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## **Dietary plan for Korean renal hemodialysis patients in a disaster emergency situation**

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Proactive planning and preparation are essential to ensure the safety of dialysis patients when emergency situations such as natural disasters occur. Patients with chronic kidney disease are especially vulnerable to such events. Disruptions caused by disasters, such as power outages, water shortages, transportation issues, and closure of dialysis centers, can lead to missed sessions, worsening their condition and potentially resulting in fatal outcomes. In situations where dialysis is unavailable due to a disaster, dietary considerations become crucial. The Centers for Disease Control and Prevention (CDC) in the United States provide dietary guidelines and a 3-day emergency diet plan for such situations. However, Korea is also susceptible to such disasters, and differences in dietary habits between the two countries pose challenges in applying American guidelines. Therefore, this study aims to develop tailored dietary guidelines and meal plans for Korean hemodialysis patients as part of the Korean disaster response system. The dietary guidelines for dialysis-dependent patients, particularly those experiencing postponed dialysis sessions, impose stricter restrictions on potassium, phosphorus, sodium, and fluid intake compared to a standard renal diet. Additionally, two dietary scenarios are outlined for a 3-day emergency meal plan: one for situations where electricity and water supply are cut off, and another for situations where electricity and water supply are available. Furthermore, to improve convenience and variety, patients can utilize a food exchange list designed for individuals with chronic kidney disease to replace preferred foods according to dietary preferences and food restrictions. While these guidelines and dietary plans cannot serve as substitutes for dialysis, educating and introducing patients to these guidelines and diets during short periods when they cannot receive dialysis may help mitigate the impacts of disasters on dialysis patients, potentially protecting their health and saving their lives.



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