

# Prevalence of obesity and evaluation of dialysis adequacy among this population during last 5 years

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## Introduction

Obesity prevalence increased globally, including haemodialysis patients, posing an additional challenge to this group.

## Objectives

To evaluate prevalence of obesity among haemodialysis patients in a dialysis unit located in Bucharest during last 5 years and to compare dialysis adequacy among this group to the rest of haemodialysis patients

## Methods

All the haemodialysis patients of our center were evaluated during 10 different months (March and September) over the last 5 years (2014 – 2018), looking at obesity prevalence (defined as BMI  $\geq 30$  kg/sm) and dialysis adequacy defined as Kt/V  $\geq 1.4$ , using an on-line measurement device for clearance. The dialysis dose was measured at every haemodialysis session and reported as a monthly average. Urea distribution volume was measured using a bioimpedance assay and was reassessed periodically, at 6 weeks intervals

## Results

Obesity prevalence was relatively constant during this period in the studied population, at about 20%.

In the whole haemodialysis population, an average of 76% of patients reached the dialysis adequacy goal.

Among obese patients an average of 63% reached the dialysis adequacy goal, compared with an average of 79% non-obese patients.

This difference was seen in each of the 10 months studied.

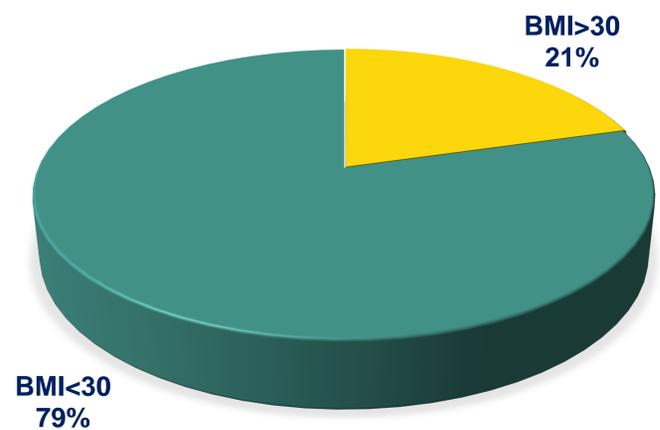
It is important to note that this results were obtained using the urea distribution volume measured with the most reliable method available nowadays and not calculated with an anthropometric formula and also that dialysis filters used for treatment of obese patients were the ones with the larger surface we had in use.

## Conclusion

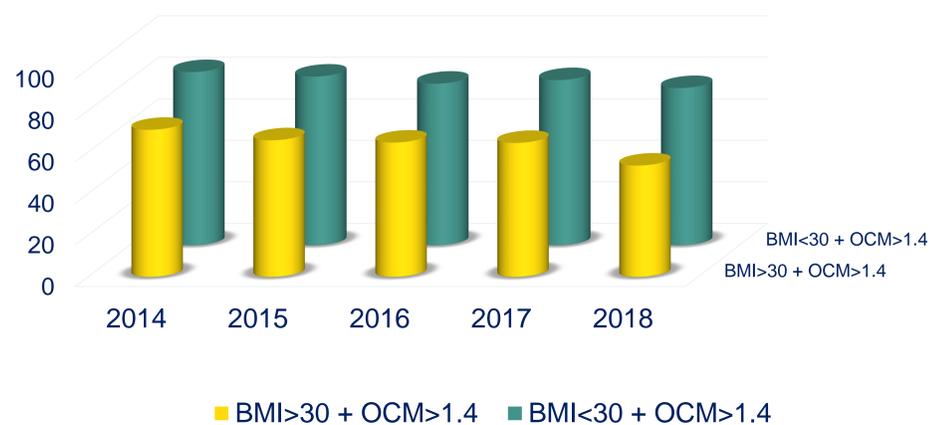
Obesity has a high prevalence in haemodialysis patients, an average of 20%, (the same as in general adult population of Romania) and it is associated with underdialysis in this group, adding another challenge to care of this vulnerable group of patients

## References

- <https://easo.org/wp-content/uploads/2018/12/2015-OMTF-European-Guidelines-for-Obesity-Management.pdf>
- [https://www.ajkd.org/article/S0272-6386\(15\)01019-7/pdf](https://www.ajkd.org/article/S0272-6386(15)01019-7/pdf)



Prevalence of obesity among hemodialysis patients



Dialysis adequacy in obese patients vs. non-obese patients