

## 만성 혈액투석 환자에서 노인영양위험지수는 사망에 대한 의미있는 예측인자이다

고신외대 내과학교실

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### Geriatric Nutritional Risk Index, a Simplified Nutritional Screening Index, is a Significant Predictor of Mortality in Korean Hemodialysis Patients : A Single Center Study

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**Background:** Malnutrition is a common complication in hemodialysis patients. Recently, the Geriatric Nutritional Risk Index (GNRI) has been reported as a simple and accurate tool to assess nutritional status of hemodialysis patients. Our objective was to examine the association between GNRI and mortality in chronic hemodialysis patients.

**Methods:** We examined the GNRI of 120 maintenance hemodialysis patients ( $56.2 \pm 12.7$  years, 51 males and 69 females) and followed up these patients for 120 months. Predictors for all-cause death were examined using Life table analysis and Cox proportional analyses.

**Results:** The GNRI was  $100.4 \pm 9.0$ , and was negatively correlated with age. During the 120-month follow-up period, 11 patients died. Life table analysis revealed that patients with a GNRI  $< 90$  ( $n=19$ ) had a significantly lower survival rate, compared to those with GNRI  $\geq 90$  ( $n=101$ ) (Wilcoxon test,  $p=0.068$ ). Multivariate Cox proportional hazards analyses demonstrated that GNRI was a significant predictor for mortality [hazard ratio (HR) 0.966, 95% confidence interval (CI) 0.945–0.995,  $p=0.018$ ], after adjustment for age, gender, presence of diabetes and Body weight.

**Conclusion:** These results demonstrated that GNRI may be a significant predictor for mortality in Korean hemodialysis patients. The simple method of GNRI is considered to be a clinically useful marker for the assessment of nutritional status in Korean hemodialysis patients.

**Key Words:** 노인영양위험지수, 혈액투석, 영양실조, 사망률  
GNRI, Hemodialysis, Malnutrition, Mortality