

Background

Malnutrition is a high risk health complication that occurred with cancer (1), the deterioration of the nutritional status in cancer patients increases morbidity and mortality, decreases the efficacy and tolerance of oncology treatments and the quality of life (2).

Aim

to evaluate the prevalence of malnutrition, to assess the nutritional knowledge and eating habits among cancer patients.

Methodology

- ❖ Observational descriptive study based on a questionnaire developed using various resources and piloted
- ❖ This comprised socio-demographics; clinical data; nutritional status; patient nutritional information
- ❖ Malnutrition was defined as a body mass index (BMI) <18.5 in patients <75 years old or <21 in patients ≥75 years old
- ❖ All included patients have formulated their informed consent and all responses were anonymous
- ❖ SPSS version 22 was used for data handling

Results:

Variables	Percent (%)
Age (years)	Average =44 Standard deviation= ±25.5
Gender	Female 72%
	Male 28%
Level of education	Illiterate 59%
	Primary schooling 19.4%
	Secondary schooling 18.6%
	higher levels of education 3%
Family situation	Married 67%
	Single 23%
	Widowed 8.42%
	Divorced 1.58%

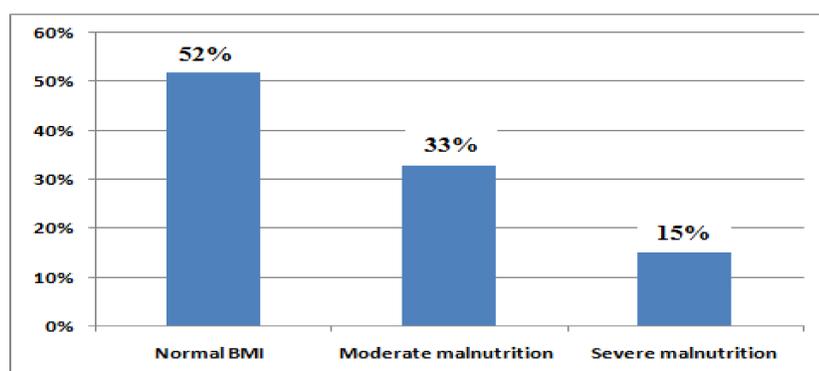


Figure 1: Distribution of the nutritional status of patients

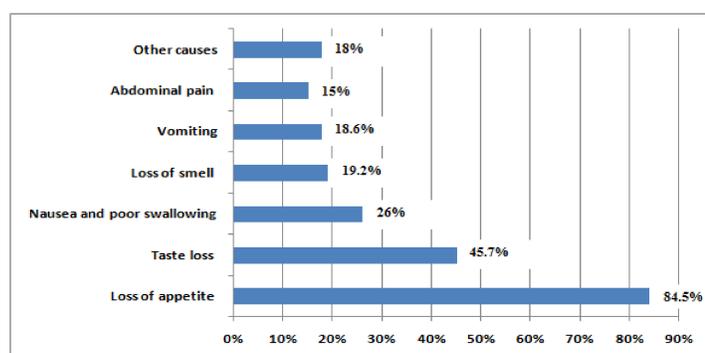


Figure 2: Causes of decreased food intake cited by cancer patients

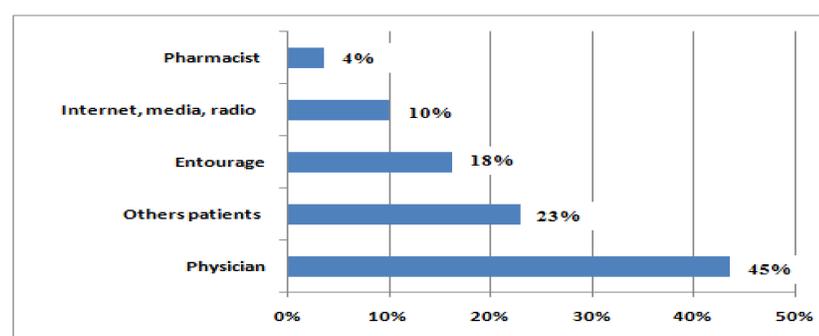


Figure 3: Sources of information on nutritional problems caused by cancer

CONCLUSION

The prevalence of malnutrition is high in patients with cancer, and the nutritional care seems still insufficient. Optimizing nutritional intervention in patients with cancer, is based on:

- ✓ An improvement in the information tools on nutrition and cancer available to patients, their relatives and health professionals.
- ✓ The creation and implementation of consensual best professional practices taking into account the constraints of care structures.

References:

1. Laviano A., Meguid M.M, Rossi-Fanelli F. Cancer anorexia: Clinical implications, pathogenesis, and therapeutic strategies. *The Lancet Oncology*. 2003;4(11) : 686-694.
2. Kim JM, Sung MK. The Efficacy of Oral Nutritional Intervention in Malnourished Cancer Patients: a Systemic Review. *Clin Nutr Res*. 2016;5(4):219-236.

