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Effect of NRS-2002 on identifying malnutrition in cancer patients undergoing radiotherapy

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Aim: This study aims to evaluate the effect of nutritional risk screening tool (NRS2002) on identifying malnutrition in cancer patients undergoing radiotherapy based on patient generated subjective global assessment (PG-SGA).

Materials & Methods: The nutritional status of cancer patients before radiotherapy in two tertiary hospitals in Shanghai and Zhejiang province were screened and evaluated by NRS-2002 and PG-SGA. The sensitivity, specificity, Youden index, Kappa value and area under ROC curve of NRS-2002 were calculated using PG-SGA as a gold standard. A total of 368 cancer patients were enrolled in this study. Among them, 27.1% of the cancer patients had NRS-2002 \geq 3 points at admission and 35.9% had PG-SGA \geq 4 points. The sensitivity, specificity, accuracy and Youden index of NRS-2002 for screening malnutrition (PG-SGA \geq 4) were 37.87%, 87.28%, 69.56% and 25.16%, respectively. The sensitivity, specificity, accuracy and Youden index of NRS-2002 for screening severe malnutrition (PG-SGA \geq 9) were 62.06%, 96.18%, 80.16% and 58.35%.

Results: Results showed that NRS-2002 has a low sensitivity but a high specificity for malnutrition screening. Therefore, it is still necessary to carry out nutritional assessment for low nutrition risk cancer patients with radiotherapy, and further nutritional support should be given to those who are in nutrition risk.