

Quantitative study of the effect of nutritional status and psychological factors on the life quality of esophageal cancer patients with radiotherapy

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[Abstract] Objective: To investigate the effect of nutritional status and psychological factors on the life quality of esophageal cancer patients with radiotherapy. **Methods:** 200 cases of esophageal cancer patients with radiotherapy in our hospital from June 2014 to June 2015 were randomly divided into the observation group and the control group, the control group was used conventional nursing, and the observation group was given the routine nursing, and the two groups were compared of the nutrition, mental state and life quality. **Results:** The hemoglobin level in the observation group was higher than that in the control group, and the body weight and the upper arm muscle circumference were higher than those in the control group, the difference was statistically significant ($P<0.05$). The SAS and SDS scores in the observation group were significantly lower than those in the control group ($P<0.05$). The life quality of questionnaire, the symptom scale and the overall quality of life in the observation group were better than those in the control group, and the difference was statistically significant ($P<0.05$). **Conclusions:** Improving the nutritional status and poor psychological status of esophageal carcinoma patients with radiotherapy can effectively improve their life quality.

[Keywords] Nutritional status; Psychological factors; Esophageal cancer; Radiotherapy; life quality