



Nutritional Status and Malnutrition Prevalence among Maintenance Hemodialysis Patients

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Abstract:

Background: Malnutrition of patients on maintenance hemodialysis (HD), is frequent and associated with increased risk of mortality and morbidity. Nutritional status is frequently ignored in many dialysis centers while simple methods of nutritional assessment could have a favorable impact on patient management. **Aims:** To assess the nutritional status of patients undergoing hemodialysis and to assess the severity of malnutrition among those patients. **Research Design:** A cross-sectional study conducted to assess the nutritional status and prevalence of malnutrition among patients undergoing hemodialysis **Sample:** A total number of 478 patients from the three dialysis units at general hospitals in Assiut city /Egypt were included in the study **Method:** Data was collected through the direct and indirect methods which include personal, diet, and health questions, diet and fluid compliance, Subjective Global Assessment (SGA), Anthropometric measurements and Laboratory evaluation. **Results:** regarding patient fluid guidelines . They were at lowest point of omitting fluid guidelines thus; their deviations from fluid plan were also low. Considering that the possible range of total SGA scores falls between 7-35, Consistent with this result, the majority of patients (85. %) scored were moderate to severe level of malnutrition. The means for anthropometric measure were revealed normal scores. Albumin was at low level, but cholesterol level was at the optimal level. However, haemoglobin concentrations represented by the hematocrit percent revealed a deviated mean from normal values. **Conclusion:** Most of the patients in this study had moderate to severe level of malnutrition, low albumen and hematocrit. For prevention, diagnosis, and treatment of malnutrition in patients with end stage of renal disease undergoing hemodialysis, continuous educational programs should be organized in order to educate patients with chronic renal failure who are on hemodialysis for correction of malnutrition; in addition, periodic nutrition assessment and provision of a detailed diet plan for each patient is very helpful.

Keywords:

Hemodialysis patient, Malnutrition, Subjective Global Assessment.

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