



Lecture Code : DN02-S2

Session Name : Dialysis Nurse Course 2

Session Topic : -

Date & Time, Place : June 22 (Sun) / 10:40-12:40 / Room 1+2 (GBR 101+102)

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## 혈액투석환자의 영양관리

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Hemodialysis is a critical renal replacement therapy for patients with end-stage renal disease (ESRD), effectively removing waste products and excess fluid from the body to alleviate symptoms and prolong life. Advances in dialysis technology and the growing number of dialysis specialists have led to improvements in the quality of dialysis care, contributing significantly to both the survival and quality of life of ESRD patients. However, because hemodialysis is performed regularly—typically two to three times per week or more—patients are subject to the repeated loss of essential nutrients. Moreover, individuals with ESRD face an increased risk of malnutrition due to several factors, including dietary protein restrictions, increased energy requirements, inadequate dialysis dosage, and the catabolic effects associated with the dialysis process. Various studies conducted both domestically and internationally report that between 30.4% and 48% of hemodialysis patients are classified as malnourished. Although dietary restrictions in hemodialysis patients are somewhat less stringent than before dialysis initiation, careful dietary management remains essential. In particular, the intake of sodium, potassium, and phosphorus must be strictly regulated. At the same time, sufficient caloric and protein intake is crucial to prevent serious nutritional deficiencies. Failure to maintain proper nutrition can lead to severe malnutrition and negatively affect patient outcomes. This lecture will explore recent research findings on the nutritional status of hemodialysis patients, identify key indicators of malnutrition, and discuss appropriate dietary strategies to improve patient health and quality of life.

**Keywords:** Hemodialysis, Malnutrition, Protein intake, Energy requirements, Dietary management