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## Nutritional management in upper gastrointestinal tract cancers

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In a study of 224 patients, comprising 157 male patients and 57 female patients, to determine the correlations between Body Mass Index (BMI) and the risk of malnutrition, 124 patients were found to have BMI of 16.00-18.49 Kg/m<sup>2</sup> while 54 patients were found to have BMI less than 16.00 Kg/m<sup>2</sup>. Using the same sample, an assessment of nutritional status of the patients using the Nutrition Alert Form shows that 78 patients had severe malnutrition while 112 patients had moderate malnutrition. In addition, by monitoring the change in patients' weight over the course of 4 weeks, the study shows that 69 patients or 30% of the total sample experienced over 5% weight-loss, 36 patients or 16% experienced 2 - 5% weight-loss, and 108 patients or 48.2% experienced 1 - 2% weight-loss. 160 patients had low albumin serum with 143 patients having 2.0 - 3.5 mg% of albumin serum and 17 patients having less than 2.0 mg% of albumin serum. Patients received enteral nutrition support according to Nutrition Care Process for Cancer Treatment Plan with 115 patients or 51.3% of the total sample receiving 1.2 kcal/1kd/d and 15-20 gm protein, 66 patients or 29.4% receiving 1.25 kcal/1kd/d and 10 - 15 gm protein, 31 patients or 13.8% receiving 1.5 kcal/1kd/d, and 12 patients or 5.5% receiving 1 kcal/1kd/d and 20 - 40 gm protein. Our patient care team is a multidisciplinary patient care approach designed to implement a mixed and integrated patient care system. In particular, the pre-treatment nutritional care is central to the reduction of risk of malnutrition and allows quick and uninterrupted access to nutritional care through our care process.

### Biography

Ponpis Raungkhajon is a Senior Professional Level Nutrition Officer at Prince of Songklanagarin Hospital located in Songkla, Thailand.

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