Nutrition and peritoneal dialysis patients – a review

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ABSTRACT

Introduction: The Peritoneal Dialysis (PD) is a preferable treatment option of the renal replacement in patients with chronic renal failure (CRF) end stage.

Purpose: The purpose of this study was to review of articles published related to the contribution of nutrition to health promotion of patients undergoing haemodialysis.

Materials and methods: A review of the Greek and international literature on the subject was Performed through the electronic databases Medline, Google Scholar, Scopus and the Association of Greek Academic Libraries Link (Heal-Link), using as key words the following terms: haemodialysis, renal failure, peritoneal dialysis, nutrition. Most of the articles used in this literature review were recently published. Only few old - dated articles were included in the study and the reason was their significant contribution to the field. The exclusion criteria for the articles were the languages except from English and Greek.

Results: Patient's diet must contain 1.3 g of protein per kilogram of body weight per day. Consumption of foods rich in carbohydrates should be limited. Patients should consume foods with the adequate quantity of phosphorus and potassium. Finally, they should have their sodium levels and fluid intake checked because sodium causes severe thirst that can lead to excessive fluid intake. As a result, the patient experiences swelling, shortness of breath and high blood pressure.

Conclusion: Patients who undergo peritoneal dialysis must be checked regularly and pay special attention to their diets.

Key words: haemodialysis, renal failure, diet, peritoneal dialysis, nutrition