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Ramadan effect on biochemical, hemodynamic and treatment adherence parameters in hemodialysis patients

Shaikha Rashid Ali Alshamsi
Dubai Hospital, UAE

This is a multicenter observational cross-sectional study comparing fasting and non-fasting groups of stable adult hemodialysis patients for demographic and biochemical parameters, compliance with dialysis, interdialytic weight gain, pre- and post- BP or the frequency of intradialytic hypotensive episodes. They were free to choose to fast or not as a personal choice. To distinguish between the effects of fasting per se from the effect of the life style changes that occur in Ramadan, we compared the intra-group findings in the two groups before and during the month of Ramadan. 635 hemodialysis patients from five different dialysis centers in Saudi Arabia were included. Among these 64.1% fasted voluntarily throughout the month of Ramadan on the days, they did not have a dialysis session. Fasters, compared to non-fasters were significantly younger and more likely to be working and to miss dialysis sessions and to have higher serum phosphorous levels. There were no differences seen in dialysis weekdays or shifts, sex or diabetic status between the two groups of interdialytic weight gain. Ramadan was marginally higher in the fasting group. However, Ramadan month had no impact on either group in the serum levels of potassium and albumin.

Biography

Shaikha Rashid Ali Alshamsi has completed her Nephrology fellowship at King Abdulaziz Medical City and King Faisal Specialist Hospital in 2016. She completed her one year training in Interventional Nephrology at King Faisal Specialist Hospital and joined Nephrology department as Specialist in Nephrology. During her fellowship, she published three papers and presented posters at multiple international conferences.

stream44@hotmail.com

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