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## **Impact of Medical Nutrition Therapy on Malnutrition Among Patients Undergoing Hemodialysis**

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**Objectives :** Chronic Kidney Disease (CKD) is responsible for 77.5% of patients with ESKD. Of these, 43.1% rely on dialysis. A significant issue faced by Hemodialysis (HD) patients is malnutrition, which has a global prevalence (28%–54%) with a higher risk of mortality (1.61%–4.08%). In India, the prevalence of CKD ranges from 7.5% to 22.7%. CKD patients are at risk for protein-energy wasting due to hypercatabolism, reduced anabolism, loss of protein through dialysate, etc. Medical Nutrition Therapy (MNT) plays a significant role in ensuring the well-being of CKD patients without malnutrition. Here, we assessed the impact of MNT on malnutrition among patients undergoing hemodialysis.

**Methods :** Thirty-four CKD patients undergoing hemodialysis were selected from Baba Hospital, Lucknow, U.P., India. Using systematic random sampling, they were divided into an experimental group (17) and a control group (17). The study followed a true experimental pre-and-post test design. Initially, the nutritional status was assessed with the Subjective Global Assessment (SGA) Scale. The control group received routine nutritional management, while the experimental group underwent Medical Nutrition Therapy (MNT), focusing on managing fluid, sodium, potassium, and phosphorus levels, along with adequate protein and calorie intake supervised by a medical nutritionist. After six months, nutritional status was reassessed using the same SGA and data were analyzed.

**Results :** Most HD patients were aged >65 years (61.77%), with 61.76% male and 38.24% female. Majority of HD patients were vegetarian (73.53). Pre-test showed that, 6 (17.65%) patients were well-nourished, 23 (67.65%) were mildly malnourished and 5 (14.7%) were severely malnourished. Post-test showed that, 21 (61.77%) patients were well-nourished, 13 (38.23%) were mildly malnourished and no one was severely malnourished, which was statistically significant at  $P < 0.05$  level.

**Conclusions :** Malnutrition is a common problem among hemodialysis patients in India and most patients had moderate malnutrition. Our findings suggest to use Medical Nutrition Therapy for prevention or management of malnutrition in HD patients.