A study of a comprehensive medical intervention including a dietary component in elderly patients on hemodialysis

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Objective: To investigate the effectiveness of comprehensive medical intervention in improving the nutritional status of elderly hemodialysis patients.

Methods: A total of 21 elderly patients on hemodialysis were treated with diet guidance, erythropoietin, adequate dialysis, hemodiafiltration, and correction of metabolic acidosis. Quality of life, nutritional status, and plasma amino acids were assessed in these patients before treatment, and at 6 and 12 months after treatment.

Results: The general clinical situation of the patients was much improved, and the nutritional status of the patients was also improved after treatment, especially 12 months later. The serum levels of fibronectin, hematocrit, and hemoglobin were significantly increased after 12 months. After the treatment, the pattern of plasma amino acids was also largely changed.

Conclusion: Comprehensive medical intervention should be taken to improve the nutritional status of elderly patients on hemodialysis.

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Key words: Aged, Erythropoietin (EPO), Hemodialysis, Nutrition assessment, Quality of life (QOL)