Meta-analysis of the effects of exercise on patients with chronic kidney disease

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Objective To systematically evaluate the impact of exercise on patients with chronic kidney disease
Methods Computers were searched for PubMed, The cochrane Library, EMbase, CNKI, VIP, Medline, and WangFang Date for a decade between 2008 and 2018 to find out about the effects of exercise on patients with chronic kidney disease (VO2peak, HDL, Cholesterol). Aspects of the clinical randomized controlled trial (RCT). The included studies were evaluated for quality one by one, and the effects of the training group and the control group were meta-analyzed, and Meta analysis was performed using RevMan 5.3 software
Results A total of 5 RCTs were included, including 386 patients. The results of the meta-analysis showed that the VO2peak experimental group was significantly better than the control group (P<0.05, 0.01) and the changes in HDL and cholesterol were not significant
Conclusions Exercise intervention can effectively improve the cardiopulmonary function of patients with chronic kidney disease without causing excessive burden on the kidney. Exercise can promote the treatment of patients with chronic kidney disease. However, due to the limitations of the quality of the literature, the meta-analysis of the effects of exercise on the treatment of patients with chronic kidney disease needs further improvement.