

Nutritional assessment of chronic kidney disease patients of Lucknow city : A comparative study

TANU JAIN AND SEEMA JAISWAL

Background : Chronic Kidney Disease is a silent epidemic of the 21st century and in India its incidence continues to at an alarming rate. Nutritional assessment of chronic kidney disease patients may help in improving the health status and better life quality of CKD patients.

Objective : Present study was conducted in 2 hospitals of Lucknow city (U.P.) to assess the nutritional status of CKD patients.

Methods : One hundred chronic kidney disease patients were selected randomly, fifty from indoor patient department and fifty from outdoor patient department, more than fifteen years of age, belonging to different socioeconomic status and surveyed. A questionnaire-cum-interview schedule method was used to know the demographic profile, dietary, biochemical and clinical profile of patients and other factors related to disease.

Results : The findings revealed that dietary intake of OPD patients were better than that of IPD. IPD patients showed poor biochemical and clinical profile than OPD. BMI of the subjects decreased with decrease in GFR in both groups.

Conclusion : Malnutrition was common in IPD group. Insufficient food intake associates with malnutrition. Therefore, it is of paramount importance to assess nutritional status of CKD patients to improve their health conditions.

Key Words : Chronic kidney disease, Nutritional assessment, Symptoms of CKD

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Author for correspondence :

TANU JAIN, Department of Food Science and Nutrition, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA
Email : jain.tanu25@gmail.com

Associate Authors' :

SEEMA JAISWAL, Department of Human Nutrition, Institute of Health Science and Institute of Bioscience and Biotechnology, CSJM University, KANPUR (U.P. INDIA