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Book of Abstracts

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Physical exercise and hemodialysis – reality in Portugal

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Background

Patients with chronic kidney disease often experience fatigue and a low capacity to perform activities of daily living due to the burden of symptoms, leading to a decrease in quality of life (1).

Physical exercise is recommended and safe for hemodialysis patients, in different types of training (aerobic, resistance, or combined) (2,3), with individualized prescription and supervised by health professionals (4).

Objectives

To gather and characterize the existing scientific evidence in Portugal on the benefits of physical exercise in hemodialysis patients.

Methods

An integrative review was carried out, with a search in February 2025, in the Portuguese Open Access Scientific Repository, which included studies on physical exercise in hemodialysis patients. Summary information was extracted from each study for critical analysis and presentation of the evidence found.

Results

We analyzed 15 studies published between 2009 and 2022, including 1 case study, 1 multi-case study, and the rest with an intervention group and a control group. The sample size ranged from 1 patient for the case study to 59 for the studies with two groups. Aerobic training was carried out in 11 studies, resistance training in 2, and combined training in the remaining 2. Training was carried out intradialytically in 7 studies, interdialytically in another 7, and mixed in 2. In 14 studies there were improvements in functional/aerobic capacity, 8 improvements in quality of life and 1 reported a reduction in treatment costs.

Conclusion/Application to practice

This review included studies demonstrating the effectiveness of exercise programs in hemodialysis patients, whether through aerobic, resistance, or mixed training, regardless of the training time. Its effectiveness has been demonstrated in variables such as functional capacity and quality of life. Despite being widely recommended, physical exercise is still not a consolidated reality in this population in Portugal.

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Portugal

Disclosure of Interest

No