

Abstract

Sufficient and quality nutrition is an important support for mastering serious oncological treatment and debilitating illness. Educating the public about the risk of oncological disease related malnutrition and the importance of a balanced diet, incidence of new malignancies increases every year. 94 000 people as the newly diagnosis were in 2015. Nearly 542 000 people lived with cancer diagnosis in 2015.

Not only among patient it is widespread idea that malnutrition is something that can not concern us because we are doing good. Many patients do not have insight into their nutritional status. They do not think they are at risk of malnutrition. But if someone gets cancer, sooner or later, the symptoms of the disease will appear, and along with demanding treatment that brings a lot of side effects, and worsening of oral intake, and weight loss is coming.

The theoretical part describes the causes of the cancer disease, its influence on the organism, the most common types of anticancer treatment together with the side effects and the possibilities of their management. The second half of the theoretical work deals with the evaluation of nutritional risk in oncological patients, nutritional recommendations and in case of insufficient nutrition for any reason, as well as nutritional support.

Objective practical work was to determine whether cancer patients are aware of their nutritional risk and compare objective assessment of nutritional status by a health care professional with patient's view. Anonymous questionnaires were used as a research tool. It was a quantitative research survey was conducted from mid-January 2018 to March 2018. We distributed 40 questionnaires and 40 of them also returned. Surprisingly, it was found that only 6 respondents (15%) thought they were at risk of malnutrition. Based on a nutrition risk assessment by a healthcare professionals, 22 respondents were at risk of malnutrition. These results suggest that patients are not aware they are nutritionally at risk, even if they are sometimes so determined. It leads me to conclude, that we need to discuss more with patients symptoms of malnutrition and possible risks associated with it.

Key words: Cancer, malnutrition, patient's view, side effects of treatment, nutrition, nutritional support