

## **A nursing perspective of nutrition in cancer patients undergoing chemotherapy**

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### **ABSTRACT**

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**Purpose:** To present of an appropriate diet consists in cancer patients undergoing chemotherapy.

**Materials and methods:** A search was made in the Pubmed and Scopus databases for reports on nutrition and chemotherapy in cancer patients. There were used the following key words: nutrition, cancer, chemotherapy and the combination of them.

**Results:** Nutritional problems of patients are caused by the same disease, the antitumor therapy and the patient's response to the diagnosis and treatment. Symptoms such as anorexia, changes in taste, nausea - vomiting, diarrhea, stomatitis and constipation are common side effects of chemotherapy and can lead to inadequate food

intake and consequently, malnutrition. There are many appropriate nursing interventions that alleviate the above symptoms.

**Conclusions:** Nurse plays an important role in the care of patients who have been feeding problems receiving chemotherapy. Nutritional interventions are individualized and should be started immediately and incorporated into the care plan in order to be successful. In order this to be achieved; all patients should be assessed for nutritional problems and weight loss before starting treatment and after starting regularly.

**Key words:** Nutrition, chemotherapy, cancer, nausea-vomiting, diarrhea, constipation

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