionals.

Under the Information for Dialysis Patients, you will find:

- My Get Active Guide
- Exercise at Home Videos
- Exercise during Dialysis Videos
- Resources for Patients.

My Get Active Guide

The My Get Active Guide is a booklet developed specifically to help haemodialysis patients increase their physical activity. This booklet highlights the importance of regular physical activity, helps patients recognise their current physical activity levels and offers suggestions on how to increase their physical activity. The My Get Active Guide encourages patients to set personal goals to help them on their behaviour change journey. The booklet also provides detailed information on how to exercise safely, how to monitor exercise intensity and the types of exercises patients should aim to complete depending on their physical ability. It provides examples of muscle strengthening exercises and flexibility exercises that can be completed at home and even during dialysis. Each exercise is complemented by an easy-to-follow exercise video, demonstrated by a patient in a home setting and during dialysis, and are available on the MOVE website.



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Patient feedback on MOVE resources

I felt quite isolated (with coping with this renal disease), and I felt the booklet empathised with you—it's excellent!
Dialysis Patient, Liz Baker Renal Unit

I found it interesting, with a good selection of exercises to do. I wouldn't have thought of doing leg exercises. It was easy to understand the booklet.
Dialysis Patient, Royal Bolton Renal Unit

Under the Information for health professionals, you will find:

- My Health Professional Exercise Prescription Guide
- Resources for Health Professionals
- Intradialytic Cycling Equipment
- Iona's Training Experience

My Health Professional Exercise Prescription Guide

This step-by-step guide is intended for any member of the renal multidisciplinary team, family member, friend or support worker who is interested in helping to promote exercise as part of routine care for haemodialysis patients. The My Health Professional Exercise

Prescription Guide highlights the benefits of regular physical activity and offers suggestions on how exercise can be implemented as part of routine care and how to determine whether a patient is active enough. The guide provides all the necessary information and documentation needed for screening patients to determine their suitability for exercise, assessing patients to determine their baseline level (e.g. body composition, functional ability, physical function, falls risk) and detailed information on how to prescribe an individualised exercise programme for each patient. The guide also provides detailed information on how to implement intra-dialytic exercise and includes information on how to exercise safely, how to monitor exercise intensity and how to progress an exercise programme. It encourages health professionals to promote muscle strengthening exercises during dialysis, as these can be done with minimal equipment, and are complemented by helpful videos, which are also available on the website. All pro forma required to implement the above are provided in the appendices of the Health Professional Guide and are also available to download individually from the Resources for Health Professionals tab on the MOVE website.

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Health professionals' feedback on MOVE resources

This is excellent work that addresses the unmet clinical need for individualized exercise prescription in patients with advanced chronic kidney disease. MOVE can be a valuable tool to assist tailoring exercise to specific needs and abilities in dialysis patients and incorporating exercise in routine care.

Consultant Nephrologist,
Royal Bolton Renal Unit

The patients are enjoying the booklet and many have now started to exercise regularly at home. It's a good reference guide

and the patients feel they can relate to the exercises primarily because there are pictures of someone exercising whilst dialysing!

Renal Physiotherapist, Liz Baker Renal Unit, Morriston Hospital

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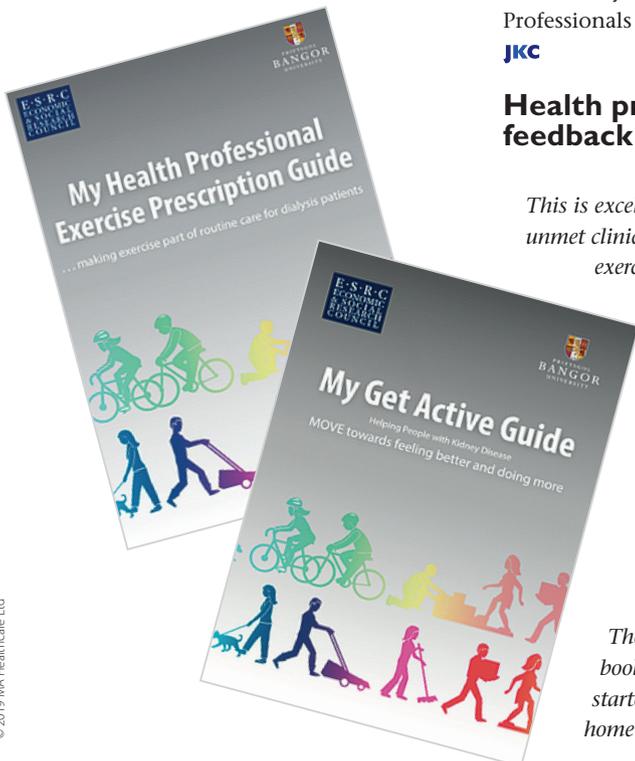
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Have an idea for JKC?

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