

VIII STRESZCZENIE W JĘZYKU ANGIELSKIM

Patients with chronic kidney disease should pay special attention to their diet. The quality and sometimes the length of their life depends on it. Without a doubt, they should limit the amount of salt in their diet. Another ingredient that should be limited by patients with impaired kidney function is phosphorus. From around stage 4 of chronic kidney disease, patients should also be careful about their potassium intake. It is also beneficial to limit protein by patients who are well nourished. They should also take care of the supply of the right amount of water, depending on the amount of daily urine excretion.

The aim of the study was to assess individual nutrition education as a method of teaching patients with chronic kidney disease and to analyze the effectiveness of these activities assessed after at least three months from the start of cooperation with the patient.

191 patients participated in the study. Most of them declared an experience of nutritional education for the very first time. They received colorful leaflets with a simple explanation of the reason why they must limit the above-mentioned ingredients in their diet. Patients were also provided with tables with the content of individual macro- and micronutrients in specific foods. The following surveys were carried out: "Subjective Global Assessment", self-designed nutritional interview and "Your health and well-being. Kidney disease and quality of life". Anthropometric and blood pressure measurements were taken and the results of laboratory tests of those patients who had them performed during hospitalization were included. After more than three months, the effectiveness of the intervention was checked. 53 participants took part in the repeated study.

The most important result of the study was changes in the diet of a large part of the respondents. Prior to nutritional education, few patients, mostly those who had been treated for a longer time or maintained dialysis, had knowledge about the proper diet in CKD. Many participants in the study reduced or eliminated such products like tomatoes, chocolate, cocoa, smoked products, ready meals, salty spices, sunflower seeds, and buckwheat. Almost all patients in the second part of the study declared knowledge of the principles of nutrition in chronic kidney disease.