



NUTRITIONAL CARE OF CANCER PATIENTS: A SURVEY ON PATIENTS' EXPECTATIONS AND NEEDS CARRIED OUT IN A THIRD LEVEL HOSPITAL

B. Baracco, A.S. Sasdelli, C. Pazzeschi, M.C. Guidetti, L. Pironi

Nutrition Unit, Center for Chronic Intestinal Failure, IRCCS, Sant'Orsola Hospital, Bologna, Italy

Background and aims

Cancer patients (CPs) often show unintentional weight loss. Malnutrition is a risk factor for worst quality of life and prognosis. The aim of this study was to identify CPs' main nutritional needs and issues about nutrition care.

Methods

Anonymous questionnaire filled in by CPs during the first outpatient visit at the Nutrition Unit of Sant'Orsola Hospital, Bologna. The following were investigated: 1) If the patients would like to receive information about nutritional issues; 2) If the patients had already received nutritional information in other care setting; 3) What information the patients would like to receive; 4) If the patients did any change in their dietary habits since the cancer diagnosis; 5) What expectations the patients had from the visit at our clinic

Results

81 CPs (M 43%) filled in the questionnaire. The following were answered:

- 1) 85% had questions about nutritional status;
- 2) 27% had already received nutritional information in other setting of care;
- 3) 55% would like to receive specific nutritional indications for their oncological disease;
- 4) 75% changed their dietary habits due to symptoms affecting their ability to eat;
- 5) 62% expected nutritional treatment to improve their quality of life.

Conclusions

CPs showed high interest and need of nutritional care, but only few of them received nutritional counselling outside a specialistic setting of care.

References

Maschke J, et al. Nutritional care of cancer patients: a survey on patients' needs and medical care in reality. *Int J Clin Oncol.* 2017 Feb;22(1):200-206. doi: 10.1007/s10147-016-1025-6.

