

Original Paper

Nutritional status of hemodialysis patients using subjective global assessment (SGA)

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Abstract

Background and Objective: Malnutrition is an important health problem in patients with end stage renal disease which increases morbidity and mortality. Early diagnosis of malnutrition can be important for nutritional supports in hemodialysis patients. This study was carried out to evaluate the nutritional status and its related risk factors in hemodialysis patients using subjective global assessment.

Methods: This descriptive-analytic study was done on 117 hemodialysis patients in the 5th Azar hospital, in Gorgan, Iran during August to October 2013. The nutritional status was evaluated as normal, mild to moderate or severe malnutrition using subjective global assessment (SGA). The anthropometric and biochemical parameters of hemodialysis patients and its relation with nutritional status were determined.

Results: Among 116 patients, 29.66%, 69.82% and 0.9% were well nourished, mild to moderate malnutrition and severe malnutrition, respectively. A significant negative correlation was seen between patient's weight, BMI, mid-arm circumference and serum albumin with SGA score ($P<0.05$). Patient's age and duration of hemodialysis positively correlated with malnutrition ($P<0.05$). No significant association was found between serum concentration of BUN, Cr and WBC count with nutritional status.

Conclusion: This study has shown low prevalence of malnutrition in our population in comparison with other studies. However according to important of malnutrition in patients undergoing hemodialysis, the basic evaluation of nutritional status is needed for every patient.

Keywords: Hemodialysis, Malnutrition, Subjective global assessment

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