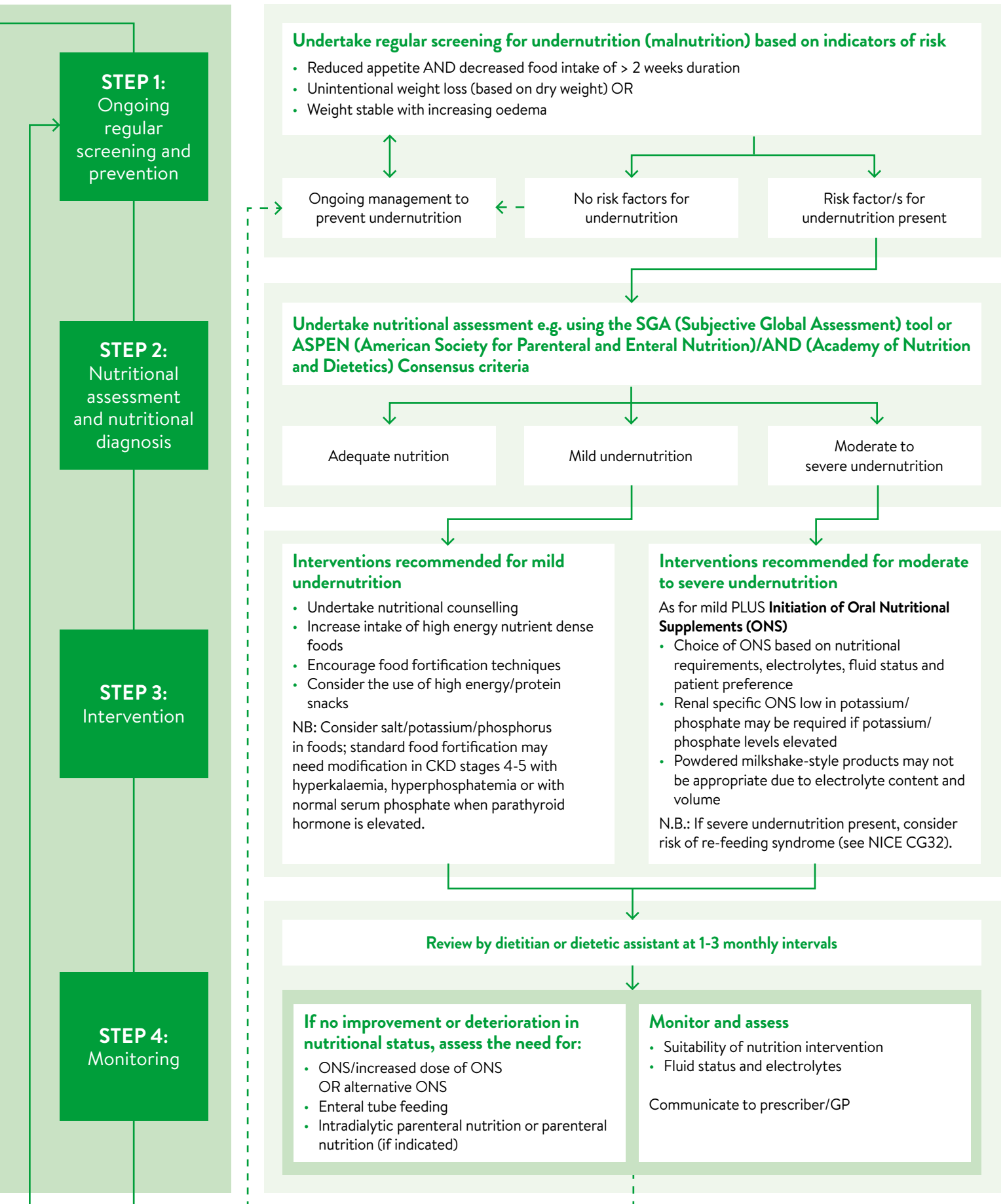


# CONSENSUS STATEMENT ON NUTRITION SUPPORT AND THE USE OF ORAL NUTRITIONAL SUPPLEMENTS IN PATIENTS WITH STAGES 4-5 CHRONIC KIDNEY DISEASE



## STEP 1

### SCREENING AND ONGOING MANAGEMENT TO PREVENT UNDERNUTRITION SHOULD INCLUDE:

- Regular screening for undernutrition (Wright & Jones, 2010)
  - Weekly for inpatients
  - 2-3 monthly for outpatients with estimated Glomerular Filtration Rate (eGFR) <20 but not on dialysis
  - Within one month of commencement of dialysis then 6-8 weeks later
  - 4-6 monthly for stable dialysis patients
- Optimise body mass index (BMI) (based on dry weight)
- Undertake nutritional counselling at least 6 monthly
- Consider any psychosocial issues that may have an impact on nutritional status e.g. ability to shop and/or prepare food; low mood/depression
- Consider micronutrient status and multivitamin and mineral supplementation
- Liaise with the multi-disciplinary team to manage uraemic symptoms, and optimise blood glucose control, blood pressure and dialysis therapy

## STEP 2

### ASSESSMENT BY DIETITIAN (OR PERSONNEL IN LINE WITH LOCAL PROTOCOL)

- **Nutritional assessment and nutritional diagnosis:**  
Using SGA (Detsky et al., 1987; Steiber et al., 2007) or ASPEN/AND Consensus criteria (White et al., 2012)
  - Classify undernutrition as mild, or moderate to severe using SGA (Detsky et al., 1987; Steiber et al., 2007) or ASPEN/AND consensus (White et al., 2012)
    - ASPEN/AND criteria is two or more of:
      - Insufficient energy intake
      - Weight loss
      - Loss of muscle mass
      - Loss of subcutaneous fat
      - Localised or generalised fluid accumulation that may sometimes mask weight loss
      - Diminished functional status as measured by hand grip strength
- If no undernutrition, continue preventative management and regular screening.

## STEP 3

### NUTRITIONAL INTERVENTION FOR UNDERNUTRITION

#### Treatment goal for pre-dialysis, haemodialysis and peritoneal dialysis is to meet estimated energy and protein requirements

- For stage 4 and stage 5 CKD pre-dialysis
  - Protein intake 0.75g/kg Ideal Body Weight (IBW)/day, equivalent to the RNI (Wright & Jones, 2010); do not offer very low protein diets (less than 0.6-0.8g protein/kg/day) (NICE CG203)
  - Energy 30-35 kcal/kg IBW/day (Wright & Jones, 2010)
- For stage 5 CKD undergoing haemodialysis (Naylor et al., 2013)
  - Protein ≥ 1.1g/kg IBW/day
  - Energy 30-40 kcal/kg IBW/day
- For stage 5 CKD undergoing peritoneal dialysis (Naylor et al., 2013)
  - Protein ≥ 1-1.2g/kg IBW/day
  - Energy 30-35 kcal/kg IBW/day

Consider metabolic state, markers of inflammation, acidosis, wound healing, and other conditions that may further increase protein requirements.

#### Nutritional Intervention for undernutrition:

- Consider renal specific and energy dense/lower volume feeds when choosing ONS - when electrolyte or fluid modification required (based on kidney function, biochemistry, current dietary intake, and physical examination for fluid status)

## STEP 4

### MONITORING: REVIEW BY DIETITIAN OR DIETETIC ASSISTANT 1-3 MONTHLY TO ASSESS:

- Suitability of nutritional intervention as measured by:
  - Improved energy intake
  - Meeting estimated energy and/or protein requirements
  - Weight maintenance and/or weight gain (based on dry weight)
  - Improved functional status
  - Improved body composition
- Fluid status
- Serum electrolytes

### COMMUNICATE RELEVANT CHANGES IN NUTRITIONAL STATUS AND/OR MANAGEMENT TO GP OR OTHER PRESCRIBER INCLUDING:

- Details of full nutritional assessment
- Recommended range of ONS that would be appropriate
- Why other ONS are not appropriate
- Likely duration of treatment/ONS prescription
- Planned review date

## References

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- Wright M & Jones C. UK Renal Association, 2010: <https://ukkidney.org/sites/renal.org/files/nutrition-in-ckd-5th-edition-1.pdf> Accessed July 2023.

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\*Accurate at the time of original publication in 2015.

All management strategies for undernourished patients should be developed by a multidisciplinary team and considered in accordance with local practice guidelines for screening, referrals and management.

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