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ASSOCIATION BETWEEN FOOD INTAKE, NUTRITIONAL STATUS, AND ADEQUACY OF HEMODYALISIS, WITH ANEMIA IN REGULAR HEMODIALYSIS PATIENTS IN SARDJITO HOSPITAL

Dieta Lebe Singarimbun[1], Martalena Purba[2], Vittoria Vittoria[3]
[1]Department of Nutrition, Center of Population Study Gadjah Mada University, Indonesia
[2]Department of Nutrition, Dr. Sardjito Hospital, Indonesia
[3]Department of Nutrition, Puskesmas North Sumatra, North Sumatra, Indonesia

Objectives: To investigate association of food intake, nutritional status, and adequacy of hemodialysis amongst patients undergoing regularly hemodyalisis in Dr Sardjito hospital

Methods: The study was observational with cross sectional design. The subject of study is all patients end stage renal disease undergoing regularly hemodialysis in the hospital. Total of 128 patients, men and women aged 19-79 years. A measuring instrument used are a semi quantitative questionnaire, microtoise and weight scales. Anemia in dialytic patients is defined if Hb <10 g/dl.The independent variable is food intake, body mass index, and adequacy hemodialysis, and dependent variable is anemia. Analysis of data use univariat, bivariat and multivariate analysis.

Results: This study found that 58% are male, 73% anemia, 77% normal in body mass index (BMI), and 91% Kt/V adequate. Moreover, most of the patient had low consumption in energy, Fe, folic acid, B12 vitamin, and protein (71%, 71%, 79%, 52%, 40% respectively). Mean intake for energy is 1634 ±270 kcal, protein 56 ±12, Fe 8.9 ±10.7 mg, Folic acid 252±154 mg, B12 vit 8.9±10.7 mg. There was no significant association between food intake, nutritional status and adequacy of hemodialysis with anemia amongs dialysis patients (Risk prevalence 1.00 for energy, 1.03 for protein, 0.65 for Fe, 0.91 for folic acid, 0.53 for B12 vit, 1.04 for BMI, 1.14 for Kt/V respectively) with p value > 0.05.

Conclusions: Most of the patients had a low intake and anemic. There was no significant association between food intake, nutritional status and adequacy of hemodialysis patients in this study.