

The effect of nutrition education on self-care of patients with gastric cancer undergoing chemotherapy



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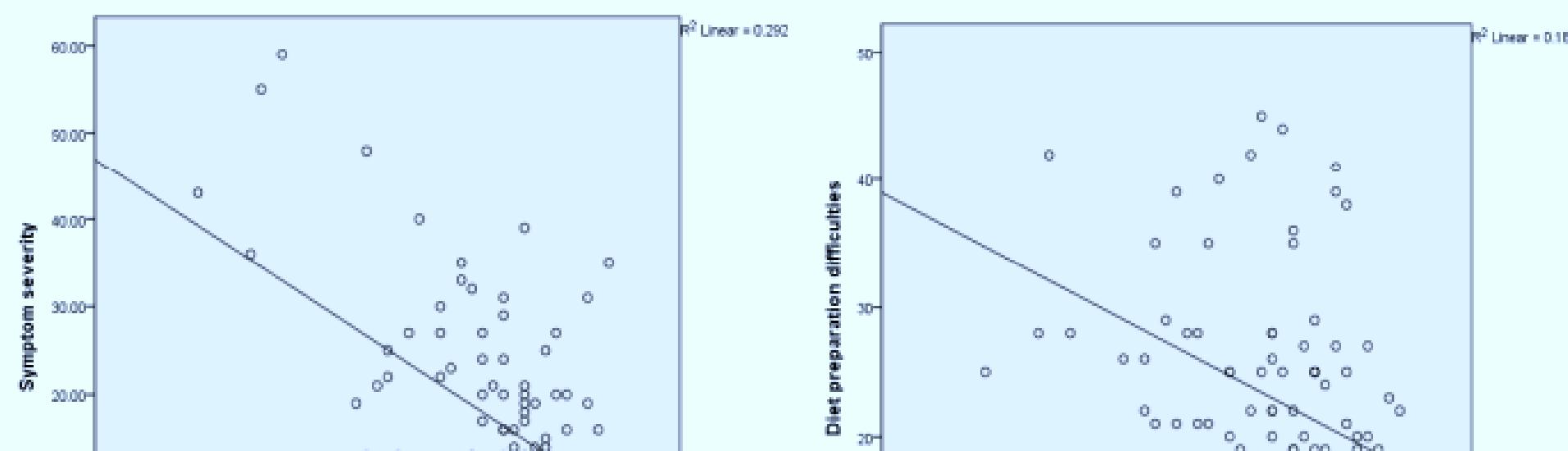
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Background and purpose :

The purpose of this research was to investigate the effect of nutrition education on self-care of patients with gastric cancer undergoing chemotherapy.

Methodology:

In a randomized controlled study before and after, 40 patients with gastric cancer undergoing chemotherapy surgery were selected as a group and divided into two interventions (20) and control (20 patients). Both groups were given a questionnaire for daily dietary patterns and individual characteristics. The intervention group then participated in 3 sessions of 1 hour at the time of admission according to the designed program. Daily diet training and more familiarity of the patient with the side effects of chemotherapy, the effect of nutrition in preventing their side effects, diet to control pain and symptoms to the patient. At the end of the training sessions, educational materials were presented to patients in the form of booklets. They were then given two months to apply new nutritional patterns to their daily lives. After the questionnaires were completed again by both groups and tested using Chi-square, t-test and Spss software.



(a)

(b)

Results:

This study showed that there was a significant relationship between proper nutrition and improvement of cancer symptoms. Dietary pattern improved significantly in the intervention group after the intervention but in the control group the mean score of the dietary pattern decreased. ($p=0.001$)

Conclusion:

Findings show the effect of educational program on improving the nutritional knowledge of cancer patients. Nutritionists can help improve the health and eating habits of people at risk and those with cancer through training and counseling.

Keywords:

Gastric cancer, proper nutrition for cancer patients, self-care, risk factor