**CONTEXT & AIM**
- Frailty is prevalent in kidney disease and is associated with an increased mortality risk.
- Exercise is foundational for one’s well-being, mood, and health, and many people living with kidney disease are unable to be active enough to enhance their health.
- Our team hypothesized that if kidney patients had access to a safe and regular exercise program at SPH, they would attain these previously unachievable benefits.
- Although walking is usually the best-accepted form of exercise for general health, (Nordic Walking (NW)) is superior to brisk walking without poles.
- Nordic walking improves upper body strength, helps with balance & burns more calories without more effort.

**RESEARCH STUDY**
Are our patients benefiting from the “Walk & Roll” program?

Obtained funding from the PHC Practice-based Research Challenge + Patient Partner. Conducted study to evaluate the benefits & feasibility of the “Walk & Roll”.

**METHODS**
- **Randomized Control Trial**
  - 30 participants randomized into 2 groups:
    - Nordic Walking Group (NW): offered 2 NW sessions per week for 12 weeks
    - Non-Nordic Walking Group (Non-NW): continued with their own activities
- **Inclusion Criteria**
  - Age > 19 y
  - Renal patient (CKD, PD, HD, Tx)
  - Physician’s approval
  - Able to walk safely
  - Has smart phone & comfortable using Apps

**Participants**
- Post-renal transplant patients (n=10)
- Pre-dialysis patients (n=14)
- Peritoneal dialysis patients (n=3)
- Hemodialysis patients (n=3)

**RESULTS**
- Although the NW group appeared less healthy compared to the non-NW group at baseline, the NW group achieved greater improvements at 3-months in several domains of the KDQOL-36.
- The NW group exceeded the Minimal Clinically Important Difference (MCID) of 14.0–30.5m for 6MWT (41.5m).
- The NW group had greater improvements in HGS (1.1kg).
- Some specific improvements included:
  - Increased confidence
  - Walking makes me enjoy life because I go out more
  - Less pain in hips & legs resolved
  - Hand grip strength increased
  - Reduced stress, better posture & balance
  - Easier to do things, increased flexibility, & better balance
  - Sleep better & breathing better
  - Mood lifted because of walking 2x/week

**OUTCOME**
- A group-based supervised Renal NW program may provide benefits meaningful to renal outpatients.

**FUTURE DIRECTIONS**
- Study has led to new funding for a physiotherapist to lead the Walk & Roll for renal patients at SPH
- Key messages were being shared via newsletters, social media, and conferences, and with study participants & patients

**INTRODUCTION**
- Patient Interest Survey
- Application to Enhanced Patient Care Grant (EPCG)
- Renal program staff volunteers receive NW teaching certification & “Walk & Roll” launched

**METHODS**
- Data collected at baseline and 12 weeks:
  - Quality of life survey (KDQOL-36)
  - Hand grip strength
  - Sit-to-stand test
  - 6 min walk test
- NW group offered 2 supervised NW sessions per week
- NW and non-NW groups recorded daily steps using Fitbit