

## 혈액투석환자와 복막투석환자의 영양상태와 예후에 미치는 영향

가톨릭대학교 서울성모병원 인공신장실

최혜숙 · 심봉애 · 김미경 · 이영화 · 이은옥 · 이선미

### Effects of Nutritional Condition on Prognosis between Hemodialysis and Peritoneal Dialysis Patients

Hyesuk Choi, Bong Ae Shim, Mikyoung Kim, Young Hwa Lee, Eunok Lee, Sunmi Lee

The Catholic University of Korea Seoul ST. Mary's Hospital

**Purpose:** Because the malnutrition of dialysis patients aggravates the immunity, it becomes the main cause of increasing morbidity and mortality. So this research was conducted in purpose of identifying the effects of nutritional condition on prognosis between hemodialysis and peritoneal dialysis patients.

**Methods:** Research objects were 74 hemodialysis patients and 97 peritoneal dialysis patients who had more than 3 months of dialysis, from September in 2009 to August in 2010, in Seoul St. Mary's Hospital. In order to evaluate the nutritional condition, we measured the anthropometric, body fat, %body fat, LBM(Lean body mass), biochemical data, MIS(Malnutrition inflammation score) and conducted a follow-up survey through the obligatory records of 1 year.

**Results:** As an average of  $60.0 \pm 12.0$ , the age of hemodialysis patients was higher than that of peritoneal dialysis patients whose average age was  $50.1 \pm 11.6$  ( $p=0.001$ ). Although it showed that the dialysis period of peritoneal dialysis patients ( $69.3 \pm 49.0$  months) was longer than that of hemodialysis patients ( $61.5 \pm 51.0$  months), there was no significant difference. The weight ( $p<0.001$ ) and BMI (Body Mass Index) was higher in peritoneal dialysis patients than in hemodialysis patients. Bodyfat ( $p=0.016$ ) and LBM ( $p=0.003$ ) was higher in 'male' peritoneal dialysis than in male hemodialysis patients, however, there was no difference between female patients. In biochemical blood test, total cholesterol ( $p<0.001$ ) and triglyceride ( $p=0.007$ ) of peritoneal dialysis patients were higher than those of hemodialysis patients. MIS scores ( $p=0.048$ ) was higher in hemodialysis patients than in peritoneal dialysis patients. On the comparison of prognoses depending on MIS, the higher the score was, the more frequently patients requested treatments ( $p=0.001$ ) and hospitalized ( $p=0.021$ ).

**Conclusion:** In comparison of nutritional indexes and MIS, peritoneal dialysis patients showed the better nutritional condition than hemodialysis patients. However, regardless of dialysis types, patients with malnutrition requested more treatments and hospitalized more often.

**Key Words:** 혈액투석, 복막투석, 영양상태

Hemodialysis, Peritoneal dialysis, Nutritional condition