

Kidney Conditions and Physical Activity References

Positions Statements

Smart NA, Williams AD, Levinger I, et al. Exercise & Sports Science Australia (ESSA) position statement on exercise and chronic kidney disease. *J Sci Med Sport.* 2013;16(5):406-11. Available at:

<https://pubmed.ncbi.nlm.nih.gov/23434075/>

Clinical Guidelines

Kidney Disease: Improving Global Outcomes (KDIGO). KDIGO 2012 clinical practice guideline for the evaluation and management of chronic kidney disease. *Kidney Int Supplements.* 2013;3(1). Available at:

https://kdigo.org/wp-content/uploads/2017/02/KDIGO_2012_CKD_GL.pdf

National Kidney Foundation. NKF KDOQI Guidelines: KDOQI Clinical Practice Guidelines for Cardiovascular Disease in Dialysis Patients. NKF KDOQI Guidelines. 2005. Available at:

http://kidneyfoundation.cachefly.net/professionals/KDOQI/guidelines_cvd/guide14.htm

Yamagata K, Hoshino J, Sugiyama J, et al. Clinical practice guideline for renal rehabilitation: Systematic reviews and recommendations of exercise therapies in patients with kidney diseases. *Ren Replace Ther.* 2019;5(28). Available at: <https://rrtjournal.biomedcentral.com/articles/10.1186/s41100-019-0209-8>

Systematic Reviews

Clarkson MJ, Bennet PN, Fraser SF, et al. Exercise interventions for improving objective physical function in patients with end-stage kidney disease on dialysis: A systematic review and meta-analysis. *American Journal of Physiology – Renal Physiology.* 2019;316:F856-F72. Available at:

<https://pubmed.ncbi.nlm.nih.gov/30759022/>

Heiwe S, Jacobson SH. Exercise training for adults with chronic kidney disease (Review). *Cochrane Database Sys Rev.* 2011;10:CD003236. Available at:

<https://pubmed.ncbi.nlm.nih.gov/21975737/>

Heiwe S, Jacobson SH. Exercise training in adults with CKD: A systematic review and meta-analysis. *Am J Kidney Dis.* 2014;64(3):383-93. Available at:

<https://pubmed.ncbi.nlm.nih.gov/24913219/>

Pu J, Jiang Z, Wu W, et al. Efficacy and safety of intradialytic exercise in haemodialysis patients: A systematic review and meta-analysis. *BMJ Open.* 2019;9:1-12. Available at:

<https://pubmed.ncbi.nlm.nih.gov/30670499/>

Song Y, Hu R, Diao Y, et al. Effects of exercise training on restless legs syndrome, depression, sleep quality, and fatigue among hemodialysis patients: A systematic review and meta-analysis. *J Pain Symptom Manage.* 2018;55(4):1184-95. Available at:

<https://pubmed.ncbi.nlm.nih.gov/29247753/>

Other Helpful References

Abdulnassir L, Egas-Kitchener S, Whibley D, et al. Captivating a captive audience: A quality improvement project increasing participation in intradialytic exercise across five renal dialysis units. Clin Kidney J. 2017;10(4):516-23. Available at:

<https://pubmed.ncbi.nlm.nih.gov/28852491/>

Bennett PN, Breugelmans L, Barnard R, et al. Sustaining a hemodialysis exercise program: A review. Semin Dial. 2010;23(1):62-73. Available at:

<https://pubmed.ncbi.nlm.nih.gov/20331819/>

Clarke AL, Jhamb M, Bennett PN. Barriers and facilitators for engagement and implementation of exercise in end-stage kidney disease: Future theory-based interventions using the Behaviour Change Wheel. Semin Dial. 2019;32:308-19. Available at:

<https://pubmed.ncbi.nlm.nih.gov/30937975/>

Isnard-Rouchon M, West M, Bennett PN. Exercise and physical activity for people receiving peritoneal dialysis: Why not? Semin Dial. 2019;32:303-7. Available at:

<https://pubmed.ncbi.nlm.nih.gov/30907025/>