

Submission No.: HEMO-9173

Session Title: Hemodialysis

Date & Time, Place: April 29 (Sat), 12:50 - 14:50, Room 3

Parenteral Nutrition of Hemodialysis Patients

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Malnutrition is associated with high morbidity and mortality rates as well as low quality of life in hemodialysis patients. Markers of nutritional status inevitably decline in chronic kidney disease over time, resulting in progressive depletion of protein and energy stores. This condition, termed 'protein-energy wasting' (PEW), is highly prevalent in HD patients and is often associated with infection, cardiovascular disease and decreased functional capacity. As interest in nutrition has recently increased, the importance of proper nutrition for dialysis patients has been emphasized, but it is insufficient in terms of treatment. Recent guidelines recommend that medical nutrition therapy for CKD patients begin with nutrition counseling, followed by oral nutritional supplements, enteral tube feeding, and parenteral nutrition. However, enteral nutrition often fails to achieve the target nutritional supply due to underlying disease and low compliance to advice in HD patients, and requires parenteral nutrition. Intradialytic parenteral nutrition (IDPN), a special form of parenteral nutrition, can be a good strategy for nutrition support in HD patients, but lack of knowledge on practical aspects of IDPN delivery are seldom discussed. In this lecture, based on the existing guidelines and articles, we try to discuss the practical aspects of PN, such as which patients may be suited for IDPN, how to effectively deliver and monitor this strategy in HD patients