

## EDITORIAL

# REHABILITATION AND EXERCISE IN BRAZILIAN NEPHROLOGY: WHERE WE ARE AND FUTURE PERSPECTIVES

*Reabilitação e exercício físico na nefrologia brasileira: onde estamos e perspectivas futuras*

Heitor Siqueira Ribeiro<sup>1,2,3\*</sup>, Francini Porcher Andrade<sup>4</sup>, Maycon Moura Reboredo<sup>5</sup>

<sup>1</sup> Faculty of Physical Education, University of Brasília (UnB), Brasília – DF, Brazil

<sup>2</sup> Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD), University Institute of Maia (ISMAI), Porto, Portugal

<sup>3</sup> University Center ICESP, Brasília – DF, Brazil

<sup>4</sup> Pneumological Science Post-Graduation Program, Federal University of Rio Grande do Sul (UFRGS), Porto Alegre – RS, Brazil

<sup>5</sup> Federal University of Juiz de Fora (UFJF), Juiz de Fora – MG, Brazil

\*E-mail: heitorsiqueira95@gmail.com

Received: 21 April 2021; Accepted: 22 April 2021; Published: May 2021

## Abstract

Nephrology rehabilitation has become a promising rehabilitation area, however, its culture is not yet fully established. Therefore, we discuss in this editorial some of the advances we had in 2020 for the implementation of this culture, as well as the perspectives for 2021.

**Keywords:** Nephrology; Rehabilitation; Exercise; Physical Activity; Kidney Health

## Resumo

A reabilitação em nefrologia tem se tornado uma promissora área da reabilitação, todavia, a sua cultura ainda não está totalmente estabelecida. Neste sentido, apresentamos neste editorial um pouco dos avanços que tivemos em 2020 para a implementação desta cultura, bem como as perspectivas para 2021.

**Palavras-chave:** Nefrologia; Reabilitação; Exercício; Atividade Física; Saúde Renal

Despite 2020 being a pandemic year, which changed how we see the world, in the nephrology rehabilitation area it has not been different. Many researchers had to end their research projects and seek new perspectives, as well as the professionals who directly work at dialysis units who faced new safety protocols and in most cases an interruption in their clinical routine. However, in the middle of this dark scenario, some good things happened, and we would like to write and discuss them.

In August 2020, we had an amazing symposium, the 1st Online Brazilian Symposium on Chronic Kidney Disease and Exercise, which was organized and led by us, Heitor and Francini<sup>1</sup>. During the pandemic, as an alternative to the “new normal”, we gathered together some of the most important researchers from the nephrology rehabilitation area for two days to discuss the hot-topics: intradialytic exercise, sarcopenia, cardiopulmonary function, nutrition, musculoskeletal health, and innovative interventions. We had more than 2 thousand subscriptions from all regions from Brazil and the world, including researchers, health professionals, students, patients, their relatives, and curious about the theme.

Recently, in the University Center ICESP,

Brasília, Federal District, we have implemented the first, as far as we know, nephrology rehabilitation subject into physiotherapy and exercise physiology courses in Brazil, and more than 50 undergraduates have been involved since then. During the classes, many researchers and professionals were invited to talk with the undergraduates about their experiences, providing to the nephrology rehabilitation area higher visibility and professional focus<sup>2</sup>.

After the great achievements from the last year, we entered into 2021 with a mission: to create a Brazilian network in order to spread the culture of exercise and rehabilitation in nephrology. Now, we are designing the Grupo Brasileiro de Reabilitação em Nefrologia (GBREN) which will soon be introduced to the scientific and professional communities. Also, we are happy to announce the 2nd edition of the Online Brazilian Symposium on Chronic Kidney Disease and Exercise, which will be on July, the 28 and 29th. This edition will include abstract submissions and oral presentations to promote to the trainees, not only the senior researchers, the opportunity to contribute to the area. The accepted abstracts will also be published in a supplementary issue of the Revista Brasileira de Pesquisa em Ciências da Saúde (RBPcCS).

In summary, although nephrology is not a well-established rehabilitation area such as others yet, we are excited about the latest achievements and are confident that such initiatives will establish the culture of exercise and rehabilitation in nephrology in Brazil. We share the

same thought from Paul Bennett, one of the speakers from the 2020 symposium, who brilliantly said “our dream is that every dialysis unit has exercise professionals and sustained intradialytic exercise programs”. Therefore, we invite you to live this dream with us in Brazil!

**Conflict of interest:** Heitor Ribeiro and Francini Andrade are the organizers of the mentioned symposiums and all authors are leading the Grupo Brasileiro de Reabilitação em Nefrologia (GBREN).

## References

1. I Simpósio On-Line: Doença Renal Crônica e Exercício Físico. Available: [https://www.youtube.com/channel/UCBpsDI7AxC\\_CoYsXcPAhSA](https://www.youtube.com/channel/UCBpsDI7AxC_CoYsXcPAhSA).
2. Mesa-redonda reabilitação em nefrologia. Available: [https://www.youtube.com/watch?v=4ewnGw240CU&ab\\_channel=CentroUniversit%C3%A1rioICESP](https://www.youtube.com/watch?v=4ewnGw240CU&ab_channel=CentroUniversit%C3%A1rioICESP)