

Perioperative Oral Nutritional Support in Colorectal Cancer Patients May Improve Clinical and Health Economics Outcomes

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OBJECTIVES

Primary Objective: to assess the effect of pre- and post-operative nutritional support on frequency of complications independently of initial nutritional status.

Secondary Objective: to measure economic benefits of nutritional support - comparing costs of complications and hospitalisation

METHODS

Design: 2 pcs of high protein oral nutritional supplements 1 week before surgery (free starter pack) + 2 weeks after (prescription), + 40 grams of proteins per day.

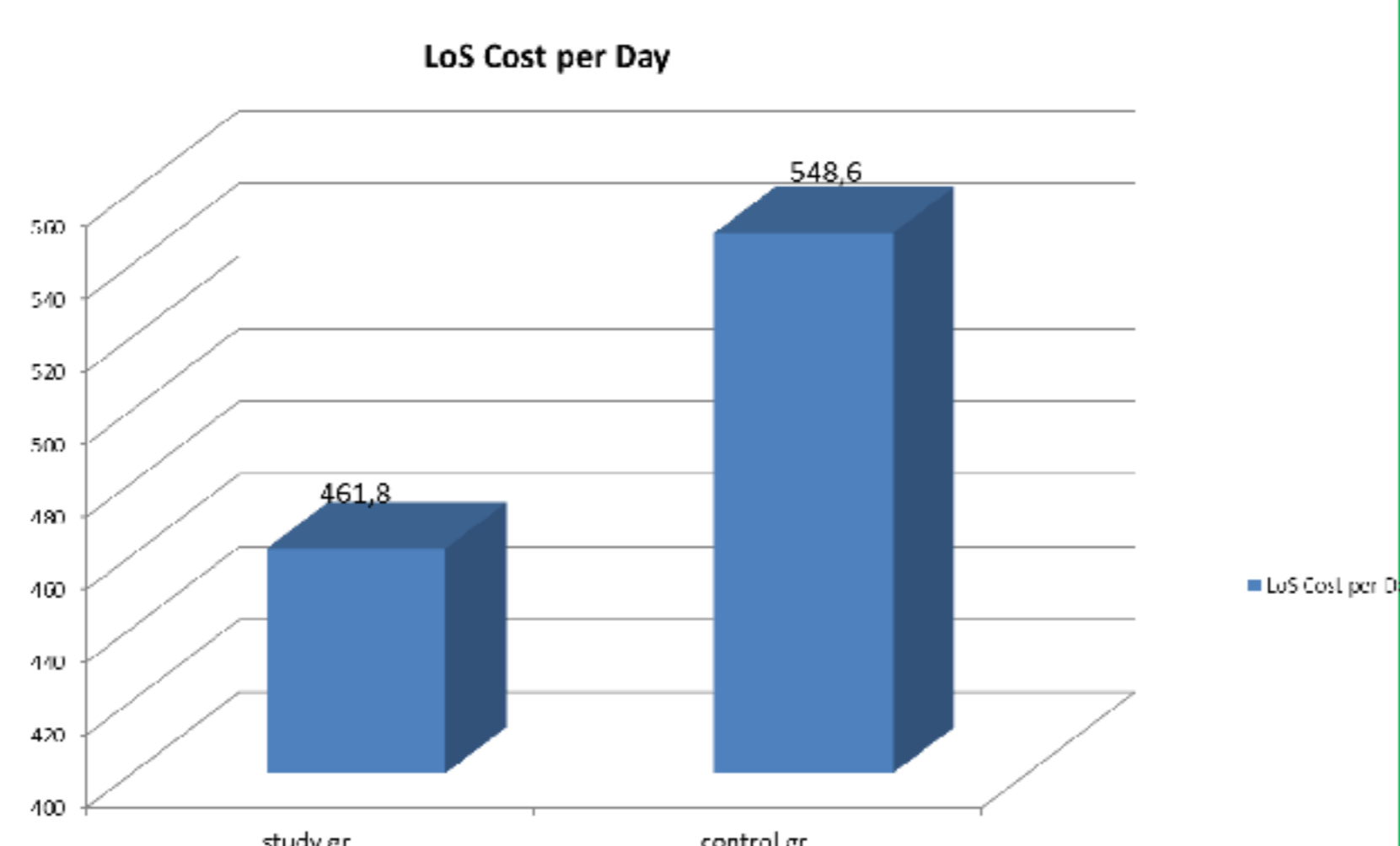
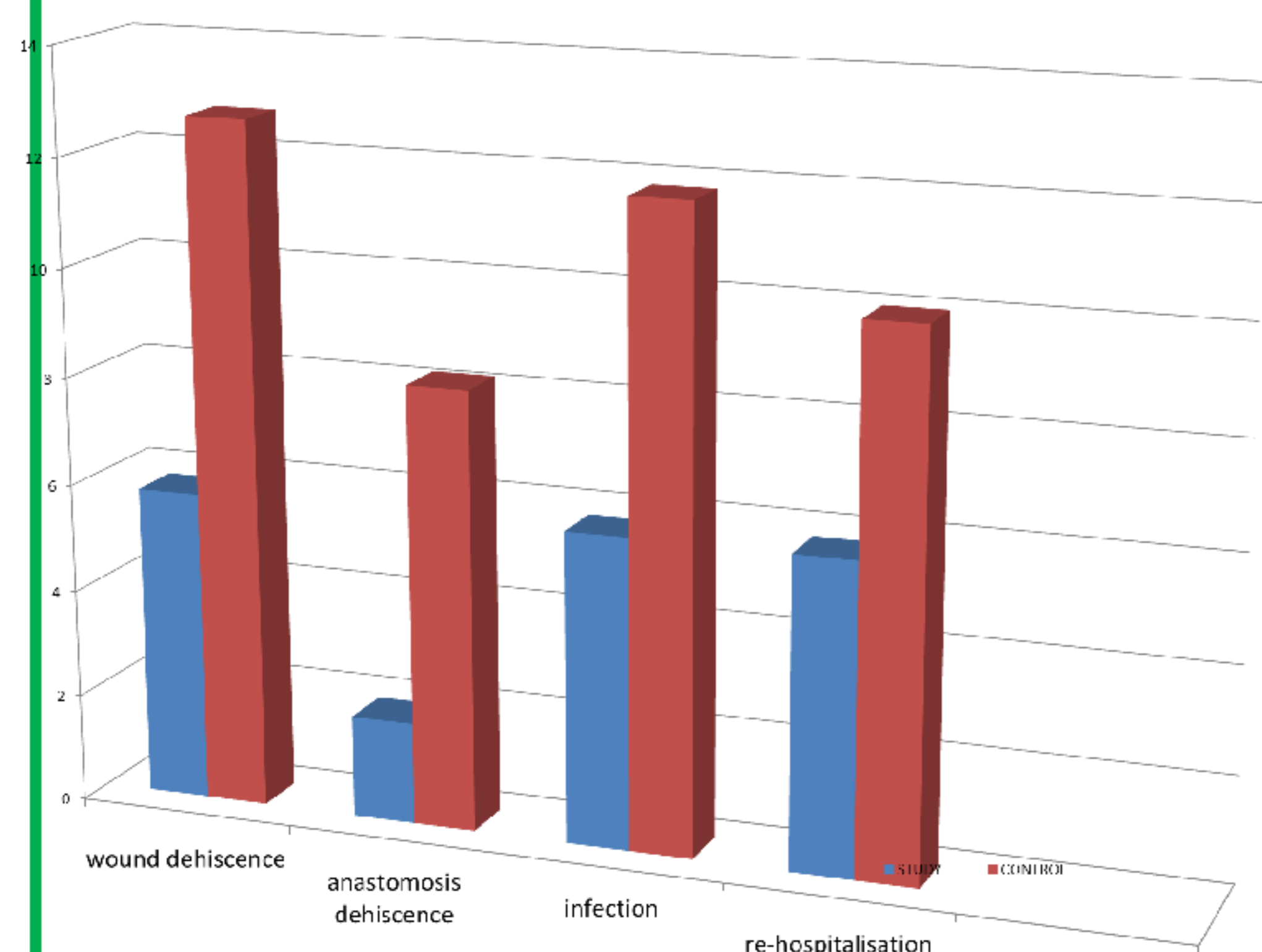
Patients: CRC patients indicated for surgery, clinical stages I-IV, 18-80 years

Nutritional status – protocol of The Czech Oncology Society – assessment 2-4 weeks before surgery – total score as a sum of 4 risk factors (weight loss, BMI, food intake, risk diagnosis).

Complications after surgery - wound/anastomosis dehiscence, infections, hospital re-admissions.

RESULTS

Risk of Complications, costs (EUR) during hospitalization



- **Wound dehiscence 2.2x lower**
- **Anastomosis dehiscence 4.3x lower**
- **Infection 2.0x lower**
- **Re-hospitalisation 1.7x lower**

CONCLUSIONS

Pre- and post-operative nutritional intervention with high protein oral nutritional supplements reduces occurrence of post-operative complications and LoS; at the same time it significantly reduces costs of treatment during hospitalisation and 6 months after surgery.

