Nutritional status and diet of preoperative and seven days postoperative patients with colorectal cancer at National Cancer Hospital, 2018-2019

Hoang Viet Bach¹, Nguyễn Thị Thảo², Nguyễn Thị Hồng Tiến¹, Đặng Thị Hằng¹, Dương Thị Yến¹, Đặng Đức Dịu¹ and Lê Thị Hương¹

¹National Cancer Hospital, Vietnam
²Hanoi Medical University, Vietnam

Abstract

A cross-sectional study was conducted with the participation of 100 patients engaging colorectal cancer at National Cancer Hospital in two consecutive years 2018-2019 in an attempt to assess the nutritional status of preoperative and postoperative colorectal cancer patients and their dietary intake during the period of seven days after the operation. The results showed that, prior to the surgery, the percentages of hospitalized patients who were inclined to contract malnutrition were 55% and 36% based on SGA tool and Albumin index, respectively. The proportions of patients suffering weight loss within six months and one month were 80% and 79% accordingly, in which 11% patients shed more than 10% body weight. Additionally, the research also demonstrated those seven days after operation: The proportion of malnutrition patients moderately climbed by 8%, meanwhile a modest decrease of 3% was seen in the overweight rate among those patients. Besides, 92% patients experienced weight loss with the estimated average of 1.86 ±1.09kg. In the postoperative period, meticulously, the patients were given parenteral nutrition for the duration of 6.3 days on average. The time to embark on oral nutrition was 3.3±2.4 days. The ratio of patients satisfying the suggested energy volume was disappointedly low. The majority of diets provided for surgical patients were deficient in terms of mineral and vitamins.

Keywords: Nutritional Status, Nourishment, Colorectal Cancer, National Cancer Hospital.

Biography:
Hoang Viet Bach is currently at Clinical Nutrition Center in National Cancer Hospital, Vietnam.

Speaker Publications:


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