

Abstract

Low-protein diet is one of the methods of conservative therapies or medical treatments of chronic kidney disease in predialysis. The goal of the diet is to compensate renal dysfunction together with coverage of nutritional requirement of the patient. The diet is based on reduction or food substitution of nutrients which giving rise to metabolic complications, not on reduction of food amount in general. Dietary measures focus mainly on protein reduction to 0,6–0,8 g/kg/day. Correctly prescribed nutrition should not lead to malnutrition. More further, the diet therapy is focused on reduction of sodium, potassium and phosphorus intake. Calcium intake depends on actual calcaemia of the patient. Amount of fluid intake is prescribed by a doctor, based on diuresis. The aim of nutritional therapy is to keep optimal nutritional status of the patient and minimize complications associated to chronic kidney disease. The task of the dietitian is to educate the patient in a field of prescribed diet principles and potential risks related to protein restriction. Regular physical activity should be a part of conservative therapy in case of predialysis. Regular physical activity helps to keep muscle strength, muscle mass and physical condition of the patient. The main aim of the fieldwork was to discover aspects of low-protein diet, physical activity and knowledgeableness of patients in subjected case of study. More further it was also attempted to find out the position of nutritional therapy itself. A comparative study was chosen to fulfill the objectives. Two groups of patients participated in the study. The difference between the groups was nutritional interventions under the guidance of a nutritional therapist. The questionnaire survey was used as a method of data collection. The results shows greater knowledgeableness of the low-protein diet, main principles of the diet and correct eating habits in the group of patients with nutritional intervention. Nutritional therapy play a key role in education and general awareness of the patients. For both groups of patients, physical activity has been shown to be insufficient due to time deficiency or health complications. The result also shows that the patients do not cooperate with physiotherapists and dont follow prescribed therapy by them.

Key words: low-protein diet, nutritional therapy, chronic kidney disease, physical activity, predialysis