

Agreement and Consent Form

Patient Details (attach sticker):

TO BE COMPLETED BY PATIENT

I hereby voluntarily agree to participate in the Exercise Programme of the _____ Renal Unit.

The activities I will engage in are associated with some risk. This risk is detailed overleaf.

I am aware that no guarantees have been made to me concerning my participation in this programme or the results of such participation.

Patient Name (printed):

Patient Signature:

Date:

TO BE COMPLETED BY HEALTH PROFESSIONAL

I confirm that I have explained the exercise programme to the patient and have obtained a consent form.

I have trained the patient to use the exercise equipment, how to monitor their exercise intensity, and what signs and symptoms to be aware of.

Health Professional's Details:

Name (printed):

Role:

Signature:

Date:

Place one copy in patient notes and one copy in patient's exercise folder

What are the possible risks of taking part?

Less common (1 to 5% chance):

- ① Exercise can cause a muscle strain or joint pain
- ① After exercise blood sugar or blood pressure may drop, making you feel sick and dizzy

Action: *To reduce these risks, trained staff will supervise your exercise sessions and teach you to exercise as safely as possible. The exercise will also be completed in the first half of your dialysis sessions.*

Rare (less than 1% chance):

- ① Complications associated with blood pressure assessment are very rare but may include bruising, pain of the upper arm, and dizziness

Action: *To reduce these risks, you will be assessed by trained staff.*

Rare but serious (less than 1% chance):

- ① Exercise can cause a change to your heart function
 - ① In other populations with chronic disease the risk of death is very low (0.5 per 10,000 exercise tests). Chronic kidney disease patients have also completed at least 3000 hours of exercise training and no serious changes to heart function or fatalities have been reported
 - ① *The published literature to date suggests that the health benefits derived from regular, individualised and supervised exercise far outweigh any associated potential risks*

Action: *To reduce risks of exercise, we will check your medical history to ensure health risks do not outweigh any benefits. The exercise intensity will be set based on how well you feel at each session. Trained staff will supervise your exercise sessions and teach you to exercise as safely as possible.*

- ① There is a risk of getting an infection from using equipment as part of the programme

Action: *This risk will be minimised by regular (daily) cleaning and disinfection of all equipment.*