



Dietary Assessment of Maintenance of Hemo-Dialysis Patients

■ SHILPI PANDEY AND ANITA SINGH

Author for Correspondence :

SHILPI PANDEY
Department of Food and
Nutrition, Sri Agrasen Kanya
P.G. College, Parmanandpur,
VARANASI (U.P.) INDIA

ABSTRACT : The aim of the study was to assess the nutritional status of maintenance hemodialysis patients and to see the effect of dietary counseling on their dietary intake. Total 150 patients who are treated with maintenance hemodialysis were registered from Sanjay Gandhi post graduate institute of Medical Sciences, Lucknow, study was conducted into two phase baseline and followed up. The patients with end stage of renal disease who was not taking maintenance dialysis (twice weekly) were excluded and only maintenance hemodialysis patients were studied. At the time of base line the dietary intake was interviewed by three days dietary recall method with anthropometric measurements as height, weight and Body mass index. Appropriate test for data analysis was applied to see the results. Significant correlation was found between baseline and follow-up dietary intake, calories, protein, fat and carbohydrates intake and significant correlation was seen between required nutrients and after counseling dietary intake.

How to cite this paper : Pandey, Shilpi and Singh, Anita (2013). Dietary Assessment of Maintenance of Hemo-Dialysis Patients. *Internat. J. Med. Sci.*, 6(1 &2): 11-13.

Key Words :

Dietary counseling,
Dietary intake,
Body mass index

Paper History :

Received : 19.03.2013;
Revised : 01.04.2013;
Accepted : 22.04.2013