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Food intake, nutritional status, adequacy of hemodialysis, and anemia in maintenance hemodialysis patients in Sardjito Hospital

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This study is to investigate the association of food intake, nutritional status, and adequacy of hemodialysis amongst patients undergoing regular hemodialysis in Dr Sardjito hospital. The study was observational with a cross-sectional design. The subject of study is all patients end-stage renal disease undergoing regular hemodialysis in the hospital. Total of 128 patients, men and women aged 19-79 years. Measuring instruments used are a semi-quantitative questionnaire, microtoise and weight scales. Anaemia in dialytic patients is defined if Hb <10 g/dl. The independent variable is food intake, body mass index, and adequacy hemodialysis, and the dependent variable is anaemia. Analysis of data uses univariate, bivariate and multivariate analysis. This study found that 58% are male, 73% anaemia, 77% normal in body mass index

(BMI), and 91% Kt/V adequate. Moreover, most of the patient had a low consumption in energy, Fe, folic acid, B12 vitamin, and protein (71%, 71%, 79%, 52%, and 40% respectively). Mean intake for energy is 1634 ±270 kcal, protein 56 ±12, Fe 8.9 ±10.7 mg, Folic acid 252±154 mg, B12 via 8.9±10.7 mg. There was no significant association between food intake, nutritional status and adequacy of hemodialysis with anemia among dialysis patients (Risk prevalence 1.00 for energy, 1.03 for protein, 0.65 for Fe, 0.91 for folic acid, 0.53 for B12 vit, 1.04 for BMI, 1.14 for Kt/V respectively) with p-value > 0.05. Most of the patients had a low intake and anaemic. Although there was no statistically significant association between food intake, nutritional status and adequacy of hemodialysis patients in this study.

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