

Nutritional Data of Cystic Fibrosis Patients

Hanaa Banjar, FRCPC*

Objective: To identify the nutritional status of Cystic fibrosis (CF) population in Saudi Arabia and its relation to mortality.

Method: A retrospective chart review of all confirmed CF patients for the period November 1994 to October 1998 for patients' characteristics, clinical and nutritional data.

Results: Of 96 CF patients, 81 (84%) CF patients are alive, 15 (16%) died. Fifty (52%) were males and 46 (48%) were females. Age at diagnosis was 2.9 ± 3.5 years. The mean follow up period was 3.24 ± 2.8 years. Sixty-two of 96 patients (65%) were in the mild to moderate malnutrition stage, and sixty of 96 patients (63%) were in the mild to moderate stunted growth. Weight for height (Wt/Ht) Z score has shown improvement in the first 6 month (P value= 0.0001), but developed a plateau level thereafter (P value > 0.05). Height for age (Ht/ age) Z score has shown no significant improvement in the first 12-month, but better response thereafter. Albumin level at follow up was low (35 ± 1 g/L). Calculated Wt/Ht and low albumin level at last follow up were some of the factors that contributed to early death (P value 0.01) and (0.001) respectively.

Conclusion: Early nutritional rehabilitation is needed to improve survival of our CF patients. Delay in nutritional rehabilitation could lead to early mortality.