

ALVI ALMA SABILA. 2026. *Diet Compliance and Consumption Levels in Kidney Patients with and without Hemodialysis. Scientific Paper.* Malang Ministry of Health Polytechnic. Advisors: Diana Mareta I F A P., S.Gz., M. Sc. and Dr. Etik Sulistyowati, SST., S.Gz., M.Kes.

ABSTRACT

Background: Chronic kidney disease (CKD) is a progressive decline in kidney function that requires a special diet to maintain nutritional status and prevent complications, both in patients undergoing hemodialysis and those without hemodialysis. These differences in treatment result in different energy and protein requirements, making dietary compliance and nutritional intake important factors in patient management. **Objective:** This study aims to examine dietary compliance and consumption levels in CKD patients undergoing hemodialysis and those not undergoing hemodialysis. **Methods:** This study used a comparative descriptive case study design on two patients treated at Malang General Hospital, with data collection including anthropometry, biochemistry, clinical physical examination, and food intake using the 24-hour recall method and SQ-FFQ. **Results:** The results showed that both patients still had an energy deficit, while protein fulfillment differed according to the type of therapy, and clinical conditions such as nausea, vomiting, edema, and post-surgery affected food intake and dietary compliance. **Conclusion:** It was concluded that patients with more stable clinical conditions tended to have better diet compliance and consumption compared to patients with more severe physical complaints, indicating that clinical conditions significantly influence the nutritional needs of CKD patients.

Keywords: Chronic kidney disease, Hemodialysis, Diet compliance,