
Nutritional assessment of surgically unfit patients

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Nutritional assessment should be done in the preoperative preparation of a patient for operation. Failure to diagnose and treat malnutrition in hospitalized patients may affect wound healing, resistance to infection, strength and general sense of well being and length of hospitalization. In our study six variables known to be affected in malnutrition were compared in 30 patients. They were diagnosed to be surgically unfit by at least two professors in National Cancer Institute. The work was done in order to document objectively the type and degree of malnutrition, and to find the proper investigations needed to decide surely that the patient is surgically unfit beside the clinical judgment. All patients were found to have moderate and severe depletion of T.S.F, 83% had moderate and severe depletion of weight and A.M.C, 76.6% had moderate and severe depletion of 0.11, l. 50% had moderate and severe depletion of serum albumin and 43% had moderate and severe depletion of lymphocytic count. All the variables were interrelated with each other with overall result that all the variables should be done to diagnose that the patient is surgically unfit. Most of the patients had nascent kwashiorkor. High incidence of postoperative morbidity and mortality was noted.