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A Case Study : Nutritional Care for Kidney Transplantation Patients with Malnutrition in Cipto Mangunkusumo General Hospital, Jakarta

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Case Study: Pre-operative malnutrition status could prolonged the length of stay and impaired wound healing after kidney transplantation. Nutritional care process performed by dietitian improved patient's nutritional status and lead to the success of kidney transplantation. The purpose of our study was to perform and evaluate nutritional care process for malnutrition patient who had undergone kidney transplantation. Primary data (interview) and secondary data (medical record and laboratory values for nutritional status) of four kidney transplantation recipients with malnutrition were collected in our case study. High blood pressure was the leading cause of our patients' medical history. Low BMI ($<18.5\text{kg/m}^2$) and low energy-protein intake ($<50\%$ of requirements) were used to diagnose malnutrition. In early post kidney transplantation, we prescribed energy 35kcal/kgIBW/day and protein 1.3g/kgIBW/day . One month after the surgery, nutrition counseling was given with energy prescription $35-40\text{ kcal/kgIBW/day}$ and protein $1.3-1.4\text{g/kgIBW/day}$. The patients' energy and protein intake was increase to $80-90\%$ of the requirement. Within a month after kidney transplantation, the average of body weight intercalation was $1-3\text{kg/month}$ and BMI 1kg/m^2 . Hemoglobin was increase to 10 g/dL near to normal range and albumin plasma was 4g/dL , in average. Muscle mass was not significantly change during the observation. This case study showed that a proper nutritional care process in malnutrition patients may improve nutritional status and promote anabolic conditions after surgery.