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## **Nutritional treatment and nutritional intervention protocol in patients diagnosed with cancer and partially gastrectomized**

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**M**alnutrition, in patients diagnosed with cancer and partially gastrectomized, increases morbidity and mortality. It could work also as a prognostic factor of the disease. A lot of patients (15-40%) with gastric tumor suffer from malnutrition and it can increase to 80-90% in advanced stages. In addition, in patients diagnosed with cancer and partially gastrectomized, gastrectomy causes a nutritional deficit too.

Due to the previously mentioned aspects, the main objective of the Nutritional Intervention Protocol (NIP) is to establish the nutritional treatment in the patients mentioned. The procedures established in the NIP have to be carried out by nutritionists, being the following: blood samples analysis, anthropometric parameters, dietary survey, diagnosis, planning, execution and nutritional treatment monitoring.

Prior NIP's writing, a review of the literature from 2010 to 2018 was carried out. The studies and guidelines consulted were selected using inclusion and exclusion criteria.


Nowadays, no similar protocols exist. Only guidelines have

been found in which it is recommended that patients should control their diet in order to improve their symptoms. But these guides do not explain how is the intervention. That is why our protocol is important. This protocol also integrates knowledge related to nutritional evaluation and treatment in gastric tumors. So it allows the professional to carry out an adequate nutritional treatment in this very specific type of patient. Finally, it should be noted, that not only the protocol is important but also nutritionists' work (in a multidisciplinary team) to address diseases that can be modified through nutrition.

### **Speaker Biography**

Eider Mora has completed her degree in Human Nutrition and Dietetics at Universidad Isabel I, Spain. She is currently studying a master's degree in nutrition and health. Before that she completed her studies in sports nutrition and her nursing degree. She currently works as a Nutritionist and few years ago she worked as a nurse in the oncology department. Nowadays, her research focuses on Nutrition and Health.

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