

Effect of Intradialytic Aerobic Exercise among Hemodialysis Patients in the United Arab Emirates on Clinical Outcomes, Barriers to Physical Activity, and Quality of Life

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Propositions

Effect of Intradialytic Aerobic Exercise among Hemodialysis Patients in the United Arab Emirates on Clinical Outcomes, Barriers to Physical Activity, and Quality of Life

of

Nada Salhab

1. Encouraging sedentary hemodialysis (HD) patients to increase their physical activity is important and can be life changing for these patients. Refraining from prescribing intradialytic exercise (IDE) is a missed opportunity to add functionality to the time spent in a dialysis unit.
2. Implementation of an IDE program should be culture specific, taking into account the way patients and staff think, perceive matters and react to change.
3. Next to physical improvement, the introduction of IDE in a dialysis unit may also increase and maintain patient's knowledge on the benefits of exercise (this thesis).
4. Fatigue is perceived as the most important barrier to perform physical activities in dialysis patients, which may be shed by the introduction of IDE in a subset of patients (this thesis).
5. Next to the presence of a sedentary lifestyle, hyperphosphatemia is a rational indication for the prescription of IDE (this thesis).
6. As the concern about risk is a major factor preventing the implementation of an IDE program in the UAE, education of nephrologists about its safety would be a major step facilitating more widespread implementation (this thesis).
7. The malnutrition inflammation score showed fair agreement with the Global Initiative on Malnutrition (GLIM) and performed slightly better than the phase angle in the diagnosis of malnutrition in HD patients. Nevertheless, due to its ease of use, phase angle can be an acceptable screening tool (this thesis).
8. Working with HD patients and observing their positive attitude reminds how one should value his life and appreciates ones health.
9. Being a mom, a wife, and a part-time dietitian, I thought it was impossible for me to take another step, to venture more! The fear of failure held me back, until I took the first step. "It always seems impossible until it is done" (Nelson Mandela).
10. Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they've meant to be (BKS Lyengar – founder of the Lyengar Yoga)