



45th ESPEN Congress on Clinical Nutrition & Metabolism

Live healthY with Optimal Nutrition
Lyon, France | 11-14 September 2023



Specialized Oral Nutritional Supplementation for Dialysis Patients Improves the Energy and Protein Intake

V. M. Bertoni ¹, A. L. S. Alves ², G. F. Oliveira ³, H. dos Santos ³, A. C. Zanini ³ and A. Pasqualotti ²

1 Nutrition, 2 Envelhecimento Humano, University of Passo Fundo, Passo Fundo, Brazil

3 Scientific Department, Prodiet Medical Nutrition, Curitiba, Brazil



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INTRODUCTION

Malnutrition is a common disorder and an important predictor of morbidity and mortality in dialysis patients.

The intake of specialised oral nutritional supplement (SONS) during haemodialysis therapy is effective in counteracting its catabolic effect.

AIM

This study aimed to evaluate the effects of SONS on the intake of older patients on haemodialysis.

METHOD

This is an interventional longitudinal study. The research was approved by the Research Ethics Committee of the University of Passo Fundo, Brazil.

Patients aged ≥ 60 years undergoing haemodialysis for at least three months were selected.

For 12 weeks, participants received the SONS 3x/week during haemodialysis sessions

RESULTS

The study included 46 patients were included, 72% were men, and the mean age was 68.7 ± 7.7 years.

	Baseline	After 3 months	p-value
Energy			
Kcal / day	$1,550 \pm 488$	$1,728 \pm 490$	0.001
Kcal / Kg	21.5 ± 6.1	24.5 ± 8.0	0.001
Adequacy (%)	65	74	
Protein			
g / day	66 ± 28	84 ± 26	< 0.05
g / Kg	0.9 ± 0.4	1.2 ± 0.5	< 0.05
Adequacy (%)	77	99	

As for SONS, 42 patients (91%) reported that they liked it and that its palatability was good. At the end, 11 patients voluntarily expressed the desire to continue receiving SONS.

CONCLUSIONS

Intradialytic SONS was well accepted and increased calorie and protein intake in older patients on haemodialysis.

REFERENCES

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CONTACT INFORMATION

E-mail:
azanini@prodiet.com.br