

Introduction

To investigate the improvement of serum creatinine levels in Chronic Kidney Disease patients by medical nutrition therapy (MNT) and regular monitoring provided by a Registered Dietitian (RD), experienced in management of chronic kidney disease (CKD), while continuing pharmacological therapy. Progressive and close monitoring of CKD can delay time to dialysis and progress to subsequent CKD stages, which may result in increased and improved quality of life (QoL) and reduced health-care costs (Desiree de Waal 2016).

Methods

This ongoing cohort study included 135 participants from Sri Lanka Police Hospital, receiving MNT by a RD. Ethical clearance was obtained. Diet history was taken and appropriate individualized diet counseling was prescribed. Patients followed Sri Lankan cuisine They were assessed at the first visit follow up visits weekly for two months, then monthly and continuous. According to guidelines¹ the macro and micro nutrients were carefully calculated and altered. Intake of correct amount of carbohydrate and proteins

were monitored. The main source of fat for Sri lankan's is coconut oil, physically refined coconut oil (Marina brand) was prescribed as a source of fat⁴ (Hettigedara et al, 2013). The baseline and the final follow up creatinine levels were compared.

Results

CKD subjects receiving MNT and regular monitoring improved creatinine levels. Regular MNT group had significantly decreased serum creatinine levels compared to irregular MNT group ($P < 0.001$).

Conclusion

People with CKD receiving MNT and regular monitoring by RDs with sound knowledge in renal nutrition can improve the serum creatinine levels. Thereby increasing the QoL of CKD patients.

