

# Therapeutic effects of oral nutritional supplementation during hemodialysis

“Protein-calorie malnutrition is common in chronic hemodialysis patients and correlates with morbidity and mortality.”

**Study Purpose:** To evaluate the effect of oral nutritional supplementation given during hemodialysis to malnourished patients.

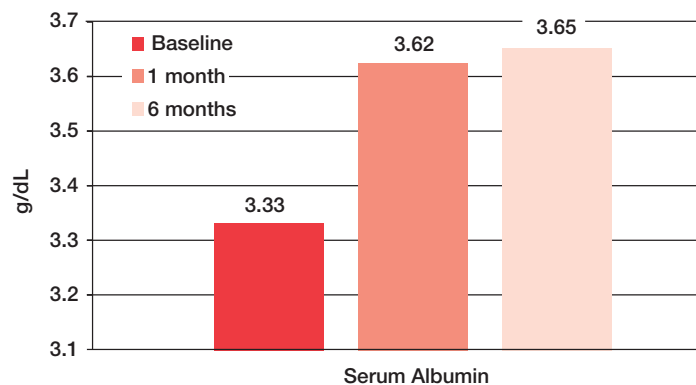
This was a prospective, single-arm study in 85 malnourished (mean serum albumin  $\leq 3.7$  g/dL or mean serum prealbumin  $< 30$  mg/dL) patients on hemodialysis. A 3-month baseline period included routine dietary counseling and intervention followed by a 6-month intervention period that included one can of Nepro® during dialysis sessions.

## Study Results

During the 3-month baseline period: no statistically significant change in nutritional parameters.

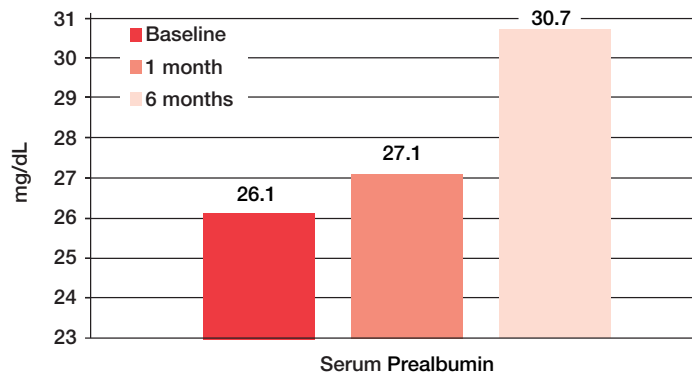
During the 6-month oral nutritional supplement intervention period:

- Significant improvements in nutritional parameters were observed.
- From baseline to 6 months, serum albumin increased from  $3.33 \pm 0.32$  g/dL to  $3.65 \pm 0.26$  g/dL,  $P < 0.0001$ ; a 9% increase

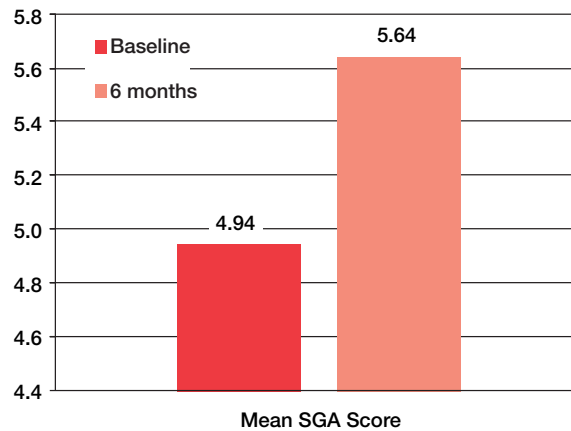


Caglar K, Fedje L, Dimmitt R, Hakim RM, Shyr Y, Ikizler TA. *Kidney Int.* Sep 2002;62(3):1054-1059.

- From baseline to 6 months, serum prealbumin increased from  $26.1 \pm 8.57$  mg/dL to  $30.7 \pm 7.36$  mg/dL,  $P = 0.002$ ; a 17% increase



- Mean subjective global assessment (SGA) score increased from  $4.94 \pm 1.23$  to  $5.64 \pm 0.90$ ,  $P = 0.023$ ; a 14% increase



## Study Conclusion

The results of this prospective study demonstrate that oral nutritional supplementation (Nepro®) given during dialysis over a 6-month period can significantly improve nutritional parameters in malnourished hemodialysis patients.