

Highlights from 2006 NKF-K/DOQI Nutrition Guidelines

- ❖ **Serum Albumin:** The goal for predialysis or stabilized serum albumin in maintenance dialysis patients is 4.0g/dL (Bromocresol green method-BCG). (3-E)
- ❖ **Serum Prealbumin:** Patients with prealbumin levels less than 30mg/dL should be evaluated for protein-energy malnutrition, but this may not be accurate as a nutritional marker in the presence of acute or chronic inflammation. (4-E & O)
- ❖ **Serum Cholesterol:** Low or declining serum cholesterol concentrations are predictive of increased mortality risk. (6-E & O)
- ❖ **Dietary Interviews and Diaries:** Dietary interviews and/or diaries are valid and clinically useful for measuring dietary protein and dietary energy intake in maintenance dialysis patients. (7-E & O)
- ❖ **Protein Equivalent of Total Nitrogen Appearance (PNA):** PNA or Protein Catabolic Rate (PCR) is a valid and clinically useful measure of net protein degradation and protein intake in maintenance dialysis patients. (9-E)
- ❖ **Subjective Global Nutritional Assessment (SGA):** SGA is a valid and clinically useful measure of protein-energy nutritional status in maintenance dialysis patients. (9-E)
- ❖ **Anthropometry:** Anthropometric measurements are valid and clinically useful indicators of protein-energy nutritional status in maintenance dialysis patients. These measures include percent usual body weight, percent standard body weight, body mass index (BMI), skin fold thickness, estimated percent body fat, and mid-arm muscle area, circumference, or diameter. (10-E & O)
- ❖ **Treatment of low Serum Bicarbonate:** Predialysis or stabilized serum bicarbonate levels should be maintained at or above 22mmol/L. (14-E & O)
- ❖ **Dietary Protein Intake (DPI) in Maintenance Hemodialysis (MHD):** The recommended DPI for clinically stable MHD patients is 1.2g/kg body weight/d. At least 50% of the dietary protein should be of high biological value. (15-E & O)
- ❖ **Dietary Protein Intake (DPI) for Chronic Peritoneal Dialysis (CPD):** Dietary protein intake should be no less than 1.2g/kg/d. Unless a patient has demonstrated adequate protein nutritional status on a 1.2g protein/kg/d diet, 1.3g protein/kg/d should be prescribed. At least 50% of the dietary protein should be of high biological value. (16-E)
- ❖ **Daily Energy Intake for Maintenance Dialysis Patients:** The recommended daily energy intake for maintenance hemodialysis or chronic peritoneal dialysis patients is 35 kcal/kg body weight/d for those who are less than 60 years of age and 30-35 kcal/kg body weight/d for individuals 60 years or older. (17-E & O)
- ❖ **Intensive Nutritional Counseling With Maintenance Dialysis (MD):** Every MD patient should receive intensive nutritional counseling based on individualized plan of care developed before or at the time of commencement of MD therapy. (18-O)