

Appendix 1. Studies included in integrated literature review

- A1. Kim JH, Kim MS. A study of effect on continuous education for diet and medication control in hemodialysis is patient. *Journal of Korean Academy of Adult Nursing*. 1992;4(2):193-208.
- A2. Jeong YR. The effect of structured patient education on knowledge and behavior about selfcare in hemodialysis patients. *Journal of Korean Academy of Nursing*. 1997;27(1):120-127. <https://doi.org/10.4040/jnas.1997.27.1.120>
- A3. Park CB, Ji JW. Effect of the exercise training before hemodialysis in end-stage renal disease patients. *The Journal of Physical Education*. 2000;28:261-273.
- A4. Lee YK, Kim C, Pyo JH, Kim CH, Ji JW. Endurance exercise training before hemodialysis: an effective therapeutic modality for end-stage renal disease patients. *Korean Journal of Nephrology*. 2001;20(2):290-297.
- A5. Yang JL, Seo HJ, Kim YH. Effects of nutrition on nutritional status of hemodialysis patients. *The Korean Journal of Nutrition*. 2003;36(7):749-758.
- A6. Kim YJ, Yoo YS. Effects of individualized education on knowledge, compliance, and physiologic parameters in hemodialysis patients. *Journal of Korean Academy of Adult Nursing*. 2006;18(3):367-376.
- A7. So HS, Kim AY, Kim EA, Kim SM. Effects of a structured drug education program on knowledge and medication compliance for hemodialysis patients. *Journal of Korean Academy of Nursing*. 2006;36(7):1135-1144. <https://doi.org/10.4040/jkan.2006.36.7.1135>
- A8. Kim AY, Kim SJ. The effect of education program on early hemodialysis patients' knowledge, self-care practice and physiologic index. *Chonnam Journal of Nursing Science*. 2008;13(1):1-20.
- A9. Lee SJ, Park HS, Han JH, Kim HJ, Seo MW, Choi EA, et al. Effects of an individualized educational program on knowledge, compliance and physiologic parameters in non-compliant hemodialysis patients. *Journal of Korean Clinical Nursing Research*. 2009;15(3):5-16. <https://doi.org/10.22650/JKCNr.2009.15.3.5>
- A10. Jang EJ, Kim HS. Effects of exercise intervention on physical fitness and health-related quality of life in hemodialysis patients. *Journal of Korean Academy of Nursing*. 2009;39(4):584-593. <https://doi.org/10.4040/jkan.2009.39.4.584>
- A11. Park HM, Lee HS. Effects of empowerment education program for hemodialysis patients on self-efficacy, self-care agency, self-care activities and physiologic parameters. *The Korean Journal of Rehabilitation Nursing*. 2010;13(2):151-160.
- A12. Kim AL. Effects of structured arm exercise on arteriovenous fistula stenosis in hemodialysis patient. *Journal of Korean Biological Nursing Science*. 2012;14(4):300-307. <https://doi.org/10.7586/jkbns.2012.14.4.300>
- A13. Kim MJ, Park CN, Kang YE, Lee SS. The effects of nutrition education and regular exercise on nutritional status, quality of life and fatigue in hemodialysis patients. *Journal of the Korean Dietetic Association*. 2013;19(4):373-388. <https://doi.org/10.14373/JKDA.2013.19.4.373>
- A14. Kim SY, Kim JD, Park AK, Koo SJ. The effect of a video dietary instruction program for hemodialysis patients. *Journal of Korean Clinical Nursing Research*. 2014;20(1):134-145. <https://doi.org/10.22650/JKCNr.2014.20.1.134>
- A15. Cho HY. Effects of self-motivated virtual reality exercise program on heart rate variability and quality of life in the hemodialysis patients. *Journal of the Korea Academia-Industrial Cooperation Society*. 2014;15(9):5578-5584. <https://doi.org/10.5762/KAIS.2014.15.9.5578>
- A16. Kim HJ, Park SJ, Park MK. The effect of periodical and individualized educational program for long-term hemodialysis patient. *Korean Journal of Adult Nursing*. 2015;27(5):572-582. <https://doi.org/10.7475/kjan.2015.27.5.572>
- A17. Ahn KS, Hong YS, Cho YJ, Son MH, Shin YH. Effects of intradialytic exercise on psychological well-being, depression and blood chemicals in hemodialysis patients. *Keimyung Journal of Nursing Science*. 2015;19(1):11-18.
- A18. Kim CE, Han JY. Effects of individualized diet education program on the dietary knowledge and self-care compliance among hemodialysis patients. *Journal of Korean Clinical Nursing Research*. 2016;22(3):257-264. <https://doi.org/10.22650/JKCNr.2016.22.3.257>
- A19. Lee O, Kim MH, Lee CH, Oh IH, Kim YS. Effects of intra-dialytic, short-term resistance exercise on physical fitness, depression and dialysis adequacy. *The Korean Journal of Sports Medicine*. 2016;34(2):162-168. <https://doi.org/10.5763/kjasm.2016.34.2.162>
- A20. Park JE, Han HS, Lee KH. Effects of the lower limb muscle strength exercise program during hemodialysis on the

- leg strength and falls efficacy of hemodialysis patients. *Journal of Korean Clinical Nursing Research*. 2017;23(3):388-397. <https://doi.org/10.22650/JKCNR.2017.23.3.388>
- A21. Lee JN. Effects of a muscle strength reinforcement exercise program for older adult patients on hemodialysis. *Journal of Korean Gerontological Nursing*. 2018;20(3):204-216. <https://doi.org/10.17079/jkgn.2018.20.3.204>
- A22. Kim EJ, Lee HS, Shin HJ, Hong MJ, Kim SY, Kim SA, et al. Effects of low intensity exercise training during hemodialysis on fatigue, activity of daily living, positive psychological capital, and blood pressure. *Journal of Korean Academy of Fundamentals of Nursing*. 2019;26(1):62-73. <https://doi.org/10.7739/jkafn.2019.26.1.62>
- A23. Ko SI, Kang KJ. Effect of a complex leg exercise program for hemodialysis patients with restless legs syndrome. *Journal of Korean Clinical Nursing Research*. 2020;26(3):385-394. <https://doi.org/10.22650/JKCNR.2020.26.3.385>
- A24. Kim SS, Choi YS. Effects of a repeated hemodialysis diet education program for older adults. *Korean Journal of Adult Nursing*. 2020;32(5):515-525. <https://doi.org/10.7475/kjan.2020.32.5.515>