To improve nutrition care in Upper Gastrointestinal Cancer patients

Yau YPP(1), Lo WK(2)

(1) Department of Dietetics, Prince of Wales Hospital (2) Department of Dietetics, NTEC

Introduction
When patients enter into health care system, organizations have the responsibility to optimize their nutrition so as to support their wellbeing and recovery and to prevent malnutrition. Some patients’ health care journey start at outpatient clinics. In January 2014, malnutrition screening was implemented in Gastro-Intestinal Cancer Clinic (GICC) in surgical outpatient Department

Objectives
To prevent malnutrition by detecting risk of malnutrition early in surgical out patients and to implement appropriate care plan according to the risk levels identified.

Methodology
1) To perform nutritional screening using Malnutrition Screening Tool on all new cases by nurses. 2) To refer all high risk cases with a score 3 or above to Dietitian 3) Dietitian to perform detail assessment and recommend appropriate nutrition care plan.

Result
From January 2014 to June 2014, 106 patients attended the GICC clinic. 96(90.5%) of patients were successfully screened, 65 patients (67.7%) were identified as low risk, 13 patients (13.5%) and 18 patients (18.8%) were found to medium risk and high risk respectively. A total of 11 patients were referred to dietitians for assessment. Upon nutritional assessment, majority of these patients’ nutrition intake were suboptimal. Daily energy intake deficit (actual intake versus nutritional requirement) ranged from 200Kcal to 1150 kcal. 64% of the patients has energy deficit of >=500kcal daily. Daily protein intake deficit ranged from 15g to 47g. 64% patients not meeting 75% of protein requirement. Nutrition screening is a quick and simple tool to be used by front line staff to identify at risk surgical patients so that referral to Dietitians could be made in a timely manner for appropriate intervention. Dietitian assessment could identify nutrition related problems in surgical patients.