Exercise for Chronic Kidney Disease
Podcast

This professional development will provide an update on the role of exercise for individuals with chronic kidney disease (CKD). The role of kidneys in health and the development of CKD, diagnosis, epidemiology, and disease consequences will be summarised before a discussion of the effects of the CKD on physical function, fatigue, and quality of life is covered. The role of lifestyle factors, notably exercise in the prevention and management of CKD as well as minimising comorbid disease progression will be presented. Current exercise guidelines for CKD will be discussed. The role of exercise during dialysis will be covered including the particular challenges this poses.

The recording is of a webinar presented by ESSA on 23 August 2017.

Presented by Dr Steve Fraser PhD, AEP, ESSAM

Dr Steve Fraser is a senior lecturer, accredited exercise physiologist AEP) and mid-career researcher. He is passionate about exercise for the prevention and management of common chronic diseases, particularly cancer, chronic kidney disease, diabetes, and obesity. He has considerable experience in the development and implementation of clinical exercise intervention trials, with a focus on integrating AEPs in clinical settings to improve health outcomes in individuals with chronic disease. Dr Fraser has published >40 manuscripts in relation to clinical exercise. He has conducted a number of studies in chronic kidney disease and published articles relating to exercise limitations in CKD, functional decline in end stage CKD dialysis patients and the role of resistance training in CKD patients on dialysis. He currently holds the position of Discipline Leader: Clinical Exercise in the School of Exercise and Nutrition Sciences at Deakin University, and is also the Director of Deakin’s Masters of Clinical Exercise Physiology. He is currently Vice President of the Council for Heads of Exercise Sport and Movement Science as well as a member of the ESSA Accreditation Council.

Costs per person

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Registration is now available online or via the manual form attached.

Important Information

Target Audience: Any Accredited Exercise Scientist and/or Accredited Exercise Physiologist

Access to Podcast: You will be provided all information to access this podcast with your registration confirmation email.

Assessment: To earn your CPD Points, successful completion of an assessment is required within 60 days from purchase.

Audience Disclaimer: All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice, and only treat/practice within the same.
# Manual Registration Form

**Exercise for Chronic Kidney Disease podcast**

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<th>Title:</th>
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**Address:**

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**Phone:** __________________ Fax: __________________

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### Registration:

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### Payment Details:

Payment can be made by credit card, by a cheque/money order or direct deposit.

- **TAX INVOICE**
  - Please forward me a tax invoice for payment

- **ESSA MEMBER VOUCHER**
  - Only available to current financial ESSA members

- **CHEQUE**
  - I have attached a cheque *(Made payable to “Exercise & Sports Science Australia”)*

- **CREDIT CARD**
  - I authorise ESSA to debit the following card for the amount of $___________ plus a 1.5% merchant fee
    - [ ] Visa
    - [ ] MasterCard

  Card number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ Expiry: __ / __

  Name of Cardholder: __________________

  Signature: __________________

### Terms & Conditions:

**Confirmation**

You will receive a confirmation via email within 5 working days of your registration and payment being received by ESSA. If you do not receive a confirmation letter, please contact ESSA education@essa.org.au.

**Registration Fees**

All registration fees are listed within the marketing material and registration form.

- **ESSA Member**: Applicable to all current financial ESSA members.
- **Non-Member**: Applicable to anyone, including accredited persons, who are not current financial ESSA members.
- **ESSA Student Member**: Applicable to any ESSA Student Member, or current financial full ESSA member and a full time student (within our scope of practice at university institution). If full member, please complete the manual form and provide a copy of your student ID. Without this information, the member rate will apply.
- **Student Member**: Applicable to full time students, studying within our scope of practice, at a university institution. Student ID required.
- **ESSA PD Voucher**: Applicable to current financial ESSA members. 1 voucher only allowable per member for the duration of 2017. If this option is selected, however not applicable, your registration fee will be amended to the applicable fee, and a tax invoice will be forwarded. Registration is not confirmed until payment is received by ESSA.

**Audience Disclaimer**

All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice, and only treat/practice within the same.

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**Payment Policy**

- All Professional Development must be fully paid before registration is confirmed
- Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard only)
- Payment made via credit card will incur a non-refundable 1.5% merchant fee

**Access**

This podcast will be available to 31 December 2017. After this date, the podcast will be disabled. If you do not access the podcast within this timeframe, no refunds will be provided. ESSA reserves the right to disable this podcast at anytime with 30 days notice.

**Substitution Policy**

No substitute delegates are allowed for podcasts

**Cancellation Policy**

100% cancellation policy applies to all podcast purchases.

**Registration Numbers**

All of ESSAs professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

**Correct at time of printing: 25 September 2017**