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Defining Protein-Energy Malnutrition using Nutritional Scores in Maintenance Hemodialysis Patients

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Objectives: Define nutritional status of MHD patients using several nutrition indicators

Methods: This observational research with cross-sectional study design was conducted in dialysis unit Universitas Gadjah Mada Hospital in January 2019. We involved 71 MHD patients and collected information regarding socio-demographic and nutrition intake using form 24-hours recall, assessed anthropometry (BMI, MUAC and body fat mass), biochemical (albumin and TIBC) and physical data using handgrip strength dynamometer. Malnutrition would be defined using malnutrition inflammation score.

Results: More than 50% of patients have well-nourished status based on BMI, MUAC, HGS and skeletal muscle yet, 62% of patients have underfat. Biochemical data revealed only 5.6% of patients have hypoalbuminemia, while 93% of patients' TIBC is low. Both energy and protein intake are inadequate (62% and 79%). Based on MIS, prevalence of malnutrition is 31%. The MIS have significant association with MUAC. The trend reveals patient with hypoalbuminemia tend to have malnourished rather than patient with normal albumin although it is not significant.

Conclusions: Patient with chronic energy deficiency and hypoalbuminemia tend to have malnourished based on MIS.