

A Descriptive Study to Assess the Knowledge and Practice Regarding Nutrition among Cancer Patient Receiving Chemotherapy with the View to Develop Nutritional Booklet in Selected Hospitals in Ranchi Jharkhand

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Abstract: Cancer remains a leading cause of morbidity and mortality worldwide, with chemotherapy being one of the most common treatment modalities. While chemotherapy is effective in targeting cancer cells, it often leads to various side effects, including nausea, loss of appetite, and malabsorption, which can significantly impact the nutritional status of patients. Malnutrition in cancer patients is associated with reduced tolerance to treatment, compromised immunity, and poor quality of life.

Objectives: The study was conducted among cancer patients receiving chemotherapy to assess their nutritional status, explore their knowledge regarding nutrition for cancer patients. Also, to determine the association between socio-economic variables and nutritional status and to identify the association between nutritional knowledge and practice regarding nutrition among cancer patients.

Methods and Materials: A total of 150 samples selected by non-probability purposive sampling technique. Data collection tools consisted of nutritional knowledge and practice based questionnaire to assess the nutritional knowledge and practice regarding nutrition and malnutrition screening tool was used to assess the nutritional status. IEC permission was taken from Rajendra Institute of Medical Sciences, Ranchi and we also took administrative permissions from various institutions. Consent and assent were taken from patient as well as their attenders.

Data were analysed using descriptive and inferential statistics.

Result: Within this study the nutritional knowledge in different categories which includes pre knowledge of nutrition advised by experts, food groups, food choices and diet-disease relationship. Knowledge about food groups was the highest (66%), while understanding the diet-disease relationship and food choices was comparatively lower (37.3% each) and (47.3%) patients had familiarity with nutritional knowledge which was advised by experts.

Practice regarding nutrition by food frequency categorized in different food groups and adequacy of it in their daily diet. The food groups include Carbohydrates, proteins, fats, vitamins and minerals. While mineral intake was reported adequate (87.9%), carbohydrate (53.3%) and fats (29.5%), proteins (8%) and vitamins (8.7%) were inadequately consumed. Dietary diversity was used to evaluate the dietary practice in terms of adequacy of food group in their diet which was predominantly moderate (96.6%).

Food habits have been associated as having a significant association with risk for malnutrition ($X^2 17.5$, $p=0.002$) whereas age, sex, religion, location, occupation, monthly income and level of education were not highly associated. A significant relationship was noted between nutritional knowledge and fat consumption practices ($X^2 9.47$, $p=0.002$).

Keywords: Cancer

