



Shaping Tomorrow's Nephrology: Insight-Driven Kidney Care

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The Role of Dietitian in Dietary Management of Chronic Kidney Failure after Major Surgery

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Case Study : Introduction : Major surgical procedures, such as heart surgery (coronary artery bypass graft), increase the risk of impaired kidney function due to decreased renal perfusion and often lead to long-term kidney dysfunction if not managed properly. Post-major surgery, patients with chronic kidney failure are given a low-protein diet, with less than 0.8 grams per kilogram of ideal body weight, to ease the kidney load. Objective : Maintaining kidney function and help decline kidney function to end stage by providing the right diet after surgery. Methods : This study included 20 patients who underwent heart surgery (coronary artery bypass graft), including 3 people with stage 3a kidney failure, 9 people with stage 3b, 6 people with stage 4, and 2 people with stage 5. It was conducted over the past year in the CICU room of RSCM Jakarta. Results : By the end of treatment, the patients had average energy intake 78% of their needs and 95% of their protein needs, thus achieving the minimum target of 75% of their needs. A paired t-test showed no difference between preoperative and postoperative eGFR ($p > 0.05$), with 60% experiencing an increase in eGFR and 40% experiencing a decrease. Post-surgery, 90% of patients remained in the predialysis stage, and only 10% remained in end-stage kidney failure but did not require any kidney replacement therapy. Conclusion : Providing a diet according to kidney function has been proven to maintain kidney function and keep patients in a predialysis condition, so there is no need for kidney replacement therapy even after major surgery.