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## Nutritional status assessment in dialysis patients

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Nutritional status assessment in dialysis patients is very important since malnutrition in dialysis is common and increases morbidity and mortality. The commonly used methods such as; BMI, anthropometry are not accurate for assessing the nutritional status in dialysis patients because of their altered fluid status. However, adding subjective global assessment (SGA) or malnutrition inflammatory score (MIS) to anthropometry may provide better information. The fat mass, fat free mass (lean body mass) are the two most important parameters of nutrition and can be abnormal even with normal body weight in dialysis patients. DEXA scan, CT, MRI which are relatively simple methods to perform but involve expertise to analyze the data are a bit more expensive and expose patients to ionizing radiation. More accurate methods such as deuterium oxide and total body potassium estimation are complex, and used as advanced tools. Bioimpedance analysis (BIA), a relatively simpler, cheaper, bedside and user friendly tool has become more popular in the recent past in assessing the nutritional status in dialysis patients. In our experience, bioimpedance analysis yielded body composition parameters which correlated well with BMI and anthropometric parameters in a subset of our dialysis patients. In addition, we found that subjective global assessment is also a less expensive method and provided nutritional as well as functional status in our dialysis patients. We conclude that, in our experience, bioimpedance analysis and subjective global assessment are simple tools and are complementary to anthropometry for nutritional assessment in dialysis patients.

### Biography

Ravi Shankar Bonu has completed his MBBS from Andhra Medical College, Vishakapatnam, Andhra Pradesh, India. He did his MD in Internal Medicine from PGIMER, Chandigarh, India. He has done DM (Nephrology) training at Osmania General Hospital, Hyderabad, India. He also had a short stint at Toronto General Hospital, Toronto, Canada in 2007. Currently, he is a Senior Consultant at Manipal Group of Hospitals, Bangalore, India. He has 20 years of experience in Nephrology and has been a Teacher for Nephrology Training Programme in India and he has publications in national and international journals

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