

# Nutritional Assessment for Hemodialysis patients

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## Abstract

Protein-energy malnutrition (PEM) is very common in patients undergoing maintenance hemodialysis (MHD). Routine assessment and monitoring of protein and energy nutritional status is crucial to prevent, diagnose and treat PEM. PEM is strongly correlated with increased morbidity and mortality in MHD patients. The NKF-K/DOQI Nutrition Clinical Practice Guidelines provide recommendations regarding the nutritional assessment of protein-energy nutritional status for MHD patients. However, no single measure provides a complete overview of protein-energy nutritional status. Each of the valid indicators described in the text has a role in the overall nutritional assessment of dialysis patients. Initial, one-month follow-up nutrition assessment and nutritional updates every six months are recommended for MHD patients.

**Key words :** protein-energy malnutrition, hemodialysis, nutritional assessment



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