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MULTIMODAL NUTRITIONAL INTERVENTION PROTOCOL FOR CANCER PATIENTS COUNSELLED IN OUR CENTERS

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Oncology is a medical area where progress can improve the outcomes for patients, but the presence of malnutrition in cancer patients can limit the response to the best and most recent therapies. In Western Europe, just over 30% of patients with cancer who were at risk of malnutrition actually received nutritional support (oral nutritional supplements and/ or parenteral nutrition and/ or enteral nutrition). In Romania, far too little attention is paid to the timely detection and control of malnutrition, cachexia and neoplastic sarcopenia and our centre is trying to cover this gap by promoting and using the European Society for Clinical Nutrition and Metabolism ESPEN recommendations. Our protocol follow a succession of several steps out of which we enumerate: nutritional risk screening for all patients from the beginning, dynamic evolution of the nutritional status parameters and calculation of GPS (Glasgow Prognostic Score), elaboration of individual nutritional intervention. The roles of our staff are to give the patient the reasons and objectives for nutritional recommendations and to inform the patient/ family/ oncologist that the worsening of cachexia with increased inflammation already requires special nutritional adjustments, which cannot be made with regular foods.

Biography

Horatiu Albu is a licensed physician of Cluj-Napoca University of Medicine and Pharmacy. He has completed his specializations (Family Medicine and Infectious Diseases) at the age of 32 from Bucharest University School of Medicine and his post-university studies in Molecular Oncology from Spanish National Cancer Research Centre - CNIO Madrid via Centro de Estudios Biosanitarios. With didactic collaboration in two Romanian universities of medicine and pharmacy, President of the Romanian Society of Orthomolecular Medicine and Scientific Advisor in the Scientific Department of Laboratorios Catalysis SL - Madrid, he is the coordinator of the dietary, nutrition, onconutrition and lifestyle counselling offices of several private medical centers in Bucharest ("Columna", "Dacia" and "Dr. Albu" Medical Centers).

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