



KEY WORDS

- ✓ Gastrointestinal cancer
- ✓ Cancer surgery
- ✓ Nutritional status
- ✓ Quality of life
- ✓ Gastrointestinal symptoms

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EVALUATION OF NUTRITIONAL STATUS, GASTROINTESTINAL SYMPTOMS, AND QUALITY OF LIFE IN PATIENTS WHO UNDERWENT GASTROINTESTINAL CANCER SURGERY

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THESIS ABSTRACT

This study aimed to evaluate the nutritional status, gastrointestinal symptoms, and quality of life in 121 patients who had undergone gastrointestinal cancer surgery. This descriptive, cross-sectional study was conducted at Ali Osman Sönmez Oncology Hospital. Data were collected via patient information forms, a Nutritional Risk Score, a Gastrointestinal Symptom Rating Scale, and a Gastrointestinal Quality of Life Index, as well as face-to-face interviews.

62.81% of participants were male, and the mean age was 62.80 ± 10.31 years. Colectomy was the most common surgery (54.55%), and weight, BMI, and quality of life scores were higher in this group. The dyspepsia subscale score differed significantly by surgery type.

APPLICATION AREAS OF THE THESIS RESULTS

The results of this study highlight the need for surgically specific monitoring and care strategies for patients undergoing gastrointestinal cancer surgery. Quality of life can be improved by individualizing symptom management and nutritional support. The findings provide important practical data for multidisciplinary teamwork and the development of clinical guidelines.

ACADEMIC ACTIVITIES

1. Avcioğlu, T., & Vatansever, N. (2024, March 15–17). Colorectal surgery patients under the ERAS protocol: Care process [Oral presentation]. Ases II. International Bandırma Scientific Studies Conference, Balıkesir, Turkey. Conference Book, 576.