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Efficacy of dietary interventions in end stage renal disease patients

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End stage renal disease (ESRD) is the last stage of chronic kidney disease. ESRD results due to multiple risk factors such as hypertension, cardiovascular diseases, DM, stroke and many others. These risk factors are preventable and treatable. All the risk factors are treatable simply by adopting healthy life style for example eating balance diet and doing exercise etc. Several studies supports that use of good balance diet improves the condition of ESRD patients. Therefore, this systematic review was performed to find out how diet can help to improve the condition of ESRD patients and to indicate what are the risk factors effecting the action of diet itself to stop it form having good clinical outcomes.

Aims: The purpose of this study is to synthesis previously published literature review dietary interventions designed to prevent delay or impede the progression of ESRD by identifying the risk factors.

Method: articles were accessed by searching an electronic database as the source of retrieving and gathering of information such as; PUBMED/MEDLINE, CINAHL, BMJ, American College of Physicians PIER, Clinical Evidence of COCHRANE database of systematic review and Internet search engine "Google" using the appropriate MESH terms. The available literatures from 2000-2010 in developing countries such as England, America and European countries were reviewed relating to nutrition end stage renal disease (ESRD). Almost 10 articles were selected after inclusion and exclusion criteria, with different research deign were reviewed. Data extraction and content appraisal were done using a predefined protocol.

Results: The review support the fact that if diet is used according to current guideline by the National Kidney Foundation and Renal association then it will improve the clinical outcome in ESRD.

Biography

Junaid Nazar has completed MD Internal Medicine from University of Buckingham, UK in 2015. He is Master in Public Health from University of Bedfordshire, Master of Science in Nephrology from University of Brighton, Fellow of Royal Society of Public from royal society of Public Health. He completed his under graduation from Islamic International Medical College in 2008 .In addition he is author of 21 publications available with pubmed, Google scholar and other prestigious journals. Moreover, he is a member of renal association, Royal society of medicine, European Society of Nephrology and Royal Society of Public Health. Currently, he is working as a clinical fellow in Nephrology department, Shaheed Zulfiqar Ali Bhutto Medical University, Pakistan Institute of Medical Sciences, Pakistan.

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