

Oral Nutritional Supplement (ONS) Reduced Weight Loss and Optimised Preoperative Energy and Nutrient Intakes in Colorectal Cancer Patients Undergoing Surgery

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ABSTRACT

INTRODUCTION: Malnutrition is common among patients undergoing surgery for cancer. ONS is usually prescribed but more evidence for the intervention is needed. This study aimed to assess ONS effect on body weight, energy, protein and micronutrients intake. **METHODS:** Newly diagnosed adult colorectal cancer patients (N=30) at risk for malnutrition and scheduled for surgery were randomized into two groups. The ONS group consumed two packs/day of ONS in addition to their usual diet, 7-14 days preoperatively and continued postoperatively when oral feeding resumed. The control group continued with their diet without ONS. Both groups received dietary counselling. Diet and ONS consumption, anthropometric parameters, patient-generated subjective global assessment score, hand grip strength, serum albumin and transthyretin were determined at baseline, a day before surgery, and postoperative day seven. Repeated measures ANOVA were employed to look at changes within and between groups. **RESULTS:** ONS group showed less weight loss postoperatively (ONS group -0.0±0.7 kg, control group -3.1±0.6 kg (p<0.05). Preoperatively, the energy intake increased in the ONS group (576±108 kcal/day, p<0.05) whereas the control group showed a decline (-188±106 kcal/day, p<0.05). Postoperatively, the decline in energy intake continued in both groups (ONS group -276±194 kcal/day, p>0.05; control group -585±187 kcal/day, p<0.05). Similar trend in protein intake was observed. **DISCUSSION:** ONS supplementation reduced weight loss and optimized nutrients intake preoperatively before the onset of surgical trauma. However, a more comprehensive study is required to confirm the findings.

KEYWORDS: Oral nutritional supplement, Nutritional support, Colorectal cancer patients

Parental Mental Health and Quality of Children in Indonesia

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ABSTRACT

INTRODUCTION: Several studies suggested that household income was not the most important factor in determining the quality of children. It seems that family income did not affect directly to the quality of the children but by means of behavioural parenting of the parents based on their psychological condition. Several studies found that parental depression could affect both positive and negative impact on the quality of children. This research aims to know the influence of mother depression and father depression against cognitive score of children in Indonesia. **METHODS:** This study used data from IFLS 2014 and the number of samples in this study amounted to 5,474 children. This study used a regression model of OLS analysis method. **RESULTS:** Mother depression had a significant effect on children's cognitive score (b= -0.004874, p=0.043). It means that the nurturing which the mother gave to her children was an important factor to determine the quality of children compared to the nurturing the father gave. **DISCUSSION:** Mother depression is an important factor in determining the quality of children so that maternal mental health need to be considered to produce a better quality of children. Hopefully this research could be a contribution to the policy makers and families in Indonesia in order to pay more attention to the mental wellbeing of the mother so that the quality of children would increase.

KEYWORDS: mental health, parental depression, child cognitive