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## **Determining Energy And Protein Intake On Day With And Without Hemodialysis In Indonesia Tertiary Level Hemodialysis Unit**

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**Objectives:** The aim of this study was to analyze the difference of energy and protein intake during hemodialysis and a day without hemodialysis.

**Methods:** This comparison observational study was done in Hemodialysis Unit in Dr. Cipto Mangunkusumo Hospital Jakarta from January until November 2018. Data was collected by cross-sectional method with 120 patients who get a dietary assessment and counseling from Renal Dietitian. Energy and protein intake's data was collected with 24 hours recalls method.

**Results:** Energy and protein during hemodialysis was  $1497.39 \pm 600,343$ ,  $47,43 \pm 19,477$ . In a day without hemodialysis energy and protein intake was  $1550 \pm 540,651$ ,  $50,23 \pm 19,939$ . There was no difference in energy and protein intake in a day with and without hemodialysis ( $p > 0,05$ ). Energy and protein is sufficient and approach intake recommendation, energy 35 kcal/kg IBW per day, however protein intake is still under 1.2 gram/kg IBW per day of recommendation.

**Conclusions:** Generally, energy intake is met the recommendation but protein is less than 1.2 gram/kg IBW per day. Based on the result, patients intake is not influenced during haemodialysis two times per week and without haemodialysis.