

The Effect of Nutrition Program on Health Status among Dialysis Patients

Mazen A El-Sakka^{1*}, Samah M Wadi¹ and Abdalla W Al Qishawi²

¹Al Azhar University-Gaza, Palestine

²Department-Ministry of Health, Al Shifa Hospital- Dialysis, Gaza-Palestine

Poor access to food among low-income adults has been recognized as a risk factor for chronic kidney disease (CKD), but there are no data for the impact of food insecurity on progression to end-stage renal disease.

Diet and anthropometrics measurements are associated with increased morbidity and mortality and a rapid deterioration of kidney function in patients with chronic kidney disease. However, there is little information regarding the effect of nutrition intervention. The aims of this study were to investigate whether of diet patterns and changes in biochemical parameters as well as eGFR among adults with CKD on dialysis, as well as, to evaluate the efficacy and safety of a nutrition education program in patients with dialysis, based on the diagnostic criteria for Protein–energy wasting. The design of the study was a 2-month Control experimental design, prospective, and interventional study. The study was started from May 2017 and expected to finish on December 2011 in the Dialysis Department of Al Shifa Hospital in Gaza, Palestine.

Subjects: A total of 133 patients with ESRD started the research study, 102 finished it and 51 subjected on very well controlled diet program.

Intervention: The 2-month nutrition education program consisted of designing an individualized diet plan based on the patient's initial nutritional status, and 4 nutrition education sessions.

Results and Conclusion: Promising results reveal the effect of diet program on anthropometric, biochemical, and eGFR. Further research is needed to investigate the reliability and utility of this tool in a larger population group.

Biography:

Dr. Mazen A El-Sakka has completed PhD in pharmacy-Pharmacognosy, a Clinical Nutritionist Consultant, More than 30 publications, 3 Books & 10 Academic courses, 3 Patents, More than 55 international congress & workshop participations