



TOTAL GASTRECTOMY AND EARLY SATIETY: THE EXPERIENCE OF PATIENTS THROUGH THEIR WORDS

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Background and aims

Total Gastrectomy (TG) has essential effects on nutritional status and the regulation of food intake. This qualitative study investigates the lived experience of patients with gastric cancer who have undergone a TG intervention in the context of early satiety.

Methods

Giorgi's approach to phenomenology was chosen to reveal the early satiety experience of gastric cancer patients after TG. Participants were selected from the Oncology Surgery Unit of the AUSL-IRCCS of Reggio Emilia, Italy.

Results

10 patients were interviewed (male: 7; female: 3; mean age: 67.53±15.85 years). Six main themes were investigated:

- 1) Experience with the disease and its treatment (patients have expressed anxiety, concern and a sense of precariousness related to the diagnosis of cancer and to the idea of living without the stomach with possible consequences on nutrition);
- 2) Impact of body modifications (patients expressed concerns related to weight loss);
- 3) Changing eating habits (attitude and experience of patients was different, it have involve both the reorganization of everyday life and the need to find strategies and attitudes to cope with the different emerging situations);
- 4) Post-surgery experience (patients expressed concern linked to the loss of autonomy in feeding);
- 5) Impact of relations with others (patients expressed gratitude about family caregivers);
- 6) Relations with healthcare staff (patients expressed respect and gratitude for the healthcare staff).

Conclusions

Proper education of the patient on the health problems of the postoperative period will give the patient the ability to overcome the fears that may arise more serenely.

