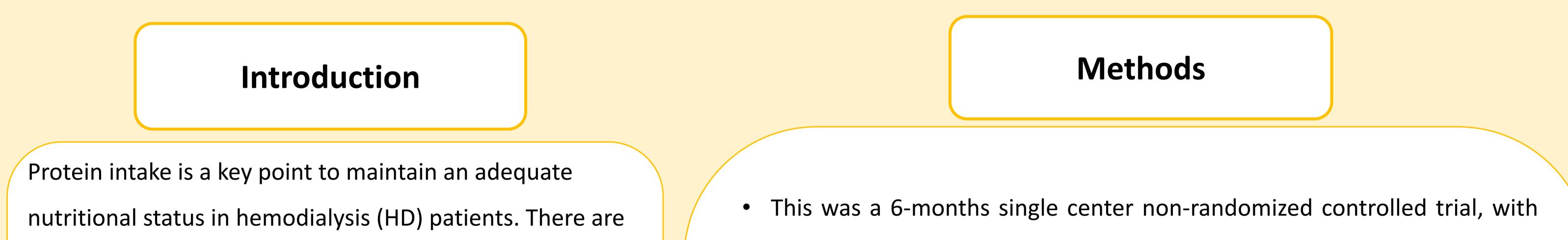


NephroCare

Effect of a protein-rich meal intake in hemodialysis patients





some studies that confirm the positive influence of

intradialytic oral nutritional supplementation in several nutritional parameters in HD patients. The aim of this study was to evaluate the effect of intradialytic oral nutritional

supplementation in HD patients.



Table 1. Patients data

	IG CG	
Ν	41	44
Age (years) ¹	72.3±12.3	67.9±13.1
Male	65%	61%
Diabetics	42%	26%
HD vintage (months) ¹	50.9±51.6	66.1±47.1

85 patients in HD at least for 3 months (3 times/week).

- Patients who presented at least one albumin value ≤ 3.8 g/dL in the last two measurements before the beginning of the study were selected to the intervention group (IG).
- During the 6 months, the IG was given a meal during each HD treatment which consisted in 160 ml of a drink rich in protein and an egg sandwich.



- The **control group** (CG) continued to eat the snack that usually brought from home.
- Laboratory parameters and body composition parameters were measured at baseline and at the end of the 6 months.
- A p-value < 0.05 was considered statistically significant.

¹Values presented as Mean ± SD.

Both groups were similar in the
parameters studied at the start of
the study, except in albumin (CG:
3.8±0.3; IG: 3.6±0.2; p=0.003).
At the end of the 6 months albumin
was CG: 3.69±0.32 and IG: 3.62±0.26
(p=0.28).

Table 2: Laboratory parameters and body composition: comparation between groups

	Control Group		P-value	Intervention Group		P-
	Month 0	Month 6		Month 0	Month 6	value
Protein intake (nPCR - g/kg/dia) ¹	1.07±0.23	1.06±0.24	0.522	1.08±0.27	1.19±0.28	0.002
Dry Weight (Kg) ¹	66.6±14.8	66.1±15.4	0.221	64.8±12.2	65.2±12.5	0.250
Phosphorus (mg/dL) ¹	4.3±1.3	4.1±1.3	0.231	3.9±1.1	3.8±1.2	0.617
Potassium (mEq/L) ¹	5.1±0.7	4.9±0.7	0.110	5.1±0.7	4.9±0.7	0.417
C-reactive protein (mg/dL) ¹	19.4±33.6	21.0±39.4	0.828	18.6±21.0	20.9±26.7	0.659
Albumin (g/dL) ¹	3.8±0.4	3.7±0.3	<0.001	3.6±0.2	3.6±0.3	0.684
Variation of Albumin	-	-0.14±0.23	<0.001	_	-0.01±0.19	0.680
Hypoalbuminemia (%)	29.9%	61.4%	p<0.001	82.1%	75.6%	0.250
Low fat issue index (%)	7.7%	14.3%	0.660	22.0%	10.8%	0.046
Low lean tissue index (%)	30.8%	50.0%	0.033	22.5%	21.6%	0.710

Conclusion

An intradialytic intake of a meal rich in protein contributes to improve protein intake and body composition parameters. Therefore, this type of intervention can contribute to ameliorate patient's nutritional status without affecting negatively other parameters. Other studies with the inclusion of individual nutritional counselling as well as intradialytic exercise should be performed to support these results.



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Dialysis. Protein-energy wasting, inflammation and oxidative stress.





