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Nutritional Status and Quality of Life in Lung Cancer Patients

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ABSTRACT The aim of this research is to determine the relationship between nutritional status and quality of life in lung cancer patients. A total of 140 patients were assessed. Nutritional Risk Screening (NRS- 2002) tool was used to determine nutritional status and quality of life was assessed using The European Organization for Research and Treatment of Cancer Quality of Life Core Questionnaire (EORT QLQ-C30). The rate of malnutrition risk was forty percent of all patients, 38.8 percent of the males and 47.4 percent of the females. ($p>0.05$). The risk of malnutrition was higher among in-patients (52.1%) compared to outpatients (26.9%). In patients at risk of malnutrition, the subscale scores of EORT QLQ-C30 form for role function were lower while fatigue, pain, dyspnea, insomnia and anorexia scores were higher than the patients who are not at risk of malnutrition ($p<0.05$). As the patients' total NRS-2002 scores increases, their physical and role function scores decrease; and their fatigue, pain, dyspnea, insomnia and anorexia symptoms increase ($p<0.05$). Nutritional status of these patients should be assessed from the date of diagnosis of disease, these patients should receive nutrition counselling from a dietitian specialized in oncology areas and should be informed on the importance of nutritional status related to its preventive role on quality of life.