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Micronutrients Adequacy Intake In Hemodialysis Patiens

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Objectives: The purpose of this study was comparing micronutrient intake of 120 patients on and off dialysis days.

Methods: The subjects were consistof 65 man and 55 women. A 24-hour recall were used to evaluating dialysis patient's micronutrients intake.

Results: In average, patient's calories intake was 1550,9 kcal/day on dialysis day and 1497,4 kcal/day off dialysis day. Their calories intake were lower than recommendation eventhough it reached 80%calories needed. In general, patient's vitamin and trace element intake were also less than recommendation,presumably because of their calories intake were not reached 100% calories needed.

Conclusions: Comparing to on and off dialysis days, patient's micronutrients intake were lower on dialysis day. Inadequate micronutrient intake may decrease patient's immunity, muscle and nerves function, also increase risk of impaired organs function such as cardiovascular system. Therefore, from this study we recommended that dialysis patient consume vitamin and mineral supplement to fulfill the requirement of recommended micronutrient daily intake.