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**Investigation of Diet Pattern, Anthropometry, and Handgrip
Strength of Chronic Kidney Disease Patient Undergoing
Hemodialysis in Tertiary Care Hospital.**

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Title of the article: Investigation of Diet Pattern, Anthropometry, and Handgrip Strength of Chronic Kidney Disease Patient Undergoing Hemodialysis in Tertiary Care Hospital.

Abstract:

Aims: To assess the diet pattern, anthropometry, and handgrip strength of Chronic Kidney Disease (CKD) patients undergoing hemodialysis (HD) in tertiary care hospital.

Settings and Design: cross sectional study

Methods and Material: In this study, 100 patients on maintenance HD were assessed. Diet pattern followed by the hemodialysis patients is assessed in a descriptive manner, assessment has been taken for three days with the help of questionnaire. With this handgrip strength is measured both in left and right hands before and after dialysis using a Jamar hand dynamometer is noted. Skin fold thickness of biceps and triceps is measured using the digital vernier calliper for anthropometry measurements along with height, weight and bmi have been noted and recorded.

Statistical analysis used: SPSS 16 version will be used for analysis and demographic characteristic will be analyzed using descriptive statistics.

Results: diet pattern of the patients is identified. Handgrip strength shows the 95 percent confidence intervals for an average of the left hand before and after is 1.57 and 2.31 and an average of the right hand before and after is 1.21 and 1.87. There is significant reduction in handgrip strength after dialysis. Average height, weight, and BMI are 159.6, 56.68, and 22.22. in anthropometry triceps thickness is linear as when biceps thickness increases. Correlation is significant at the 0.01 level and there is a positive correlation .

Conclusions: The diet pattern of CKD patients undergoing hemodialysis is assessed. The handgrip strength of patients on hemodialysis is average. Nutritional Anthropometry suggest that biceps thickness is average and triceps is average and these are less than those in normal indicating malnutrition.