

	Pre-dialysis	Haemodialysis	Peritoneal Dialysis	Outcomes
Energy	35 kcal/kg IBW	35 kcal/kg IBW	35 kcal/kg IBW *includes glucose from dialysis fluid	<ul style="list-style-type: none"> Regularly assess energy/protein intake in relation to requirements The patient is able to state dietary sources of energy/protein and how to achieve the recommendations Regularly assess and monitor nutritional status
Protein	0.6 – 1.0 g/kg IBW	1.0 – 1.2 g/kg IBW	1.0 – 1.5 g/kg IBW (1.5g with peritonitis)	
Phosphate	600 –1000 mg (19 – 32 mmol)	1000 – 1400 mg (32 – 45 mmol)	1000 – 1400 mg (32 – 45 mmol)	<ul style="list-style-type: none"> The patient is able to identify appropriate food choices The patient is able to report appropriate use of phosphate binders The patient maintains acceptable serum phosphate levels, (correct any non-dietary causes of abnormal levels)
Potassium	2000 – 2500 mg (50 – 65 mmol)	2000 – 2500 mg (50 – 65 mmol)	2000 – 2500 mg (50 – 65 mmol) modify according to serum levels	<ul style="list-style-type: none"> The patient is able to identify appropriate food choices The patient maintains acceptable serum potassium levels, (correct any non-dietary causes of abnormal levels)
Sodium	1800 – 2500 mg (80 – 110 mmol)	1800 – 2500 mg (80 – 110 mmol)	1800 – 2500 mg (80 – 110 mmol)	<ul style="list-style-type: none"> The patient is able to: <ul style="list-style-type: none"> State the benefit of limiting their sodium/fluid intake Identify which foods should be avoided Identify suitable methods of food preparation State their fluid allowance Measure and report their urinary output as required
Fluid	None specified, may be restricted	500ml + volume equal to urine output	800ml + volume equal to urine output	

European Guidelines for the Nutritional Care of Adult Renal Patients



The Dietitians Special Interest Group

Guideline Implementation – General Principles

The dietitian/nutrition advisor will:

- Work closely with other members of the multi-professional team
- Devise an appropriate nutrition treatment plan with the patient which aims to meet nutritional goals and maximise quality of life
- Take into consideration any physical and mental disabilities
- Take into consideration the cultural, socio-economic and educational background of the patient
- Make a plan for follow up and evaluation of treatment
- Document the treatment plan including sufficient information for follow up and re-evaluation of treatment
- Discuss with the renal team the adequacy of dialysis and medication
- Advise on the use of appropriate prescribable products
- Take into account local guidelines on healthy eating and chronic disease prevention
- Request additional blood tests when necessary
- Take into consideration the national professional guidelines on conduct of practice

Guideline Outcomes

- The patient is satisfied with the advice provided by the dietitian/nutrition advisor
- The patient receives nutritional advice specific to their medical condition and individual requirements
- The patient's nutritional status is optimised by regular review and appropriate intervention

The guidelines are available on the EDTNA website <http://www.edtna-erca.org>