

# DIETARY HABITS OF HEMODIALYSIS PATIENTS – THE ROLE OF NUTRITIONAL EDUCATION



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## INTRODUCTION

Nutrition for patients suffering from chronic kidney disease (CKD) is considered to be among the most restrictive, mainly owing to the numerous limitations in consuming certain foods, micronutrients as well as the restriction in fluid intake. We investigated dietary habits of hemodialysis patients and their changes after nutritional education.

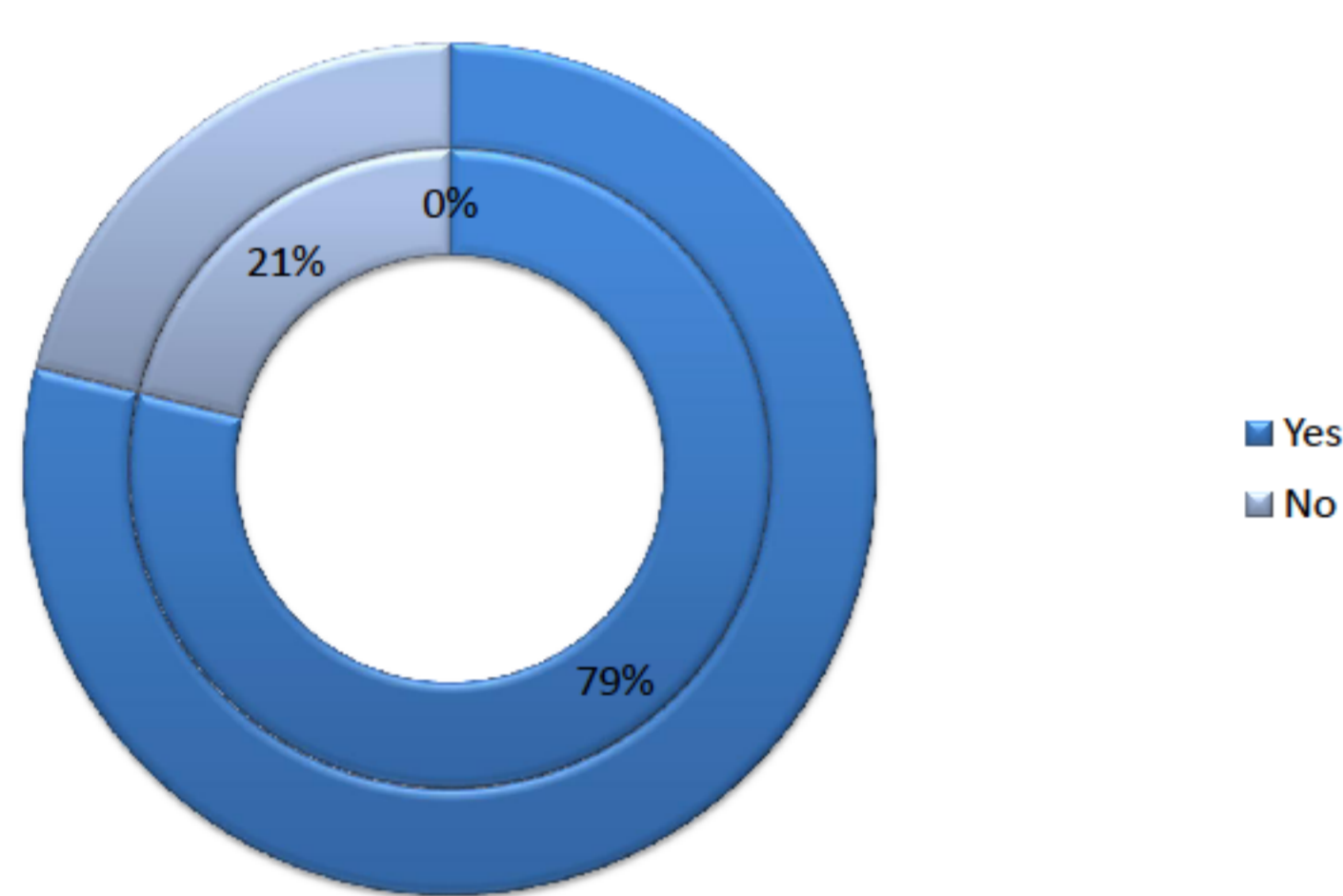
## RESULTS

Of 132 patients who completed the initial nutritional screening and education, 76 patients who had all required data were included in the final analysis. Results are presented in charts.

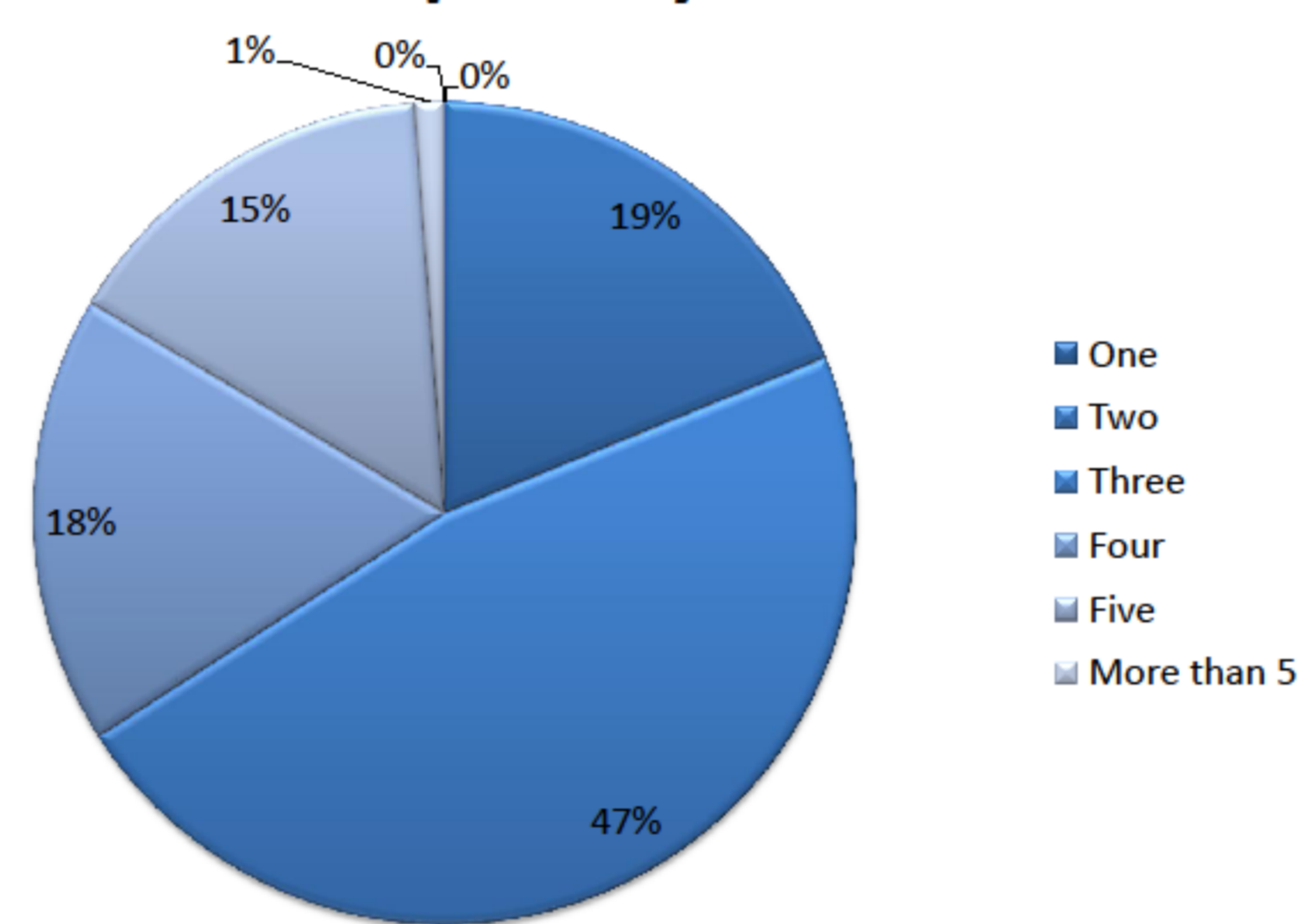
## PATIENTS AND METHODS

132 patients undergoing maintenance hemodialysis (HD) in UHC “Zagreb” were enrolled in our study. During the first educational visit every patient received individual recommendations for nutritional intake, necessity for enteral nutritional supplement or for phosphate binders (PB) taking depending on the anthropometric and laboratory assessment. Two months later, a questionnaire was carried out in order to identify if any changes in food intake were present after this specific nutritional and medical education.

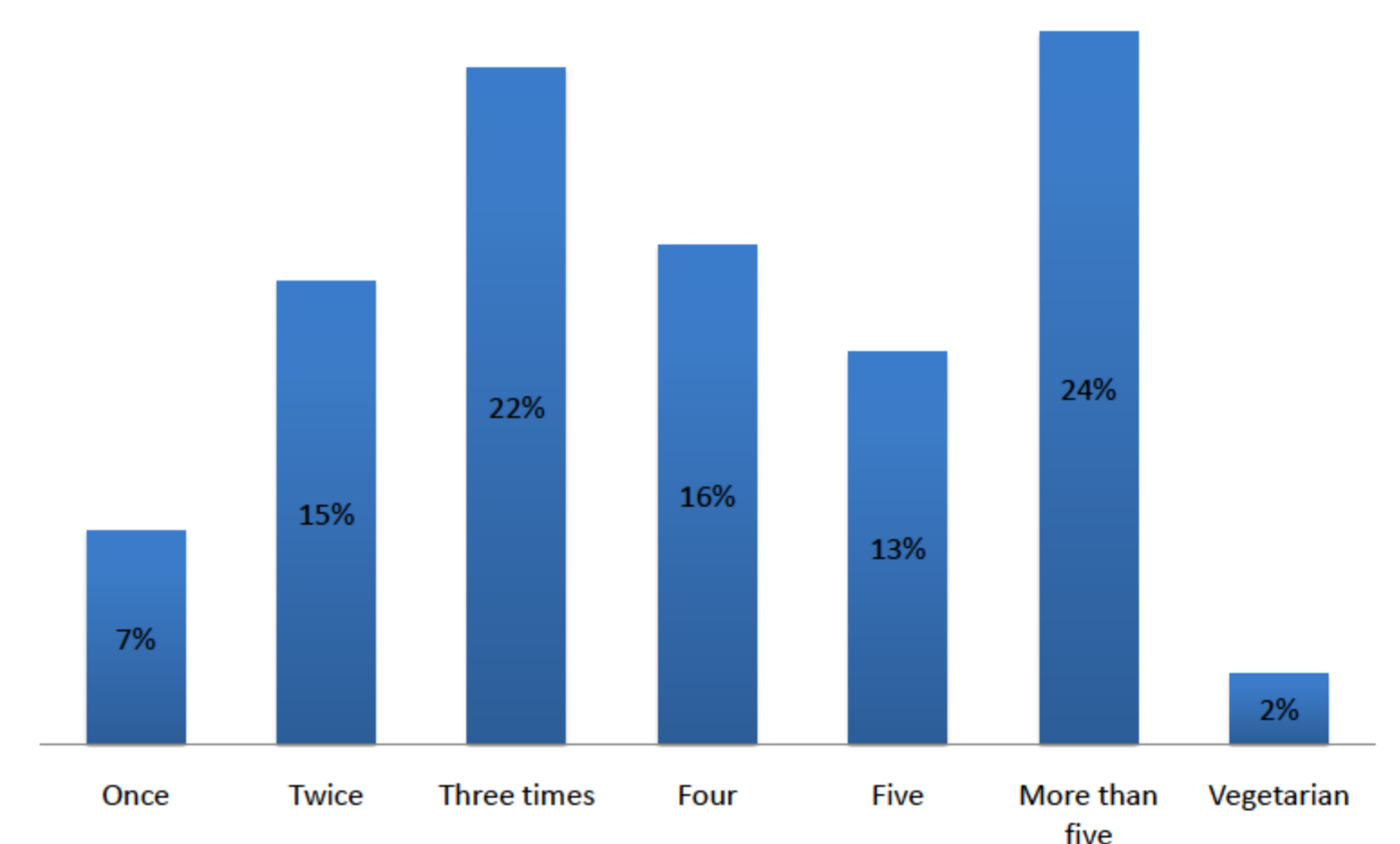
Do you have breakfast?



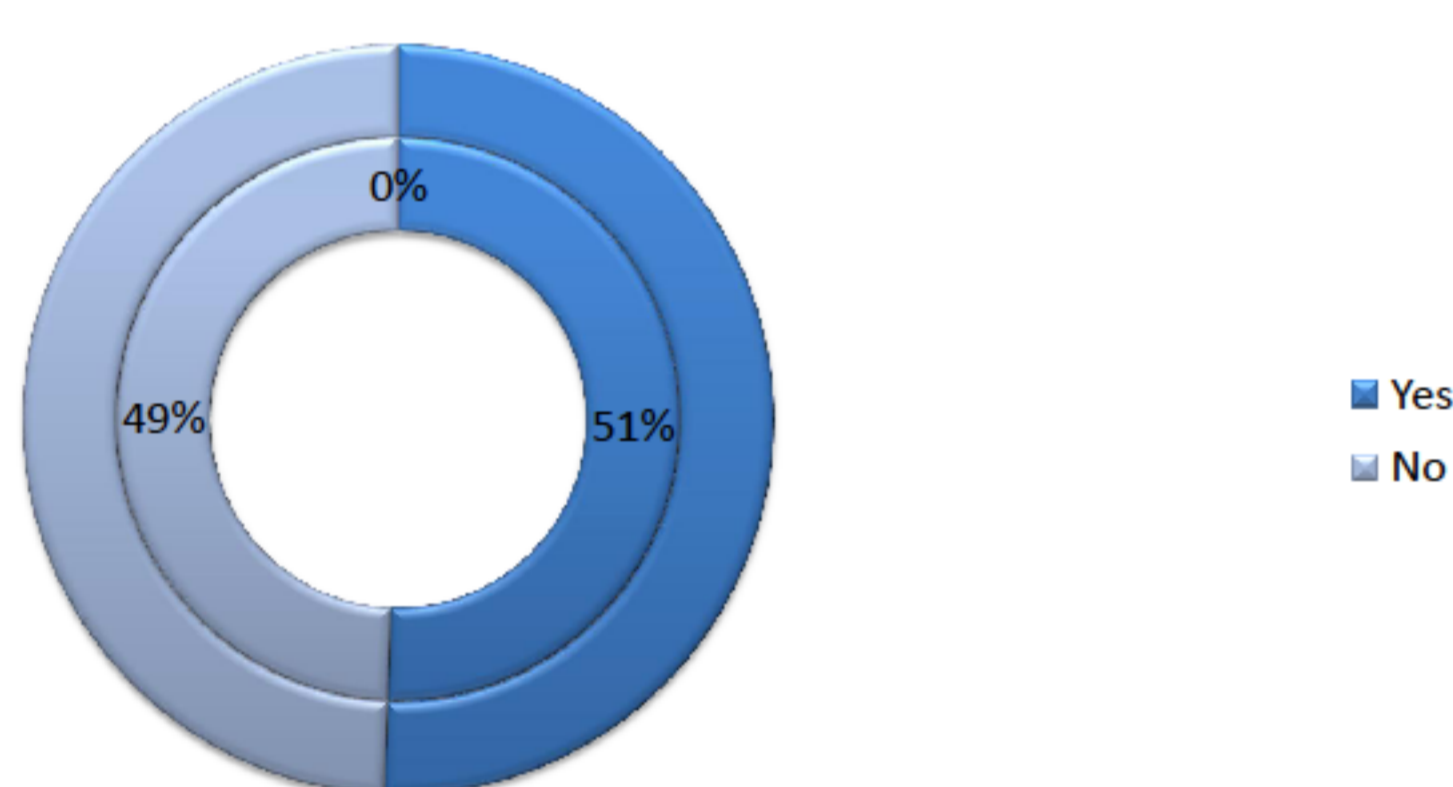
How many meals do you have per day?



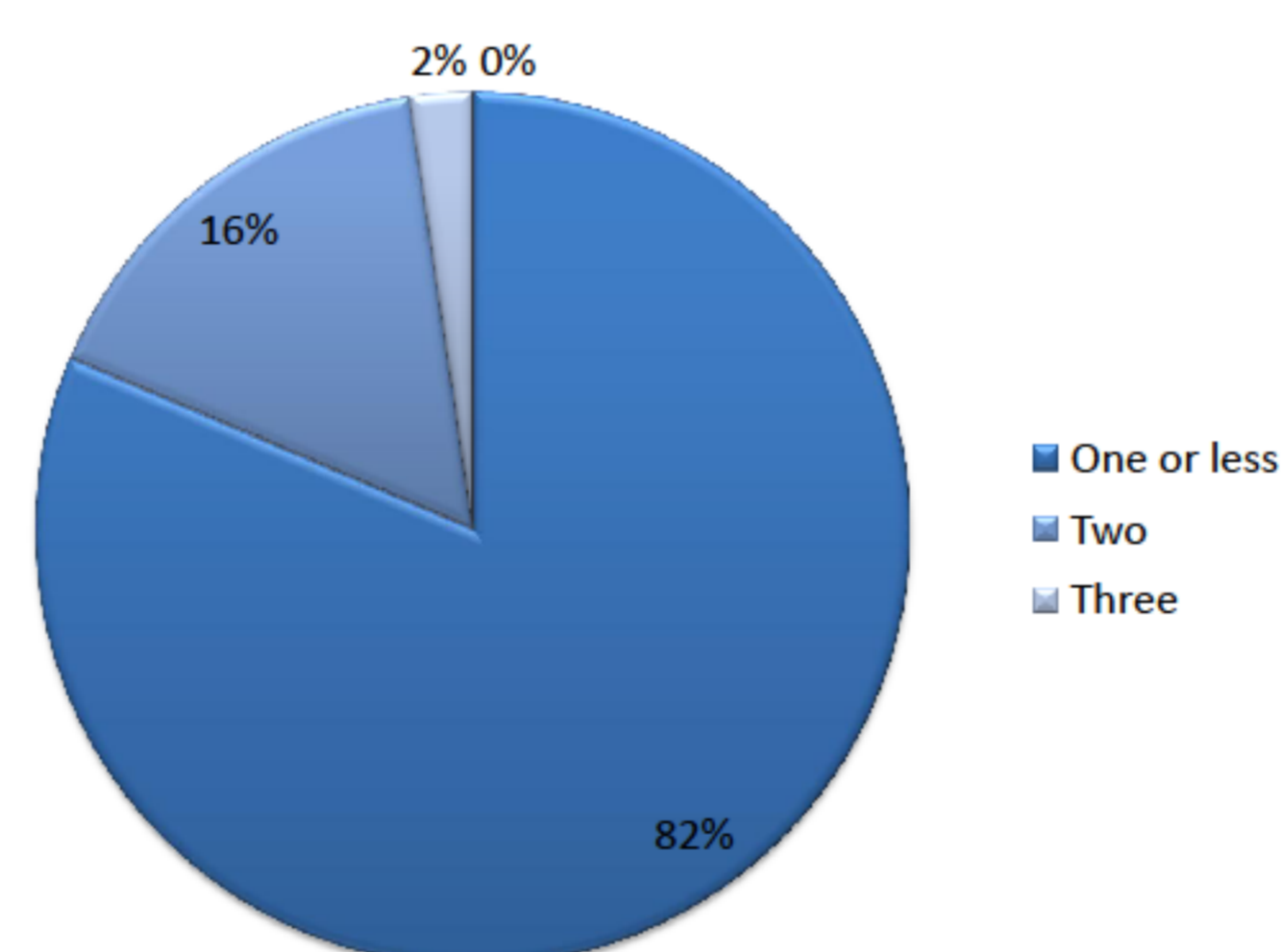
How often do you eat meat?



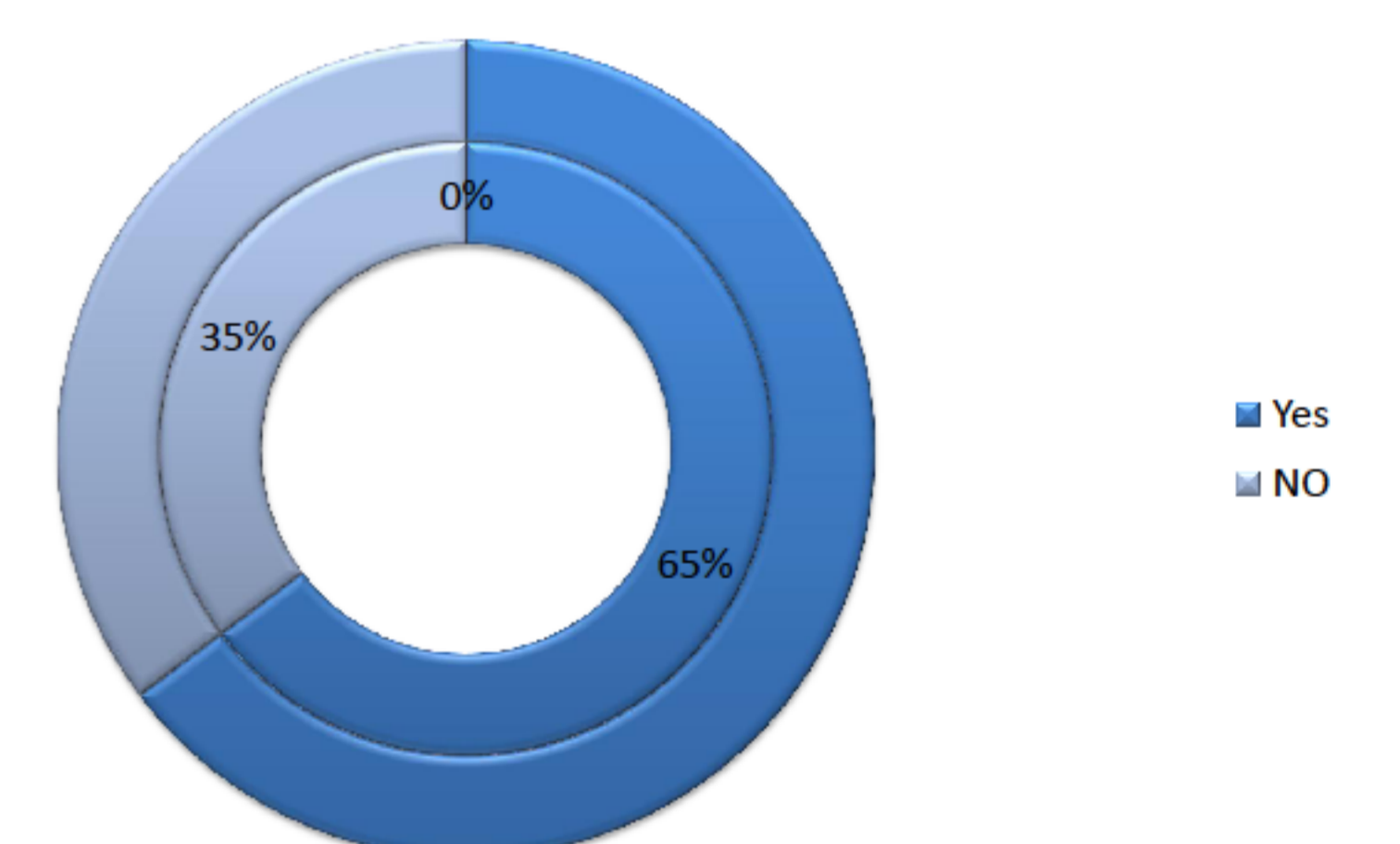
Do you use oral nutritional supplements?



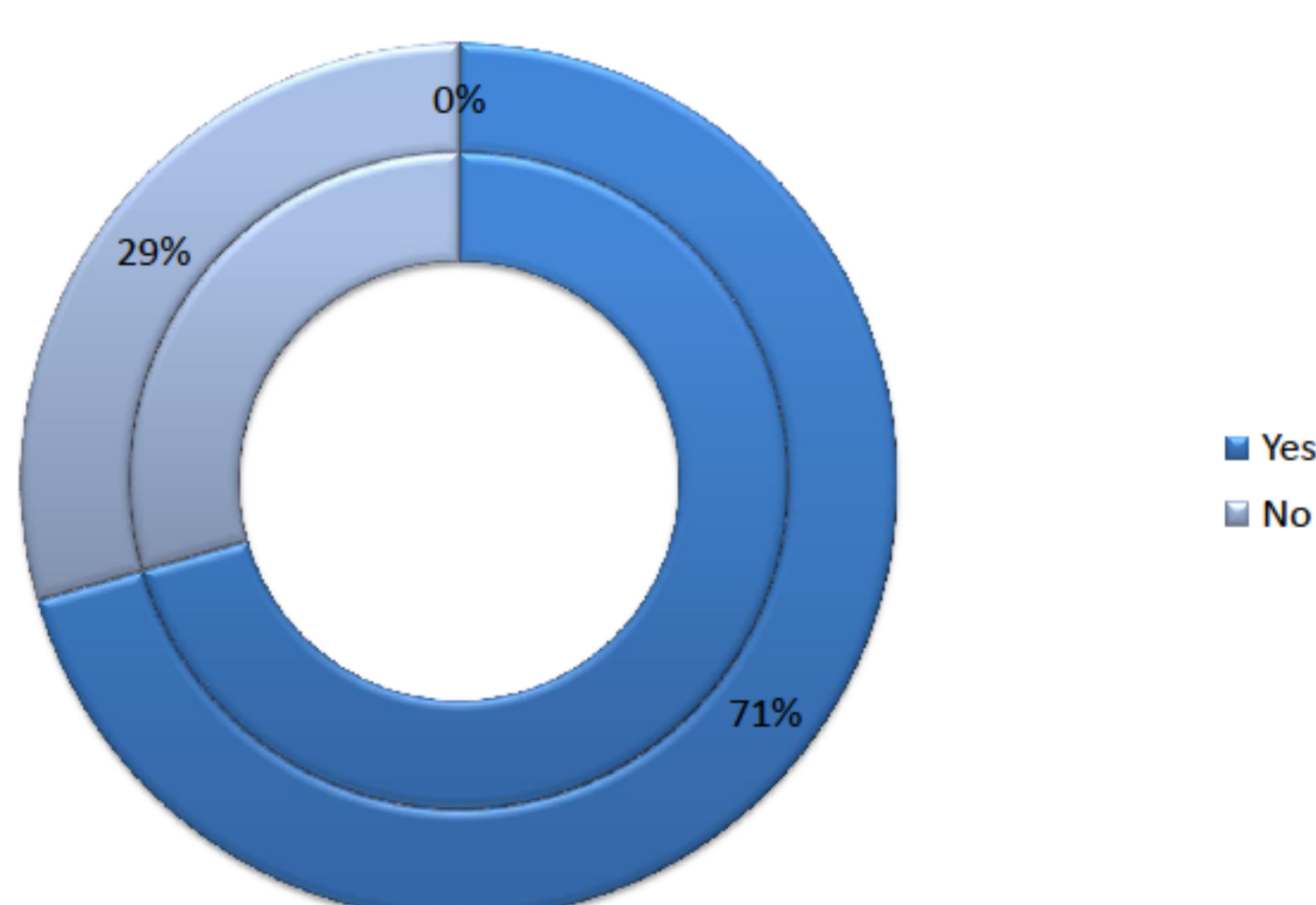
How many ONS per day?



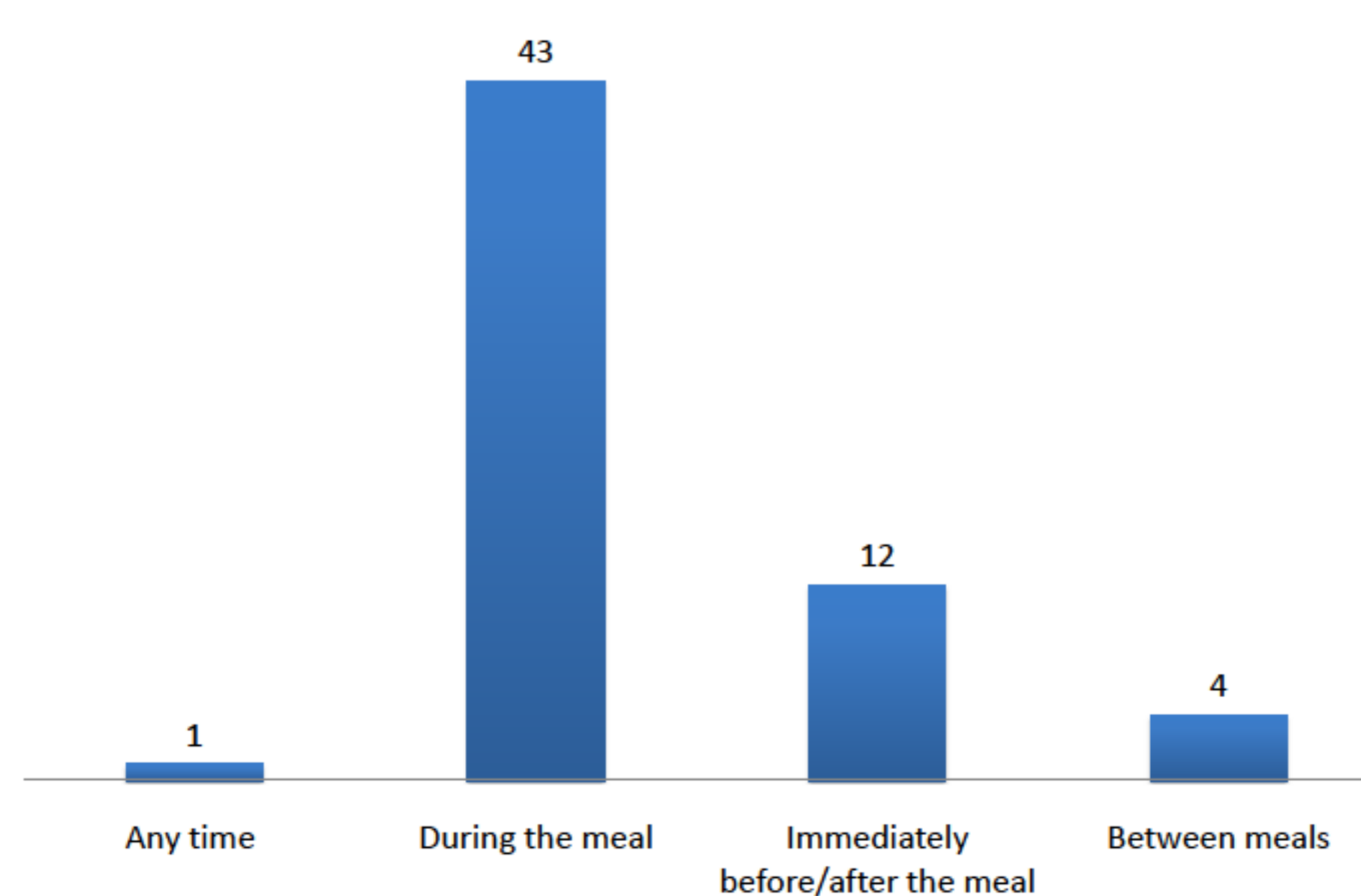
Have you changed nutritional habits after the counselling?



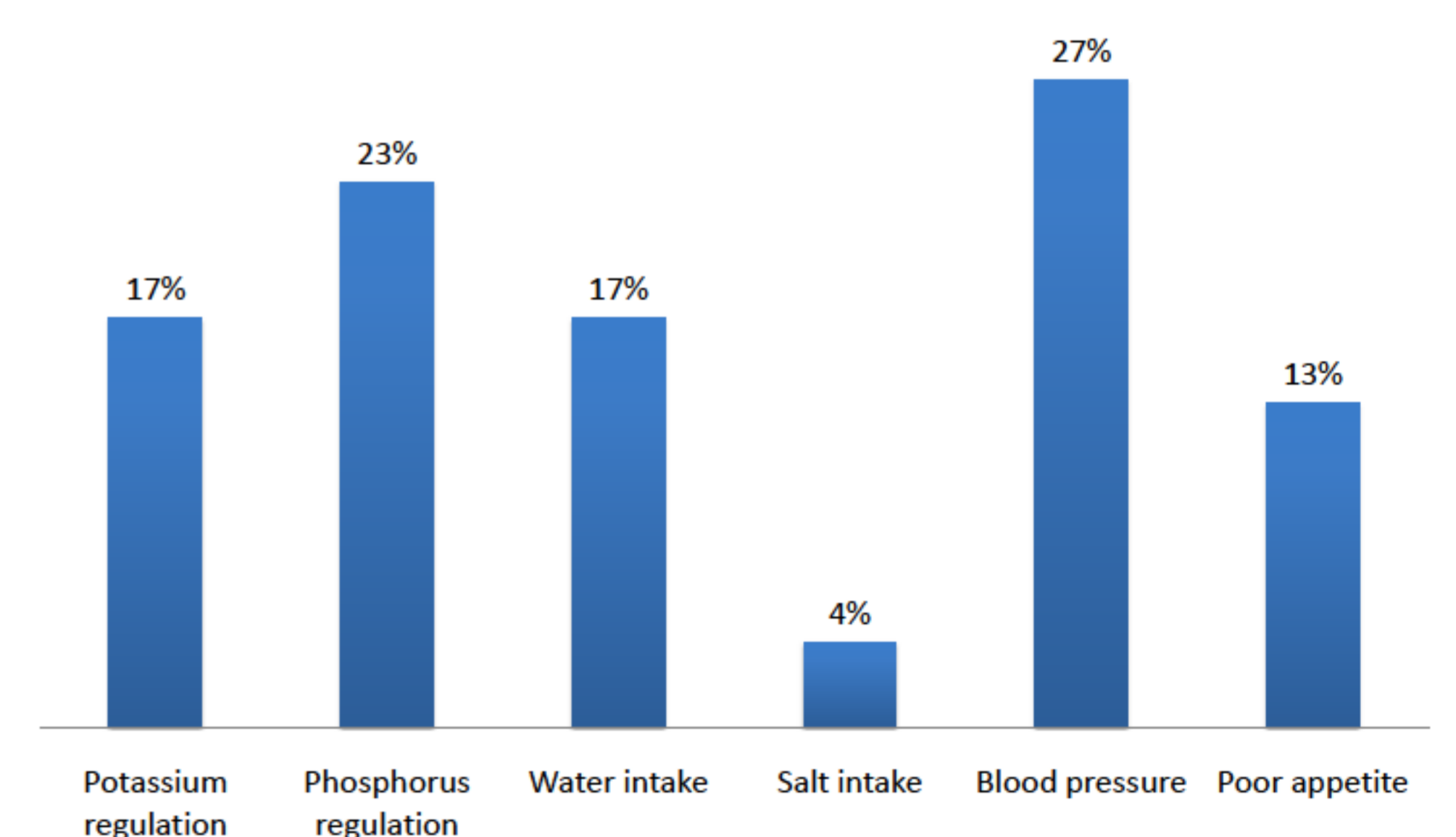
Has your doctor recommended phosphate binder?



If yes, when do you use them?



Major problem from their perspective



Our results demonstrated presence of many nutritional problems in dialysis population. Thus, a multidisciplinary team consisted of nephrologists and nutritionists along with other medical specialties, which would actively participate in daily care of maintenance HD patients, working on their education, represents a constant need in every dialysis center and should not be perceived as luxury.

