

복막투석환자에서 예후인자로써의 Geriatric nutritional risk index

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강석휘, 정요한, 김산옥, 황문주, 박정민, 조규향, 박종원, 윤경우, 도준영

Geriatric Nutritional Risk Index as a Prognostic Factor in Peritoneal Dialysis Patients

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Background: The geriatric nutritional risk index (GNRI) may be useful as a new marker for screening malnutrition in dialysis patients. However, data concerning GNRI as a prognostic factor in peritoneal dialysis (PD) patients are scarce.

Patients and Methods: We reviewed the medical records at Yeungnam University Hospital in Korea and identified all adults (>18-years-of-age) who received PD. Four hundred eighty six patients were enrolled.

Results: Initial low GNRI tertile was 162 patients. Middle and high tertile was 166 and 158 patients, respectively. A significant association was noted between initial GNRI and body mass index, creatinine, albumin, C-reactive protein, arm circumference, fat mass index, and comorbidities. The cutoff value for time-average GNRI over 1 year was 96.4 and the sensitivity and specificity for a diagnosis of protein energy wasting were 77.1%. On multivariate analysis adjusted for age, Davies risk index, gender, residual renal function, and initial low tertile of GNRI was associated with mortality in PD patients.

Conclusion: The GNRI is a simple method for predicting nutritional status and clinical outcome. Maintenance of proper GNRI is also important to prevent PD patients from protein-energy malnutrition.

Key Words: 예후인자, 복막투석, 영양상태
Nutrition, Peritoneal dialysis, Prognosis