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Factors Associated With Malnutrition Among Patients With Chronic Kidney Disease Undergoing Hemodialysis At Fatmawati General Hospital Jakarta In 2025

Herlinda Lizamona¹, Sandra Fikawati²

¹Department of Department of Nutrition, Fatmawati General Hospital, Indonesia

²Department of Department of Public Health Nutrition, Universitas Indonesia, Indonesia

Objectives : Malnutrition is a major complication in patients with Chronic Kidney Disease undergoing hemodialysis and contributes to reduced quality of life, increased hospitalization, and higher mortality. Identification of modifiable risk factors is essential to improve long-term outcomes. This study aimed to analyze factors associated with malnutrition among patients receiving maintenance hemodialysis at a national referral hospital in Jakarta.

Methods : A cross-sectional study was conducted among 133 outpatients who had undergone hemodialysis for at least three months. Nutritional status was assessed using the Subjective Global Assessment. Primary data were collected through structured interviews and a Semi-Quantitative Food Frequency Questionnaire, while clinical data were obtained from medical records. Independent variables included age, sex, duration and frequency of hemodialysis, comorbidities, and macronutrient intake. Data were analyzed using chi-square tests and multiple logistic regression.

Results : Patients aged ≥ 60 years were significantly more likely to experience malnutrition (OR 2.9; $p=0.036$). Energy intake below 70% of individual requirements was strongly associated with malnutrition (OR 7.8; $p=0.003$). No significant associations were observed for sex, dialysis duration, dialysis frequency, diabetes mellitus, hypertension, cardiovascular disease, or protein, fat, and carbohydrate intake. Multivariate analysis confirmed older age and inadequate energy intake as independent predictors.

Conclusions : Older age and insufficient energy intake are dominant risk factors for malnutrition among hemodialysis patients. Regular nutritional screening and individualized interventions focusing on energy adequacy should be prioritized. A multidisciplinary approach involving physicians, dietitians, nurses, and family support is essential to maintain optimal nutritional status.

Multivariate Table.png

Variable	B	P-Value	Odds Ratio
Age ≥ 60 Years	1.056	0.039	2.874
Energy Intake $< 70\%$	2.076	0.002	7.972
Fat Intake	0.294	0.659	1.342
Carbohydrate Intake	0.273	0.631	1.314