



NUTRITIONAL RECOMMENDATIONS FOR CANCER PATIENTS

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Background and aims

Alterations in nutritional status are highly prevalent in cancer patients, and malnutrition is regarded as a “disease within the disease”, involving tens of millions of people in Europe. Poor attention to nutritional assessment during cancer therapy causes severe consequences in the quality of life of patients, with a negative impact on prognosis. In order to make nutritional intervention effective and homogeneous across the country, shared initiatives have therefore been necessary at an institutional level.

Methods

GUIDELINES ON NUTRITIONAL PATHWAYS IN CANCER PATIENTS were approved in the State-Regions Conference, proposing standards of appropriateness for nutritional interventions in cancer patients, through specific pathways of Clinical Nutrition in the management of cancer patients and of those who have overcome the disease, both in hospital and in other healthcare contexts, with appropriate organizational models integrating activities. A survey was subsequently launched in order to acquire regional data on the implementation of the guidelines.

Results

8 Regions and 2 Autonomous Provinces responded reporting the best practice initiatives which have involved the Clinical and Preventive Nutrition Units and the setting up of diagnostic and therapeutic care pathways, in line with directives.

Conclusions

The guidelines have increased awareness of the importance of nutrition in cancer care, in order to reduce medical complications and recover nutritional status and physical health. The next step will consist in involving those Regions which have not yet participated in the survey, so that this organizational model is applied homogeneously across the country.

Reference

https://www.salute.gov.it/imgs/C_17_pubblicazioni_2682_allegato.pdf

