

## Development and implementation of MOVE: making exercise part of routine care for dialysis patients

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Despite a growing body of evidence supporting the benefits of exercise in stage 5 chronic kidney disease, haemodialysis patients remain physically inactive. The aim of this impact project was to develop and implement online and paper resources to help haemodialysis patients increase their physical activity and to help health professionals make exercise part of routine care.

Six focus group discussions were held with haemodialysis patients (n = 13) and renal health professionals (n = 20) from three renal units across Wales and England. Group discussions focused on the benefits of physical activity and impact of physical inactivity, the facilitators and barriers to intra-dialytic exercise, and how to make exercise part of routine care. Group discussions were transcribed and analysed using qualitative thematic analysis. Findings showed that patients and health professionals recognised the importance of physical activity. Both groups agreed that regular physical activity could help improve physical and mental health, achieve and maintain independence and improve quality of life and health outcomes. A lack of knowledge and resources were considered the main barrier to intra-dialytic exercise along with staff time/shortages. Facilitators included having enthusiastic staff willing to support and encourage patients to be more active (when resources were available to do so). Exercise as part of routine care was described as - "essential", "much needed", "needs promoting", "requires resources" and "well overdue".

Using the information gathered from the group discussions, the research literature and current exercise guidelines, MOVE was created. MOVE bridges the gap in resources available to help haemodialysis patients increase their physical activity and provides the much-needed resources to up-skill health professionals to enable them to make exercise part of routine care. All resources created are freely available on the MOVE website (<http://move.bangor.ac.uk>). MOVE resources were disseminated to the renal units involved in the impact project in December 2018. Since its launch, there has been 215 website users, 64 downloads of the patient orientated My Get Active Guide and 22 downloads of the Health Professional Guide. These figures are in addition to the hardcopies distributed to renal units (80 patient guides and 4 health professional guides). As evidenced by Google Analytics, tracking the MOVE website activity, the resources created are having a positive impact, with the resources being viewed by patients and health professionals from renal units throughout the UK and further afield. Patient feedback received to date (n=19) was positive with patients already changing their physical activity behaviours (84% thought they would benefit from the resources, 74% plan on increasing their physical activity and 11% have already increased their physical activity). Health professional feedback (n = 3) was also positive (66.7% intend using the resources provided and 33.3% have already used the resources with their patients).

Website use and feedback received to date is evidence that MOVE is having a positive impact on haemodialysis patients. Patients engaging with MOVE are taking the first step in changing their sedentary behaviour. MOVE resources require further dissemination. However, have the potential to be used by renal units throughout the UK.