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노인투석 환자에 있어서 투석 효율 및 영양 표지자 비교

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Comparison of Dialysis Efficiency and Nutritional Parameters Among Elderly Hemodialysis Patients

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Background: Nutritional markers are important predictors of morbidity and mortality in dialysis patients. The prevalence of malnutrition is high in elderly patients on maintenance dialysis treatment in relation to low protein and energy intakes, metabolic disorders.

Method: We investigated dialysis efficiency indicators and nutritional parameters of 82 elderly patients who started to receive hemodialysis treatment and lasted more than a year in our hospital for last 5 years. 20 patients were expired during treatment period and 62 patients are alive. The indicators were measured at one year after the initiation of dialysis and the most recent time or the most recent time before death. Differences in the means between the groups were evaluated by un-paired Student's t-test.

Results: In survival group, urea reduction rate (URR), Kt/V/week, normalized protein catabolic rate (nPCR), serum total cholesterol were higher than those of death group.

Conclusion: These results imply that elderly hemodialysis patients may require adequate dialysis manage and special nutritional support

Key Words: 혈액투석, 영양, 노인환자
Hemodialysis, Nutrition, Elderly patients

Table 1. Comparison of Dialysis Efficiency and Nutritional Parameters on Post-hemodialysis One Year in Elderly Patients

Post-hemodialysis 1 year	Survival group	Death group	p value
URR (%)	69.86±4.85	66.07±12.09	0.05
Kt/V/week	4.78±1.35	3.91±0.75	0.01
nPCR (g/kg/day)	1.10±0.25	0.96±0.16	0.01
Hemoglobin (g/dL)	10.70±0.77	9.97±0.93	0.00
T.cholesterol (mg/dL)	168.52±37.22	145.80±54.02	0.04

Table 2. Comparison of Dialysis Efficiency and Nutritional Parameters on the Most Recent Time in Elderly Patients

The most recent time	Survival group	Death group	p value
URR (%)	72.44±3.77	68.47±5.90	0.00
Kt/V/week	4.95±1.24	4.19±0.68	0.01
nPCR (g/kg/day)	1.20±0.60	0.85±0.30	0.02
Hemoglobin (g/dL)	10.47±1.49	9.79±1.25	0.07
T.cholesterol (mg/dL)	159.52±31.97	130.20±32.79	0.00