

DİYALİZ HASTALARINDA TIBBİ BESLENME TEDAVİSİ

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ÖĞRENİM HEDEFLERİ

- ▶ Sürekli ve aralıklı renal replasman tedavisindeki tıbbi beslenme tedavisinin amacını kavrama
- ▶ Periton diyalizinin tıbbi beslenme tedavisindeki amacı kavrama
- ▶ İntradiyalitik beslenme yaklaşımlarını kavrama
- ▶ Diyaliz tedavilerinde yetersizliği görülebilecek mikro ve makro besin öğelerini bilme
- ▶ Potasyum ve fosfordan zengin besinleri bilme

RENAL REPLASMAN TEDAVİ (RRT) YÖNTEMLERİ

Böbrek hastalığının ilk başlarında medikal tedavi ve beslenme tedavisi yeterli olsa da ilerleyen dönemlerde böbreğin işlevlerini kaybetmesiyle semptomların ve üreminin kontrol altında tutulamaması ile renal replasman tedavileri (RRT) uygulanmaktadır. RRT, genel olarak fazla sıvının uzaklaştırılması ve üremik toksinlerin temizlenmesi dahil olmak üzere, böbreğin ana fonksiyonlarını taklit eden destekleyici tedavi olarak tanımlanmaktadır. Renal replasman tedavileri; aralıklı renal replasman tedavisi, sürekli renal replasman tedavisi, periton diyalizi ve trasplantasyon olmak üzere 4 kategoriden oluşmaktadır (Bkz. Şekil 1). Son yıllarda bu yöntemlere ek olarak hibrit yöntemler de kullanılmaktadır (1,2).

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