

Improving Surgical Outcomes in Patients Undergoing Major Gastrointestinal and Gynecologic Surgery with Aggressive Perioperative Immunonutrition

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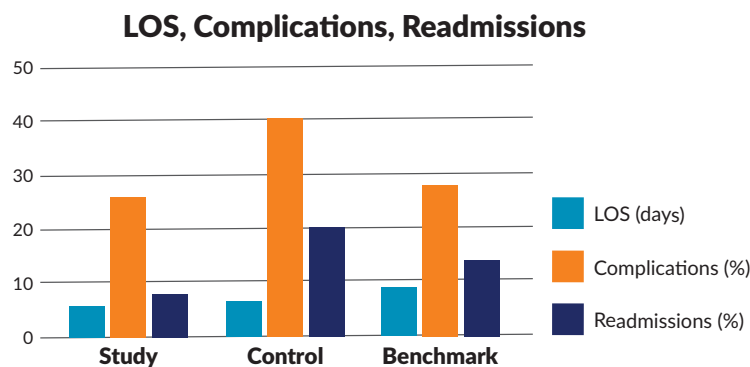
Purpose:

Institutionalize a perioperative surgical nutrition protocol with gastrointestinal (GI) and gynecologic (GYN) cancer surgery patients at risk for malnutrition and measure the effect on hospital length of stay (LOS), post-operative complications and readmission rates.

Methods:

- Newly diagnosed GI and GYN cancer surgery patients (n=51) were screened for risk of malnutrition, placing 68% (n=35) into a group that received an immunonutrition supplement containing a blend of arginine, fish oil, nucleotides and antioxidants (IMPACT Advanced Recovery® Drink). As purchased through a hospital research grant, the study patients received 500-1000 mL of supplement per day for 5 days before and 5 days after surgery. 32% (n=16) of the GI and GYN patients were determined not to be at risk of malnutrition, did not receive the protocol and made up the control group. Historical benchmark data was also compared.

Results:



- Complications were lower in study vs. control vs. benchmark groups (26% vs. 40% vs. 27.2%, respectively).
- Readmissions were lower in study vs. control vs. benchmark groups (8.5% vs. 20% vs. 14.7%, respectively).
- Hospital LOS was 1 day less for study vs. control patients and 3.5 days lower vs. the historical benchmark.
- **A LOS cost analysis found an average cost savings of \$100,136 after including the cost of immunonutrition (based on a national average hospital cost/day of \$2,948).**

Conclusions:

- Perioperative use of the immunonutrient blend of arginine, fish oil and nucleotides in malnourished GI and GYN cancer surgery patients resulted in better patient outcomes and significant cost savings. Utilizing this approach should be standard of care in the GI/GYN malignancy pre/postoperative setting.

Abstract study summary prepared by Nestlé Health Science. Abstract T53 can be accessed by A.S.P.E.N. members at: <https://onlinelibrary.wiley.com/action/downloadSupplement?doi=10.1002%2Fjpen.1150&file=jpen1150-sup-0001-SuppMat.pdf><https://www.mdedge.com/fedprac/article/165715/colon-and-rectal/effect-immunonutrition-veterans-undergoing-major-surgery>

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