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Dietary adherence and the occurrence of mood disturbances in patients undergoing hemodialysis

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Hemodialysis patients are affected psychologically differently than other chronic diseases and their dietary guidelines can drastically affect the quality of life. The National Kidney Association set parameters for certain nutrients which by certain biological mechanisms exhibit an effect on the mood state. This study investigates one of the risk factors for mood disturbances, which is dietary adherence (sodium, potassium, phosphorus and protein). 57 patients from Ramallah and Nablus completed the questionnaire which assessed dietary intake using food frequency questionnaire, serum levels and diet self-efficacy scale. Also, it assessed the patient's mood state using Profile of Mood States (POMs). Analysis of the data was completed using IBM SPSS Statistics (version 20). P values less than 0.05 were considered significant. Concerning mood disturbances, patients that reported levels exceeding 50% of the conditions were as the following: 45.6% depression, 42.1% anger, 54.4% tension, 54.4% fatigue and 43.9% vigor. 48.2% and 50% of patients had high serum levels of potassium and phosphorus respectively and 21.1% of patients had high daily potassium intake. Mean adherence levels were 68% potassium intake was positively related to depression (p value <0.05). Education was negatively associated with depression and fatigue (p value <0.05) and positively associated with vigor (p value <0.05). Hemodialysis patients are at more risk for mood disturbances if they have high protein intake. Concerning demographics, patients with low education levels are at higher risk for mood disturbances. This study sets a background for the association by connecting biological mechanisms and personal traits. It is recommended that this research be followed with a longitudinal study to thoroughly investigate the relationship.

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Evaluation of nutrition education program for prevention of type-2 diabetes among Egyptian children & adolescents

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The increased number of children and adolescents diagnosed with Type-2 Diabetes Mellitus (T2DM) presents new challenges to pediatricians and dietitians. This study aimed to raise the awareness of the students (diabetics or at risk for the T2DM) to the importance of protective role of healthy nutrition and lifestyle for prevention of T2DM and its sequela and to evaluate their nutrition knowledge, anthropometric and laboratory results pre and post to Nutrition Education Program (NEP). It is conducted in Giza governorate as a part of Phase-II of the national survey where adolescents at risk; selected from phase-I of the survey, were the targets of this study, they were 324 students. They were subjected to nutrition education process that was carried out by survey teams who deliver nutrition education through a series of lessons and activities to the students. The process was continued for three months and conducted in three stages: Pre-program evaluation, NEP implementation and Post-program evaluation. The studied adolescents were subjected to clinical, anthropometric and laboratory assessments in the pre and post program period. The program consists of two modules that covered topics related to basics of nutrition and diabetes mellitus. The program has not successfully changed obesity and overweight percentages, however. A dramatic improvement in fasting blood glucose (FBG) level was elicited after the NEP as 16 out of 21 (76.0%) of the diabetics and 61 out of 104 (58.7%) of the pre-diabetics had normal FBG in the post evaluation phase. Lipid profile did not change significantly but 17.0% of participants had an increase in their high density lipoproteins (HDL-c) level in the post evaluation phase to be re-categorized in the acceptable range. The results of this study suggest that patients who are at risk for T2DM should be screened early and treated aggressively to prevent the onset of the T2DM whenever possible.

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