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The Relation Between Protein-Energy Intake with Subjective Global Assessment (SGA) and Albumin Level in Continuous Ambulatory Peritoneal Dialysis Patients (CAPD) at Cipto Mangunkusumo General Hospital Jakarta-Indonesia

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Objectives: To assess the relation between protein-energy intake with subjective global assessment (SGA) and albumin level of Indonesian peritoneal dialysis patients at Cipto Mangunkusumo General Hospital Jakarta.

Methods: Research was organized as cross-sectional study in 2019, using 24 food recall, BMI measurements and SGA assessment by registered dietitian. A sample 28 adults with CKD on PD were analyzed during June – December 2019 consists of 18 males and 10 females. SGA scored categorical with; A well nourished, B moderate malnutrition, C severe malnutrition. Biochemistry tested was serum albumin (hypoalbuminemia or normal albumin)

Results: Average energy requirement 1921 ± 273 Kcal/day, protein requirement is 54 ± 9.3 grams/day. Food recall showed 27 patients are sufficient intake (96.4%) and 1 patient with moderate intake (3.6%) with average energy intake 1725 ± 120 Kcal/day and average protein intake is 47 ± 4 grams/day. SGA result well-nourished patients is 26 patients (92.8%) and 2 patients with moderate malnutrition (7.2%). BMI status showed 7 patients with underweight (25%), 15 patients BMI normal (53.5%) and 6 patients with overweight (21.4%). Mean serum albumin was 3.75 ± 0.40 , 26 patients with albumin normal and 2 patients hypoalbuminemia. There are relation between Protein-Energy Intake with BMI ($p=0.003$) and SGA score ($p=0.002$), and albumin level ($p=0.043$) in Peritoneal Dialysis Patients.

Conclusions: Research study showed there are relation between protein-energy intake with nutritional status and albumin level. In PD patient nutrition education and counseling play role to maintain healthy normal nutrition status to prevent malnutrition and inflammation. Albumin as nutrition biochemical indicator of adequate protein intake should be tested regularly as Kidney Disease Guidelines. Moreover, it is recommended to assess of nutritional status periodically as part of the routine care in dialysis patients to identify and early recognition of malnutrition and nutritional intervention therapy.