Tips and Trick for Nutrition Counseling in Kidney Disease

Sirin Jiwakanon

Department of Medicine, Hat Yai Hospital, Songkhla 90110, Thailand

**Background:** Malnutrition is highly prevalence in chronic kidney disease (CKD) patients. Nutritional therapy in kidney disease is varied according to severity of kidney disease and modality of renal replacement therapy

**Objective:** After the lecture, most of the audiences should be able to make appropriate nutritional treatment in patients with kidney disease.

**Materials:** 30-minute power point presentation

**Results:** In CKD-non dialysis, nutritional therapy can help slow progressive of kidney disease rather than prevent malnutrition. Late stage of kidney disease (stage 3b-5ND) needs to decrease protein intake for the delayed dialysis along with adequate total calorie intake to prevent malnutrition. In acute kidney injury condition, nutritional therapy needs to prevent malnutrition along with saving kidney function. After initiating renal replacement therapy, nutritional treatment should restore and further prevent nutritional status due to dialysis treatment itself is one factor causing malnutrition in patients.

**Conclusion:** Nutritional therapy in kidney disease depends on stage and severity of kidney disease. One formula diet component is not always suitable for every patient, so called "tailor-made". To achieve best treatment care to patients, the acknowledgement of recommendation in various situations is very important.

**Keywords:** Chronic kidney disease, Nutritional therapy, Malnutrition