

Abstract Type : Poster

Abstract Submission No. : PO-1285

ENERGY INTAKE, BODY MASS INDEX AND BODY COMPOSITION IN CHRONIC KIDNEY DISEASES ON DIALYSIS

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Objectives: This study aim to viewed the correlation between energy intake and body mass index, body fat deposits and body muscle stores on dialysis.

Methods: Study design is cross-sectional in 120 adult patients with chronic kidney disease on dialysis therapy.

Results: The correlation between energy intake and body mass index, body fat deposits and body muscle stores showed that there were an association between energy intake and body mass index ($p < 0.005$) and body fat deposits to body muscle stores ($p < 0.005$). Maintaining adequate energy intake is very important to ensure the body's condition that has sufficient reserves as long as the patient on dialysis. An adequate supply of fat in the body has a good beneficial in preventing the breakdown of muscle protein.

Conclusions: Adequate intake is related to BMI in ckd on dialysis. Well nourished patient can maintain their BMI by selecting right and recommended food. Therefore nutrition education is only the way to addres nutrition problem. Nutritional education has an important role in behavior of patients to maintain adequate nutrition intake in order patients know the importance of maintaining normal body mass index.