Abstract

Background: Chronic Kidney Disease is permanent and progressive loss of kidney function resulting in deterioration of renal function. The number of patients being treated for CKD with renal replacement therapies is increasing each year. Nutrition plays an important role in controlling some of the symptoms experienced by chronic kidney disease patients. The purposes of nutrition therapy in CKD patients are to maintain good nutritional status, slow progression of disease and treat complications.

Study objectives: The objectives of the study will be to assess the nutrition knowledge, attitude and practices among CKD patients on haemodialysis in KNH renal unit.

Methodology: A descriptive cross-sectional design will be used. The study population will be CKD patients on haemodialysis at KNH renal unit. Simple random sampling will be used to select the participants. A sample size of 108 patients will be used. Data will be collected using standardized questionnaires which will be distributed to all CKD patients who will have consented to participate in the study. Data will be analyzed using SPSS version 21. Study results will be presented in numbers and percentages using bar graphs, pie charts and frequency tables. Study findings will be disseminated to the in-charge renal unit department, nutritionists and the KNH management.