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Effectiveness of physical activity on biochemical values and quality of life of patients on hemodialysis

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The present study was carried out to assess the effectiveness of physical activity among 14 participants who are undergoing hemodialysis in a tertiary care teaching hospital, South India. The study was approved by the institutional human ethical committee of Saveetha University, Chennai (020/08/2016/IEC/SU Dated 11th August 2016). The participants who are undergoing 2 to 3 times of hemodialysis in a week were selected. The participants were selected using simple random technique. The patients receiving dialysis in morning hours were allotted for experimental group(7) and evening hours were allotted for control group(7).The physical activity was given for 15 minutes duration for the period of 2 months in experimental group. But there is no intervention given for control group. The demographic variables, clinical variables, biochemical values such as serum values of sodium,

potassium, urea, creatinine, albumin, calcium, phosphate and post urea and quality of life were assessed before and after the intervention. The quality of life was assessed by using Modified Kidney Disease Quality of Life (KDQOL) scale and DASS 21 (Depression, Anxiety Stress 21) Scale. There is a significant difference between the pretest and post-test Hemoglobin ($p = 0.04$) and Sodium ($p = 0.05$) in the experimental group. But there is no significant difference in potassium, urea, creatinine, albumin, calcium, phosphate and post urea levels. There is a significant difference ($p = 0.008$) between the pretest and post-test symptoms of patients in the experimental group. There is no significant difference in the general health, physical activity, social activity, pain, effect of kidney disease, sexual function, sleep, social support and patient satisfaction.

Biography

Amirtha Santhi S has completed her M.Sc Nursing years from Tamil Nadu Dr.MGR Medical University and M.B.A(Education Management) From Alagappa University and doing Ph.D. Nursing in Saveetha University, Chennai, India. Underwent Organ transplantation Coordinator training from MOHAN Foundation, Chennai. presently she is working as Assistant Professor in the department of Medical Surgical Nursing at College of Nursing, Pondicherry Institute of Medical Sciences. Pondicherry. She has published more than 10 research papers in National and International journals.

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