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Assessment of nutritional status for renal failure patients in Al-Madinah Al-Munawarah

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Background: Malnutrition is a common problem in patient with renal failure. There are many risk factors to develop Chronic Kidney Disease (CKD), like diabetes, hypertension and obesity.

Objective: To assess the nutritional state of hemodialysis patient in Al Madinah Al-Munawarah.

Subjects & Methods: A cross-sectional study was conducted which included 62 female hemodialysis patients, attending at hemodialysis center of King Fahd Hospital and other private centers. Interview questionnaire was used to collect socio-demographic, patient status, medical and dietary history. Anthropometric measurements included weight, height, ideal body weight, body mass index, waist circumference and use of body fat analyzer. Also, collecting lab result such as serum phosphorus, calcium, total protein, albumin and hemoglobin from patient's files.

Result: We come out with several findings: 48.4% of the sample has hypophosphatemia, 77.4% hypocalcemia and 87.1% mild anemia. For BMI (body mass index): 59.7% of the sample were having normal BMI, followed by 14.5% overweight, 11.2% obese, and 14.5% underweight. When comparing the sample intake of food for 2 days with the RDI (Reference Dietary Intake) we found out that 75.8% and 71% of the sample were having intake under the recommendation from energy and protein, the same were for calcium, phosphate, total iron, potassium, zinc, magnesium and vitamin D; while vitamin A and folic acid were above RDI intake in most of the sample.

Conclusion: The study showed that most respondents consume energy, protein and nutrients less than the RDI.

Biography

Manal El Gendy is an Assistant Professor at Taibah University, KSA and Al Azhar University, Egypt. She holds a Doctorate (PhD) in Nutrition and Food Sciences (2004). Many scientific American and European journals seek for her efforts in reviewing articles. She involves in many activities for community and environmental services. She served as Nutrition Management, Food Sciences and Sport Nutrition Instructor at Faculty of Applied Medical Sciences, KSA and Faculty of Home Economic, Egypt.

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