

**AN EVALUATION ON THE LEVEL OF
KNOWLEDGE ON NUTRITIONAL MANAGEMENT,
DIETARY AND LIFESTYLE PRACTICES
TOWARDS KIDNEY DISEASE AMONG DIALYSIS
PATIENTS IN HEMODIALYSIS MUHIBBAH
SEGAMAT AND LABIS BRANCH**

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ABSTRACT

Chronic kidney disease (CKD) is now recognized as one of the most common non-communicable disease in Malaysia. A cross-sectional study was conducted to evaluate the level of knowledge on nutritional management, dietary and lifestyle practices towards CKD among dialysis patients in Hemodialysis Muhibbah Segamat and Labis Branch. The questionnaire in this study was consisted of demographic information, medical history, knowledge on nutritional management, dietary and lifestyle practices towards CKD. Data was analyzed by using Statistical Package for Social Sciences (SPSS) version 15.0. A total of 80 dialysis patients participated in this study. Most of the respondents were Chinese (73.8%) and were married (70%). There were higher rates of CKD among males (72.5%) than females (27.5%) and their age were 48 years old and above. More than half of the dialysis patients (56.3%) had primary education. Overall, respondents had a poor level of knowledge on nutritional management of CKD score and showed significant difference among age groups ($p=0.008$). Dialysis patients' age 48 years old and above had lower nutritional management knowledge of CKD than younger dialysis patients. Although mean practice score among dialysis patients was considered moderate (73%), they were physically inactive. Therefore, there was no significant correlation found between knowledge on nutritional management of CKD, dietary nor lifestyle practices. Continuing knowledge on nutritional management of CKD was suggested to improve the knowledge of the dialysis patients in Hemodialysis Muhibbah Segamat and Labis Branch.

