Self-Reported Physical Activity in Patients with End Stage Renal Disease

Patricia Painter  
Kristen Ward  
Renae D. Nelson

In 1995, the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM) published national guidelines on Physical Activity and Public Health, which have been updated and new recommendations that include considerations for older adults with clinically significant chronic conditions and functional limitations have been published and expanded to reflect increasing data regarding the dose response of activity. Previous recommendations were not specific as to frequency and intensity of activity needed to promote and maintain health—especially in older adults or those with chronic conditions. The updated recommendations are more specific, stating: “To promote and maintain health, older adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes on five days each week or vigorous intensity aerobic activity for a minimum of 20 minutes on three days each week” (Nelson et al., 2007). Moderate and vigorous activity is clarified as “moderate level of effort relative to an individual’s aerobic fitness. On a 10-point scale, where sitting is 0 and all-out effort is 10, moderate intensity activity is a 5 or 6 and produces noticeable increases in heart rate and breathing. On the same scale, vigorous intensity activity is a 7 or 8 and produces large increase in

Goal  
To provide an overview of the importance of exercise and physical activity to individuals with end stage renal disease undergoing dialysis.

Objectives  
1. Identify the national recommendations for physical activity participation.  
2. Discuss how increased physical activity and/or exercise may provide health benefits for older adults diagnosed with chronic kidney disease, cardiovascular disease, and/or diabetes mellitus.

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