

# **Table of Contents**

|                                     | <b>Page</b> |
|-------------------------------------|-------------|
| <b>Abstract</b>                     | <b>i</b>    |
| <b>Declaration</b>                  | <b>ii</b>   |
| <b>Dedication</b>                   | <b>iii</b>  |
| <b>Acknowledgements</b>             | <b>iv</b>   |
| <b>Table of Contents</b>            | <b>v</b>    |
| <b>List of Figures</b>              | <b>viii</b> |
| <b>List of Tables</b>               | <b>ix</b>   |
| <b>List of Abbreviations</b>        | <b>x</b>    |
| <b>List of Appendices</b>           | <b>xi</b>   |
| <br>                                |             |
| <b>Chapter 1: INTRODUCTION</b>      | <b>1</b>    |
| 1.1 Research question               | <b>4</b>    |
| 1.2 Aim of study                    | <b>4</b>    |
| 1.3 Objectives of study             | <b>4</b>    |
| <br>                                |             |
| <b>Chapter 2: LITERATURE REVIEW</b> | <b>5</b>    |
| 2.1 Background on renal disease     | <b>5</b>    |
| 2.2 Causes of chronic renal failure | <b>6</b>    |
| 2.3 Treatment of renal failure      | <b>6</b>    |
| 2.4 Dialysis                        | <b>7</b>    |
| 2.5 End Stage Renal Disease         | <b>9</b>    |
| 2.6 Exercise and ESRD               | <b>10</b>   |
| 2.7 Dialysis efficacy               | <b>14</b>   |

|                   |                                            |           |
|-------------------|--------------------------------------------|-----------|
| 2.8               | Quality of Life                            | 16        |
| 2.9               | Foot pumps                                 | 19        |
| 2.10              | Summary of literature review               | 20        |
| <b>Chapter 3:</b> | <b>METHODOLOGY</b>                         | <b>21</b> |
| 3.1               | Study design                               | 21        |
| 3.2               | Ethical clearance                          | 21        |
| 3.3               | Sample selection                           | 21        |
| 3.3.1             | Sample size                                | 22        |
| 3.4               | Procedure                                  | 22        |
| 3.5               | Statistical analysis                       | 24        |
| <b>Chapter 4:</b> | <b>RESULTS</b>                             | <b>26</b> |
| 4.1               | Sample                                     | 26        |
| 4.2               | Demographics                               | 26        |
| 4.3               | Scores                                     | 26        |
| 4.3.1             | Baseline scores (week 0)                   | 28        |
| 4.3.2             | Baseline EQ-5D values (week 0)             | 29        |
| 4.3.3             | Pre-intervention scores (week 8)           | 30        |
| 4.3.4             | Pre-intervention EQ-5D values (week 8)     | 31        |
| 4.3.5             | Post intervention scores (week 16)         | 32        |
| 4.3.6             | Post intervention EQ-5D values (week 16)   | 33        |
| 4.3.7             | Summary of dialysis efficacy (Kt/V) values | 34        |
| 4.3.8             | Summary of weighted EQ-5D index values     | 35        |
| 4.3.9             | Heart rate values                          | 36        |
| 4.3.10            | Exercise intensity (Borg) values           | 37        |
| 4.4               | Comparisons                                | 37        |

|                                          |               |
|------------------------------------------|---------------|
| <b>Chapter 5: DISCUSSION</b>             | <b>41</b>     |
| 5.1 Dialysis Efficacy                    | 41            |
| 5.2 Quality of life                      | 42            |
| 5.3 Exercise frequency                   | 43            |
| 5.4 Other influencing factors            | 43            |
| 5.5 Patients' comments                   | 44            |
| 5.6 Limitations of study                 | 45            |
| 5.7 Applicability and relevance of study | 45            |
| 5.8 Recommendations                      | 45            |
| <br><b>Chapter 6: CONCLUSION</b>         | <br><b>47</b> |
| <br><b>REFERENCES</b>                    | <br><b>48</b> |
| <br><b>APPENDICES</b>                    | <br><b>54</b> |