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## Investigation of protein consumption in hemodialysis patients

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This study assess protein consumption in nephrology patients undergoing hemodialysis 3 times a week, it was carried out cross-sectional. The study included 198 hemodialysis patients (99 females, 99 males) who were being treated at different dialysis centers between 01.02.2016 and 01.06.2017; the patients were aged 20-65. Data were collected via a socio-demographic questionnaire and a 3-day food record. The average energy intake of patients was  $20.2 \pm 5.9$  kcal/kg (min: 8.5 kcal/kg, max: 44.0 kcal/kg), while the protein intake was  $0.8 \pm 0.25$  g/kg (min: 0.34 g/kg; max: 1.7 g/kg). No significant relationship between gender and protein consumption was identified ( $p > 0.05$ ). However, a significant relationship was found between the body mass indices (BMI) and protein consumption of the patients ( $p < 0.05$ ); when groups were compared, protein consumption reduced while the BMI increased ( $p < 0.01$ ). When age and protein consumption were examined, protein consumption was found to be higher in patients aged 20-44 as compared to patients aged 56-65 ( $p < 0.05$ ). There was no significant relationship between protein consumption of patients on a special diet and patients not on a special diet ( $p > 0.05$ ). In conclusion, the protein and energy consumption of hemodialysis patients appears to be below the recommended level. This suggests that hemodialysis patients are receiving insufficient nutrition. The decrease in protein consumption that occurs with age and BMI suggests that physical conditions affect the nutritional status of patients. Hemodialysis patients should be given better nutritional training and their nutritional status should be optimized.

## Biography

Zehra Margot Celik has completed her undergraduate degree Istanbul Bilim University in 2012 and her thesis entitled "The effect of nutrition knowledge level of mothers of 4-6 year old children on anthropometric values of children" and; MSc from Okan University in 2015 with the thesis entitled "Identifying eating attitudes and behaviors and determining the correlation with their weight in adults applying for an online diet plan". Currently, she is pursuing her PhD at Medipol University and she is also working as a Teaching Assistant at Marmara University, teaches Principles of Nutrition Laboratory, Medical Nutrition Therapy and Nutritional Ecology. She is interested in Nutrition for Diabetes, Food Allergies and Nephrology.

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