

9th International Conference on

Nephrology: Kidney & Therapeutics

September 29-30, 2016 Orlando, USA

MIS of dialysis patients in general hospital novo mesto, Slovenia

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Back Ground: Malnutrition is an important cause of morbidity and mortality of dialysis patients. To treat malnutrition we have to detect it. MIS (malnutrition inflammation score) is a new and usable score to assess a nutritional status of dialysis patients. We attempt to answer a question, how often is important to use it.

Methods: MIS score contains patients' related medical history, physical exam, laboratory parameters and body mass index (Table1). It can be achieved from 0 to 30 points. A good nutritional status indicates score from 0 to 4. The result between ≥ 5 and ≤ 9 means the median nutritional risk. The score ≥ 10 points means the high nutritional risk. We looked a subgroup of 13 malnourished patients from December 2015 to June 2016. 6 of 13 patients refused offered nutritional supplements but accepted education to eat more protein food; in December 2015 their average MIS was 5,1 and improved in June 2016 to 4,0. 7 of 13 patients accepted oral nutrition supplements; their average MIS improved from 11,3 to 9,4 from December 2015 to June 2016 we detected 9 new malnourished patients with average MIS 6.4. They all get education and oral nutritional supplements.

Conclusion: It is of great importance an early detection of malnourished dialysis patients. With help of MIS is this easier. We suggest using it at least every six or twelve months to detect new patient at risk and to follow the known dialysis patients. It seems even more frequent screening would be reasonable.

Biography

Vlasta Malnaric Marentic has graduated from Slovenia. She has completed her Nephrology Residency training from General Hospital Novo Mesto. She is working as a nephrologist at General Hospital Novo Mesto.

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