

Abstract Type : Poster

Abstract Submission No. : PO-1347

Quantitative Nutrient Intake and Dietary Diversity Score of Hemodialysis Patients at Dr. Sardjito Hospital, Jogjakarta, Indonesia

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Objectives: To investigate quantitative nutrient intake and dietary diversity score of patients undergoing regularly hemodialysis in Dr Sardjito hospital.

Methods: The study was observational with cross sectional design. The subject is all patients with end stage renal disease undergoing regularly hemodialysis in the hospital. Total of 94 outpatients, men and women aged 19-79 years. A three days 24 hour recalls is used to measure food intake quantitatively and qualitatively. Individual Dietary Diversity Score (IDDS) was define as lowest dietary diversity (≤ 3 food groups), medium dietary diversity (4 and 5 food groups) and high dietary diversity (≥ 6 food groups) out of 9 food groups namely cereals & white roots and tubers, vitamin A rich vegetables and tubers, dark green leavy vegetables, other vegetables and fruits, organ meat, meat and fish, legumes and pulses, egg, milk and dairy products . Macronutrients recommendation in this study population is used 35 Kcal and 1,2 g protein/Kg Ideal body weight.

Results: This study found that mean energy, protein, fat and carbohydrate intake of the subjects were 1699 Kcal, 58 g, 75 g, 203 g, respectively. Most of the patients (80%) have an adequate intake of fat, due to higher consumption of fried food. On the other hand, most of the patients had a low intake of energy, protein and carbohydrate (47%, 60%, 80% respectively). Qualitative analysis showed that mean IDDS was 4,9. Furthermore there was 35% patients had high IDDS, 43% moderate IDDS and 22 % low IDDS. There is no significant correlation between macronutrients intake and IDDS ($p < 0,35$).

Conclusions: We found that most of the patients have a high daily food variety, however, a regular nutrition education are very important to increase macronutrients intake of the hemodialysis patients