

혈액투석환자에서 영양상태와 투석간 체중증가 및 우울증의 관련성

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The Association of Nutrition with Interdialytic Weight Gain and Depressive Disorder in Hemodialysis Patients

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Purpose: Malnutrition was reported to occur in 23–76% and known as an important predictor of increased mortality in maintenance hemodialysis (HD) patients. This study was performed to evaluate the association of nutrition with interdialytic weight gain (IDWG) and depression in HD patients.

Methods: Sixty-five HD patients for at least 3 months were enrolled. We investigated malnutrition by OSND (Objective score of Nutrition on dialysis) score and depressive disorder by Montgomery depression rating scale and Hamilton depression rating scale. We compared the clinical and biochemical profiles according to the malnutrition.

Results: Mean age of the patients was 55.7 ± 12.6 years and patients with diabetes accounted 55.4%. Mean duration of HD was 36.2 ± 32.0 (4–129) months. Depressive disorder was diagnosed in 21 (32.3%), Malnutrition (OSND score <22) in 24 (36.9%) and large IDWG (>1 kg/day) in 40 (61.5%) out of the 65 HD patients. Patients with malnutrition had lower incidence of large IDWG (45.8% vs 70.7%, $p=0.046$) and depression (19.5% vs 54.1%, $p=0.004$) than those without. BMI (21.2 ± 3.0 vs 23.4 ± 3.0 kg/m², $p=0.006$), TSF (triceps skin fold thickness, 8.8 ± 4.2 vs 15.0 ± 6.2 mm, $p<0.001$), MAC (mid-arm circumference, 23.6 ± 2.7 vs 26.4 ± 3.0 cm, $p=0.001$), serum albumin (3.6 ± 0.3 vs 3.8 ± 0.2 g/dL, $p=0.029$) and total cholesterol (142.5 ± 29.2 vs 169.7 ± 31.2 mg/dL, $p=0.001$) were also lower in patients with malnutrition, compared to the patients without malnutrition. There was no difference in age, gender, diabetes and HD duration between the two groups. In multivariate analysis, Depressive disorder was an independent risk factor for malnutrition.

Conclusion: This study showed that depressive disorder was significantly related to malnutrition in maintenance HD patients. Therefore, we suggest that the depressive disorder may be considered in HD patients at the time of the assessment of nutritional status in maintenance HD patients.

Key Words: 영양실조, 투석간 체중증가, 우울증

Malnutrition, Interdialytic weight gain, Depression