

## Highlights from the 2000 NKF-K/DOQI Nutrition Guidelines ESRD Network #15

- **Serum Albumin:** The goal for stabilized serum albumin in maintenance dialysis patients is 4.0g/dL (BCG method). (3-E)
- **Serum Prealbumin:** Patients with prealbumin levels less than 30mg/dL should be evaluated for protein-energy malnutrition but 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 PCR is a valid and clinically useful measure of net protein degradation and protein intake in maintenance dialysis patients. (8-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, 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 22 mmol/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 an individualized plan of care developed before or at the time of commencement of MD therapy. (18-O)