



Effectiveness of Medical Nutrition Therapy in Maintenance Hemodialysis for Patients with Diabetic Nephropathy

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SUMMARY. The practical value of medical nutrition therapy for patients with diabetic nephropathy and on maintenance hemodialysis (MHD) was discussed. A total of 80 patients with diabetic nephropathy and on MHD were selected and equally divided into reference and experimental groups through lot drawing. The study was performed from May 2022 to May 2023. A conventional dietary guidance scheme was applied to the reference group, whereas a medical nutrition therapy was administered to the experimental group. Then, the effects of the interventions were assessed. After discharge, the renal functional indexes, nutritional indexes, dialysis effects, and dialysis satisfaction of the experimental group were all better than those of the control group ($p < 0.05$). Medical nutrition therapy exerted a substantial dialysis effect on the patients. This therapeutic model helped to improve patients' nutritional status and accelerated the recovery of their renal functions, thereby enhancing their satisfaction with dialysis.

RESUMEN. Se discutió el valor práctico de la terapia nutricional médica para pacientes con nefropatía diabética y en hemodiálisis de mantenimiento (MHD). Se seleccionaron un total de 80 pacientes con nefropatía diabética y en MHD y se dividieron equitativamente en grupos de referencia y experimentales mediante sorteo. El estudio se realizó de mayo de 2022 a mayo de 2023. Al grupo de referencia se le aplicó un esquema de orientación dietética convencional, mientras que al grupo experimental se le administró una terapia nutricional médica. Luego, se evaluaron los efectos de las intervenciones. Después del alta, los índices funcionales renales, los índices nutricionales, los efectos de la diálisis y la satisfacción con la diálisis del grupo experimental fueron mejores que los del grupo control ($p < 0,05$). La terapia nutricional médica ejerció un efecto de diálisis sustancial en los pacientes. Este modelo terapéutico ayudó a mejorar el estado nutricional de los pacientes y aceleró la recuperación de sus funciones renales, mejorando así su satisfacción con la diálisis.

KEY WORDS: diabetic nephropathy, maintenance hemodialysis, medical nutrition therapy, renal function.

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