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Proposal of a Nutritional Screening for Malnutrition in GI tract Cancer patients under surgery

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Introduction: Limited resources force hospitals from relying on nutrition screening tools to identify malnutrition patients. The Nutritional Control Index (CONUT) increased attention in the nutritional screening and assessment is due to its simple and automatized method of three parameters: lymphocytes, cholesterol and albumin. There is an ongoing debate regarding the value of albumin as a clinical marker of malnutrition, because it's affected by systemic inflammation, common in gastrointestinal cancer patients. The objective of this study is to propose a nutritional screening tool for detecting malnutrition in these patients.

Methods: This is a randomized, single-blinded, case control study done in the Mexican Institute for Social Security. An established number of 50 patients with GI cancer, an output of <500mL/d and surgery candidates undergo prospective random assignment to CONUT (n=25, control group) or IMSS Score (n=25, study group). Weight, cholesterol and lymphocytes were measured in both groups, with only

difference of albumin for control, and total proteins for study group, pre and post-surgery (4 days after). Outcome variables include preoperative and postoperative nutritional status.

Results: CONUT and IMSS score effectively detected malnutrition. The pre-operative study group score showed less cases of moderate malnutrition proved by mean reduction (mean: 5.2 ± 0.1959) than the control group (mean: 7.52 ± 0.2917) and statistical significance ($p < 0.0062$, $r: 0.9629$). The post-operative study group got only moderate malnutrition cases (mean: 6.8 ± 0.1512), while the control group got mixed several and moderate malnutrition (mean: 9.96 ± 0.2813), having the most statistical difference ($p < 0.0001$, $r: 0.8886$).

Conclusion: IMSS score was able to significantly provide a nutritional status in GI cancer patients, this study could be a first step for a novel nutritional screening. However, further studies should be done in more heterogeneous populations and larger samples

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