

Can ENZOTEIN (enzyme fortified protein supplement) At Lower Doses Replace Higher Dose Protein Oral Nutrition supplement (ONS)For Low Income Group PatientsOn Hemodialysis.

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Abstract:

AIM:Intradialytic oral renutrition is recommended to replace amino acid loss during dialysis to combat protein energy malnutrition. We did this study to determine whether lower dose protein fortified with proteolytic enzyme (Enzotein) can improve malnutrition inflammatory syndromes in low income patients on government subsidized dialysis programmes.

MATERIALS AND METHODS:A single centre study with 60 low income patients randomized into three groups of 20 each, Group I received Enzotein 15 gm and Group II whey protein 30 gm and Group III control received standard care. All supplements were given just prior to dialysis. Baseline data collected included demographic, clinical and laboratory assessment for nutritional parameters at beginning and at 6 weeks.

RESULTS:Group I and II patients showed improvement in hand grip, reduced incidence of fatigue, shorter postdialysis recovery time and had better dry weight targets.

Group III had higher score of malnutrition and inflammatory markers. Though marginal improvement in serum albumin values was seen in all three Groups it was higher in Group I.

Though Enzymes are used in many protein supplements its use and data on Oral IDN is limited, Our study showed enzotein had favorable outcome even at lower dose of protein and further multicentre study is contemplated to see long term benefit.

CONCLUSION:Enzotein is cost effective and showed equal response in improvement of MIS and favoured use of lower dose protein. Further study is needed for long term benefits.



Biography:

GHARIA SHIVANGI Completed post doctoral training from the prestigious Maharaja Sayajirao University of Baroda in 2017 and acquired DM Nephrology superspeciality in 2018 at saveetha medical college and hospitals .I have 1 publication in national journal and 2 poster credits in the ISN, India.

Publications:

[17th Asia Pacific Nephrology Conference, sept 14-15, 2020, Osaka, Japan](#)

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