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## Effect of nutritional counseling on nutritional status of hemodialysis patients in Shifa International Hospital Islamabad

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### Abstract

Kidneys play an important role in nutrients metabolism however the patients whose kidneys work properly will face malnutrition. Among hemo-dialysis patients due to malnutrition morbidity and mortality rates are at high level. In order to prevent malnutrition dietary compliances is important and determination of creatinine, phosphorus, blood levels of urea and the amount of weight gain between dialysis treatments should be included for the patients with chronic renal diseases. This study was designed to assess the effect of nutritional counseling on the nutritional status of hemo-dialysis patients in the dialysis center in Shifa International Hospital Islamabad, Pakistan. Total 200 patients were enrolled in the study divided into case and control groups. Case being the group, received nutritional counseling by Dietitian.

The results indicated that's there was a significant association between family type and kidney disease. Similarly, the results of gender showed that males are at more risk to develop renal failure as compare to female. The marital status, occupation and income showed significant association with renal failure and number of dialysis. It was evident from the results that End stage renal disease (ESRD) was found 57% in Case and 54% in control which showed significant result that ESRD is more common and reason for dialysis of the subjects than as compare to other type of kidney diseases. Clinical Characteristics i.e, vomiting in case group 66% and in control 68% showed significant association that vomiting is common in dialysis patients and it is the main cause of poor nutritional status of the patients. Nutritional status was assessed by anthropometric measurements using body mass index, the BMI of pre and post of cases and control showed significant differences. The biochemical parameters (Creatinine, Potassium, Phosphorus, Serum Albumin and BUN) showed significant differences before and after nutritional counseling of the Case group. Dietary data was taken with the help of 24-hour dietary recall method, which showed significant improvement in caloric intake of case group as compare to control group after nutritional counseling and dietary interventions.

The study hence, demonstrates that the impact of nutritional counseling and dietary interventions with the help of a Dietitian improved the quality life and nutritional status of the patients undergoes hemo-dialysis.

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