

# Nutritional status and unmet needs in oesophagogastric cancer survivors

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## Introduction

Advances in cancer diagnosis and treatment have led to higher survivorship rates, however, more consideration must be given to improving the quality of life in survivorship[1]. Patients diagnosed with upper gastrointestinal (UGI) cancers typically undergo extensive curative surgery that may severely affect their nutritional status [2]. This study aimed to explore the nutritional status and dietary challenges faced by UGI cancer survivors in Ireland.

## Methods

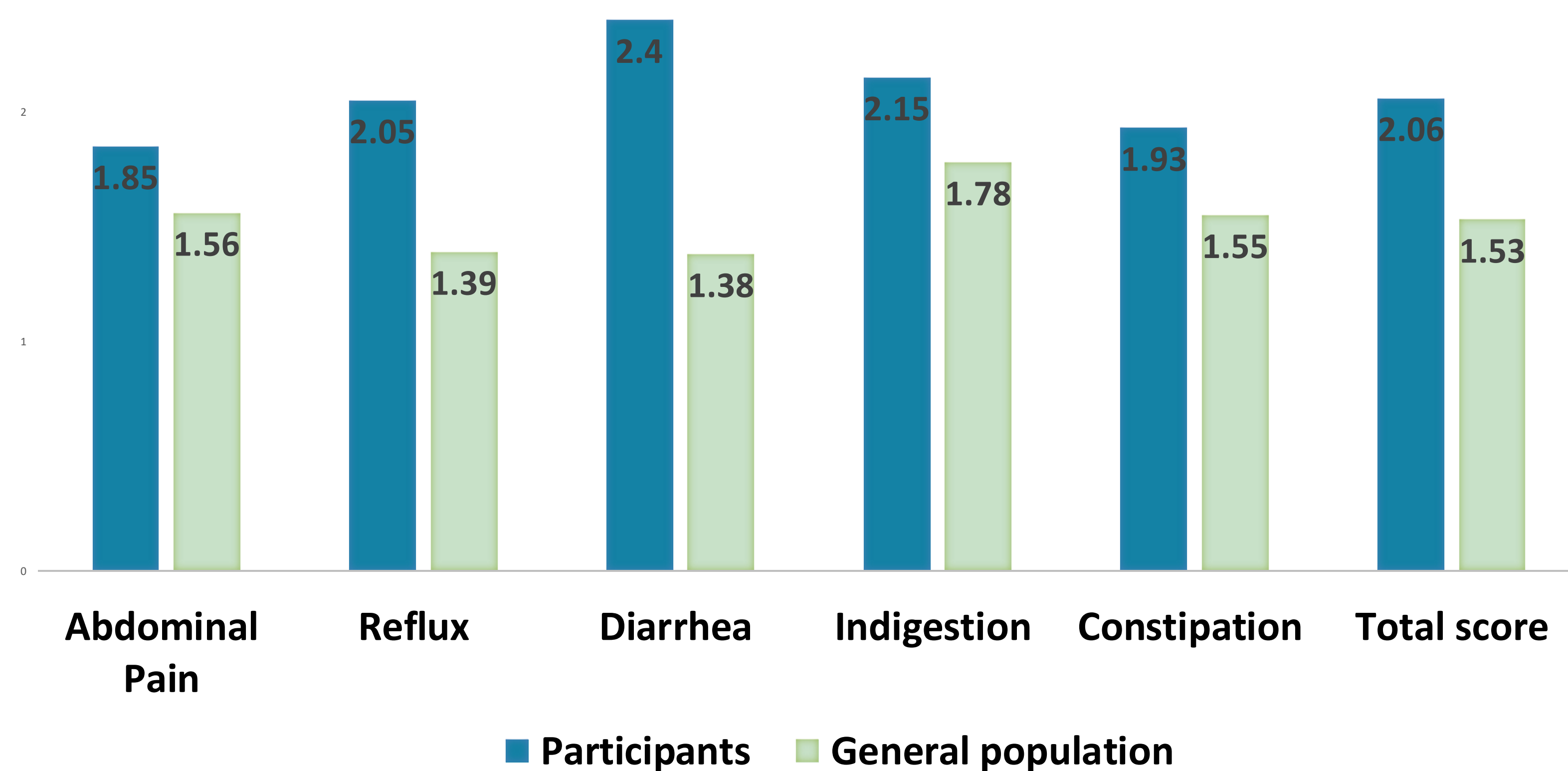
Adults diagnosed with oesophageal and gastric cancers were invited to complete an anonymous survey, either online or paper-based between September 2021 and May 2022. The survey was advertised through social media and the UGI clinic at SJH. Data collected included demographics, information on cancer diagnosis and treatment, nutritional status (Malnutrition Screening Tool, MST), gastrointestinal symptoms (Gastrointestinal Symptom Rating Scale, GSRS), and nutrition care needs.

## Results

114 participants

|                                                                                     |                            |                             |
|-------------------------------------------------------------------------------------|----------------------------|-----------------------------|
|  | <b>Age</b>                 | 70.36 ± 9.19 months         |
|  | <b>Gender</b>              | 72 Male & 42 Female         |
|  | <b>Cancer Diagnosis</b>    | 86 oesophageal & 24 Gastric |
|  | <b>Time from diagnosis</b> | 44.76 ± 34.18 months        |

Gastrointestinal Symptoms Rating Scale (GSRS) Score



Study subjects had higher GSRS score compared to general population which highlights higher prevalence and severity of gastrointestinal complications in UGI cancer survivors

1 in 3 are at risk of malnutrition



54%

Concerned about weight loss

37%

Reported ongoing GI symptoms

52%

Agree that they would benefit from further contact with a dietitian

58%

Sought advice from a dietitian

58%

Would like to have more information on nutrition in survivorship

## Conclusion

The results of the present study confirm the persistence of gastrointestinal symptoms in UGI cancer survivors. Further, participants reported unmet nutrition care needs and a desire to see a dietitian for support in managing weight loss and symptoms. Expanded dietetic services and tailored nutrition interventions are needed to address the nutritional complexities of UGI cancer survivors.

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**References:** 1. O'Connor, M., Drummond, F., O'Donovan, B., & Donnelly, C. (2019). The Unmet needs of cancer survivors in Ireland: A Scoping Review 2019. Cork: National Cancer Registry Ireland.  
2. Heneghan, H. M., Zaborowski, A., Fanning, M., McHugh, A., Doyle, S., Moore, J., ... & Reynolds, J. V. (2015). Prospective study of malabsorption and malnutrition after esophageal and gastric cancer surgery. *Annals of surgery*, 262(5), 803-808.