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**Assessment of nutritional status of patients with pre-dialysis chronic kidney disease treated at Sri Jayawardenepura Hospital**

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Deterioration of the nutritional status is a common complication of patients with Chronic Kidney Disease (CKD). Therefore, this study was designed to assess the nutritional status of patients with pre-dialysis CKD treated at Sri Jayawardenepura Hospital. Twenty-nine inward CKD patients (10 males and 19 females) with a mean age of 59 (SD =  $\pm 4.2$ ) years were recruited. An interviewer administered questionnaire and semi-quantitative food frequency questionnaire were used to collect data. Body weight and height were measured following standard techniques to assess the nutritional status. Statistical analysis was done by using Minitab 14 version. Although the mean Body Mass Index (BMI) ( $21.85 \pm 3.92 \text{ kg m}^{-2}$ ) was within the normal range (18.5 - 22.9  $\text{kg m}^{-2}$ ), 21% of the sample was underweight (BMI < 18.5  $\text{kg m}^{-2}$ ). Mean energy intake was  $29.46 \pm 7.65 \text{ kcal/kgBW/day}$ , which was below the Recommended Dietary Allowance (RDA) of 30 - 35  $\text{kcal/kgBW/day}$ . The patients were given advice on restriction of protein intake and were consuming hospital diets containing plant based proteins (pulses and legumes). Their mean protein intake ( $0.77 \pm 0.19 \text{ g/kgBW/day}$ ) was within the RDA (0.6 - 0.8  $\text{g/kgBW/day}$ ). As they received a low-potassium diet from hospital, their potassium intake of  $1.14 \pm 0.26 \text{ g/day}$  was within the acceptable level. In conclusion, 21% of the study sample was underweight while 20 out of 29 patients (68.9%) did not meet their energy requirement. Therefore, assessment of nutritional status of pre dialysis patients is important to ensure appropriate nutrition support in a timely manner to prevent or minimize the development of malnutrition prior to dialysis.

Keywords: Chronic kidney disease, nutritional status, patients, pre-dialysis, underweight