

Comparison of acceptance of industrialized and manipulated oral nutritional supplement by patients of clinical oncology team of AC Camargo Cancer Center

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BACKGROUND: Malnutrition is a major prognostic factors of cancer patients. Weight loss arising from the treatment and metabolic disorders, is common and involuntary. The maintenance of the nutritional status is an important part of treatment, and the improvement of nutritional status is associated with shorter hospitalization, better tolerance of treatment and better quality of life to the patient. Nutritional therapy is used to minimize or prevent weight loss. Oral supplementation is effective in increasing nutrient intake and improve the nutritional supply. Oral nutritional supplements should be part of cancer treatment due to the demonstrated benefits, for that the product acceptability and adherence by the patients are essential. The change of taste, arising from the treatment or the disease itself is common in these patients, so the palatability of the product is a key point. Many patients discontinue treatment because of monotony of flavors, so modifying the presentation of nutritional supplements is extremely important for improving adherence to nutritional therapy.

HYPOTHESIS: The manipulation of nutritional supplements would result in improving the appearance and taste; thus increasing patient compliance and directly affecting recovery and maintaining the nutritional status of these individuals.

METHODS: We conducted a prospective clinical trial with 57 patients admitted for Clinical Oncology team of AC Camargo Cancer Center. The study took place in the first two days of hospitalization. Patients received both supplements: the manipulated and industrialized, in randomized order. Cold and hot recipes were developed, among them: chocolate and strawberry milkshake, vitamin with fruits and Cappuccino. Patients evaluated the samples through a facial hybrid hedonic scale of five points.

RESULTS: The preparation that had greater choice was the chocolate milkshake (35%). The manipulated oral supplement was accepted in all aspects (taste, appearance and general) and showed better acceptance ($p < 0.01$) compared to the industrialized oral supplement. Overall median values hedonic was 4.33, corresponding to 86.6% acceptance, for manipulated oral supplement, compared to 3.97, 75% acceptance, of the industrialized oral supplement, which was also considered a high acceptability supplement. There was no difference as to randomization groups, in both the manipulated oral supplement was better accepted ($p < 0.01$). The majority (73%) patients had contact with the supplements for the first time, which did not alter the preference for oral supplement manipulated in relation the industrialized oral supplement ($p < 0.01$). The manipulation was able to increase 127% to 181% of the calorific value and 113 to 130% the protein content of the supplements.