The intra-dialytic cycle is a good tool for use in physical training during hemodialysis.

A distraction that interrupts routine and boredom during haemodialysis.

An opportunity for activity and exercise.

Curiosity and expectation

Motivators

1. Feeling that it will never work
2. Wanting to cycle again
3. Active participation and self-esteem
4. The need for confirmation

Barriers

1. The staff are already so busy that they will not have time to cope with intra-dialytic cycling
2.短coming in the design of the intra-dialytic cycle
3. Feelings of worry, fear and doubt about being able to manage to cycle
4. Positive physical reactions and an increased sense of well-being

The need for confirmation