

Most striking adverse effects on the families of pediatric onco- hematology patients during the outpatient follow-up and what the best approach to management.

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BACKGROUND: The children in cancer treatment have fluctuation in food intake due to disease or treatment. Many are symptoms that can have this action, but not all the anguish of the same intensity for family. The outpatient treatment becomes the time when the family can participate in the most effective way of diet and the role of nutrition at this moment is to individualize the diet and propose objectives according to the treatment and side effects. .

HYPOTHESIS: To evaluate which the most striking symptoms for family members in pediatric onco-hematology patients during the outpatient follow-up and what the best approach to management.

METHODS: Conducted research during the month of July/15 with parents and/or guardians of the patients, asking them what symptoms in their opinion it difficult to food intake (nausea/vomiting, increased appetite, decreased appetite, change bowel habits, mucositis, pain when swallowing) and what form they would like to see addressed the management thereof (lectures, practical workshops, individual verbal guidance, individual written guidance).

RESULTS: Most of the researches were answered by mothers (685%). Among this underlying diseases: 41% were acute lymphocytic leukemia, lymphomas 22.7% and 13.6% non-oncological diseases. For symptoms loss of appetite was the most cited (n = 14), followed by nausea / vomiting (n = 4), mucositis (n = 9), dysgeusia (n = 4), change in bowel habits (n = 2) irritation of the gastrointestinal tract (n = 1), increased appetite (n = 1). As the form of verbal guidance approach was quoted 11 times, workshop practice Nutrition 10, written guidance and 9 lecture 3. It was also requested that respondents propose topics for lectures or informative and all proposed topics dealt with how to use the power for symptom management, working with the appetite of the patient, feeding on life stages and suggestions for recipes and menus. With this information it observed the importance of monitoring and proper nutritional guidance for the pediatric age group, the main result of this work to overhaul the food guide for children on chemotherapy.