

Nutritional status of hospitalized patients with head and neck cancer

Vázquez López C, Suárez Santamaría M, Álvarez Payero M, Pérez Parente D, Piñeiro Corrales G.

Servicio de Farmacia Hospitalaria.
Complexo Hospitalario Universitario de Vigo (Hospital Meixoeiro)

OBJETIVE

The aim of this study was to analyze the causes of hospitalization of patients with head and neck cancer and to evaluate the nutritional status; type and route of nutrition therapy during hospitalization and at discharge.

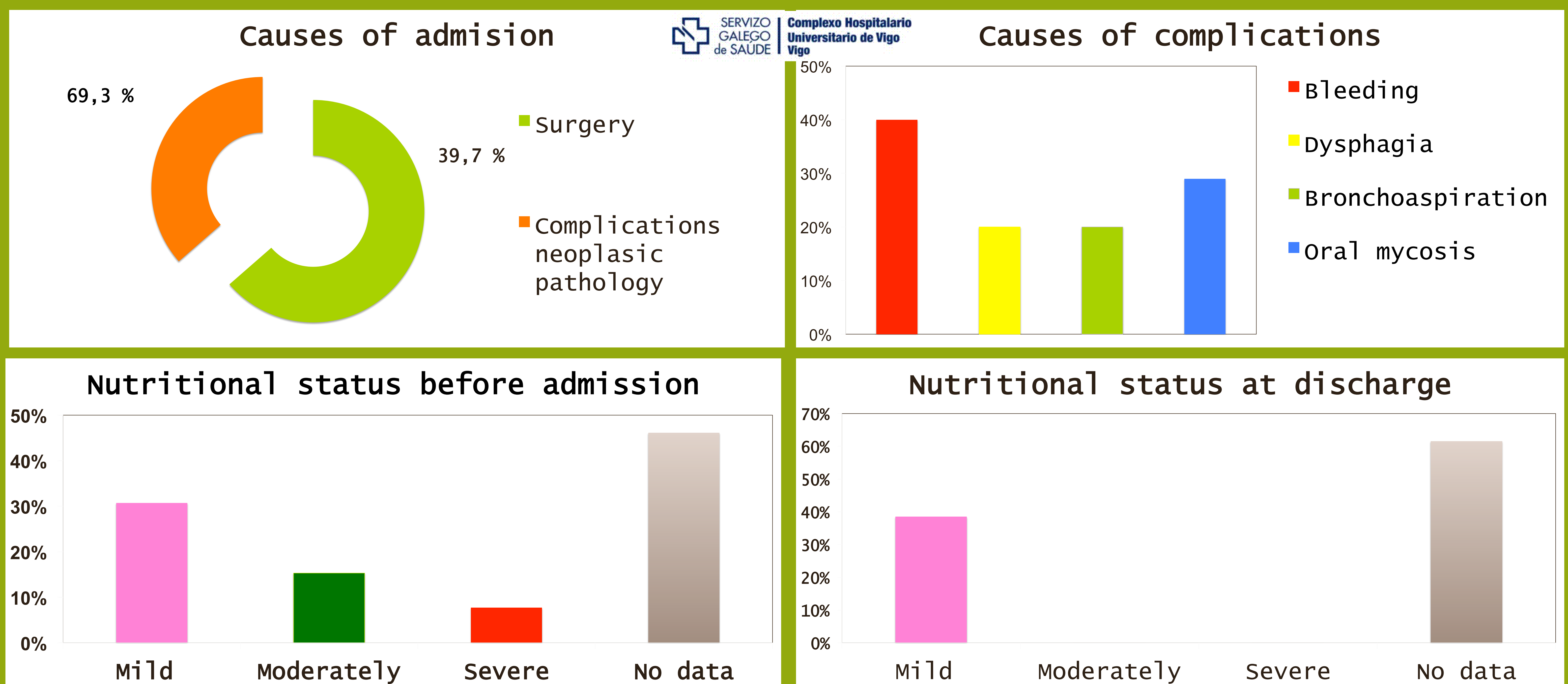
METHODS

Retrospective study of patients with head and neck cancer, between October 2011 and March 2012 at 420-beds hospital.

We examined demographic data, cause of admission to hospital, type and location of tumor, nutritional status before admission and at discharge by means of CONUT® [system for early detection and monitoring of clinical undernutrition based on biochemical parameters and immune indicator (serum albumin, cholesterol level and total lymphocyte count)] and type of nutritional therapy. We used the data source as medical record (IANUS®).

RESULTS

Were included 13 patients in the study, with a mean age of 67 ± 13.5 (range 39-86). The location of tumor was 6 in oral cavity and 7 in oropharynx.



During the admission period, all the patients received oral feeding, 6 patients received enteral nutrition (EN) by gavage / gastrostomy tube. At discharge, 61.5% of patients received oral diet and the 7.7% of them needed energy supplementation. The remaining 30.8% needed to continue with EN.

CONCLUSIONS

The risk of malnutrition in patients with head and neck cancer is high. Individualized nutritional support in these patients is necessary to prevent weight loss.

In the absence of parameters to perform an adequate nutritional assessment, we need greater involvement by hospital physicians with the clinical nutrition unit.