

饮食护理对恶性肿瘤放疗患者营养状况的影响

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【摘要】：目的：放疗是恶性肿瘤患者常用的治疗方法，以专用射线照射肿瘤病灶，进而杀灭肿瘤细胞，但在放疗过程中，患者会表现出一些不良反应，导致营养摄入困难，营养不足，使机体抵抗力低下，因此本文探讨饮食护理对恶性肿瘤放疗患者营养状况的影响。**方法：**此次研究对象均是我院肿瘤科的恶性肿瘤患者，样本采集为2021年1月-2022年1月期间行放疗的520例恶性肿瘤患者，比较分析两组患者营养指标、营养状况和免疫功能指标以及对护理的满意度。**结果：**饮食护理组患者的比较分析两组患者营养指标（Alb、Hb、TRF、体重）、营养状况（PG-SGA）和免疫功能指标（IgG、IgA、IgM）以及对护理的满意度均优于常规护理组， $P<0.05$ 说明存在对比意义。**结论：**将饮食护理干预实施于放疗的恶性肿瘤患者中，对其营养状况存在积极影响，使营养指标更合理，且提高患者的护理满意度，能促进其治疗预后。

【关键词】：恶性肿瘤；放疗；营养状况；饮食护理；护理效果

Effect of Diet Nursing on Nutritional Status of Patients with Malignant Tumor Undergoing Radiotherapy

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Abstract: Objective: Radiotherapy is a commonly used treatment for patients with malignant tumors. The tumor focus is irradiated with special radiation to kill tumor cells. However, during the radiotherapy process, patients will show some adverse reactions, resulting in difficult nutrition intake, insufficient nutrition and low body resistance. Therefore, this paper discusses the impact of diet nursing on the nutritional status of patients with malignant tumors undergoing radiotherapy. Methods: The subjects of this study were all malignant tumor patients in the oncology department of our hospital. The samples were 520 patients with malignant tumor who received radiotherapy from January 2021 to January 2022. The nutritional indicators, nutritional status and immune function indicators of the two groups of patients and their satisfaction with nursing were compared and analyzed. Results: The nutritional indicators (Alb, Hb, TRF, body weight), nutritional status (PG-SGA) and immune function indicators (IgG, IgA, IgM) of the two groups of patients in the diet nursing group were better than those in the conventional nursing group, as well as their satisfaction with nursing. $P<0.05$ showed that there was a comparative significance. Conclusion: Dietary nursing intervention in patients with malignant tumor undergoing radiotherapy has a positive impact on their nutritional status, makes nutritional indicators more reasonable, and improves patients' satisfaction with nursing, which can promote their treatment prognosis.

Keywords: Malignant tumor; Radiotherapy; Nutritional status; Diet care; Nursing effect

1 资料与方法

1.1

	2021	1	-2022	1	520	1.2.3	
					260		
					141:119		
					49.32 ± 4.71	2.93 ± 0.69	
					61.27 ± 2.36	/	
26	24		33		19		
17	20	21					
	135:125				49.41 ± 4.65		
	2.87 ± 0.72				61.34 ± 2.28		
		28		25	31		
20	18		19	19			24
							[2]
.			WHO	TNM			
					≤ 3		
						84-126KJ/kg · d	
						=5:2:3	
					5		
					P		
0.05							
1.2						33%	
1.2.1				5	10-15kcal/kg-1	33%-66%	
	CT				15-20kcal/kg-1	66%	
					20-25kcal/kg-1		
	X	6-8MV		10cm			
	15MV						
							[3]
	CT						
1.2.2							

SPSS21.0
 $\bar{x} \pm s$ t [n(100%)]
 χ^2 P 0.05
 1.3 2 结果
 Alb Hb TRF 94.40% 236/250
 PG-SGA 78.8% 197/260 P 0.05
 IgG IgA IgM

1.4

1	$\bar{x} \pm s$		
	n=260	n=260	P
Alb	34.41 ± 2.66	39.76 ± 1.87	0.05
Hb	123.10 ± 6.42	132.18 ± 5.74	0.05
TRF	1.57 ± 0.21	1.88 ± 0.27	0.05
Kg	54.87 ± 10.92	58.46 ± 11.03	0.05
IgG	0.64 ± 0.12	1.15 ± 0.21	0.05
IgA	1.48 ± 1.15	1.96 ± 0.87	0.05
IgM	1.08 ± 0.30	1.20 ± 0.28	0.05
PG-SGA	3.68 ± 1.68	1.62 ± 0.45	0.05

3 讨论

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P 0.05