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# NUTRITIONAL STATUS OF SURGICAL AND ORTHOPEDIC PATIENTS: PATIENTS WITH CANCER IN 3C WARD

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University Hospital: Srinagarind Hospital





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# Background

- ◆ Surgical ward 3C has 1200-1300 patients each year
- ◆ Patients with cancer 150-200 cases / year
  - Head and Neck cancer
  - Cancer in urology
  - Cholangiocarcinoma
  - Cancer in digestive system
- ◆ Patients with cancer average age 61 years





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# Background

- ◆ Need surgery, Rural area
- ◆ Tumor classification
  - H&N Cancer :stage 3
  - Cancer in urology: stage 3
  - Cholangiocarcinoma: stage 3-4
  - Cancer in digestive system: stage 3-4
- ◆ Nutritional problem





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# Background

- ◆ Important factor
  - can help wound healing process.
  - can strengthen the immune system, decreased infection
  - Increase the level of energy
  - Improve recovery time





# Background

- ◆ Previous: Quick nutritional screening
  - Dietary Evaluation : Dietary History
  - Anthropometric measurement:
    - 1) Body Weight and Unintentional Weight Loss
    - 2) Body Mass Index
  - Severity of disease





# Background



- Quick nutritional screening

- Evaluation

- Intervention







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# Objective

To study the nutritional status of patients with cancer





# Material & Methods

- ◆ Descriptive study
- ◆ 45 patients between Oct.2014 – Sept.2015
- ◆ The instruments consisted of two parts:
  - 1) personal data
  - 2) Screening nutritional status  
Screening nutritional form





## Material & Methods

- ◆ Dietary Evaluation : Dietary History
- ◆ Anthropometric measurement:
  - Body Weight and Unintentional Weight Loss
  - Body Mass Index
  - Triceps Skin Fold Thickness : Skin Fold Caliper
  - Mid upper Arm Circumference
  - Mid upper Arm Muscle Circumference





## Material & Methods

- ◆ Biochemical Assessment: total lymphocyte count
- ◆ Severity of disease
- ◆ 2 well trained research assistant
- ◆ Inter-rater reliability
  - First time 68%
  - 2<sup>nd</sup> time 82%
- ◆ The data were analyzed by percentage and mean





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# Results

- ◆ sample population of 45 patients
- ◆ female were 57.89%,
- ◆ 89.47% are married,
- ◆ regular diet 84.21%
- ◆ oral cavity problem 44.73%.





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# Results

Age (average 56.75Y)	number	percent
<50	7	15.5
<b>50-59</b>	<b>13</b>	<b>28.9</b>
<b>60-69</b>	<b>13</b>	<b>28.9</b>
<b>70-79</b>	9	20.0
>79	3	6.7





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# Results

diagnosis	number	percent
Head and neck cancer	21	46.7
Cancer in urology	13	28.93
Cholangiocarcinoma	6	13.19
Cancer in digestive system	5	11.16





# Results

Patients with high risk nutrition was 17 cases (34.85 %)

diagnosis	number	percent
Head and neck cancer	7	41.1
Cancer in digestive system	5	29.4
Cholangiocarcinoma	3	17.6
Cancer in urology	2	11.8

**13 cases(76.92%) have oral cavity problems**







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## Conclusion

The nutritional status screening of patients with cancer in high risk nutrition found 34.85% including 41% with Head and neck cancer and 29% patients with digestive system cancer and more than 70 percent of patients have oral cavity problems.





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# Further consideration

- ◆ Percentage of treatment after nutritional evaluation
- ◆ Team communication





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# Thank you for your attention

