

WHO SHOULD EXERCISE?

1. All new patients should be assessed for exercise
2. Patients that are hemodynamically stable
3. RN notes that patient is getting weaker
4. Patient mentions he/she is getting weaker
5. Patient wants to exercise



PATIENTS THAT SHOULD BE EXERCISING AT DIALYSIS

1. Patients with no musculoskeletal impairments
2. Patients that sustain stable dialysis treatments
3. Patients that vitals (blood pressure/Glucose) are within guidelines for exercise
4. Patients with no concurrent medical conditions that may contraindicate exercise
5. Patients that want to exercise
6. Patients with stable cardiac profiles

PATIENTS THAT SHOULD NOT EXERCISE AT DIALYSIS

1. Patients with functional limitations affecting his/her ability to use cycle (may be able to use weights)
2. Patients with compromising cardiac profiles
3. Patients that are hemodynamically unstable on dialysis
4. Patients with severe bone disease
5. Patients with poorly functioning catheter

These patients may be able to exercise at home or at another setting (cardiac rehab)

REASONS TO EXERCISE AT DIALYSIS

1. Patients complains of lack of energy
2. Patients complains of feeling weak overall
3. Patient complains of leg weakness
4. Patient complains of loss of balance or falling
5. Patient would like to be more toned
6. MD would like patient to exercise to improve Kt/V
7. Dietician recommends patient exercises to improve lipids
8. Patients are bored or restless on dialysis
9. Patient wants to exercise to make the time go by

STOP

Refer back to MD or NP for further evaluation or physical therapy/cardiac rehab referral

EXERCISE PROCEDURE

1. Leave a note for Exercise Physiologist in pod book to evaluation of patient (exercise order added by EP)
2. Refer to Unique Orders for exercise prescription (also found in Exercise Pod Book)
3. Warm-up with stretches
4. Start patient on cycle and check vitals
5. Start patients at 5-10 min and add 1 min per session
6. For low level patients, exercise duration should be 5-30 min
7. For higher functional patients, exercise duration should be 30-60 min
8. Stop exercise if patient becomes hypertensive, tachycardic, or exhibits adverse medical reaction
9. Aim for a goal for 30 min 3x/week. The more the better!

Exercise Decision Tree