

Nutrition Considerations for Pancreatic Cancer Patients Undergoing Pancreaticoduodenectomies

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Written Case Study

ABSTRACT

As one of the most aggressive forms of cancer, pancreatic carcinoma poses its own unique nutrition complications. Most cases go undetected until symptoms such as jaundice, weight loss, and malnutrition develop in its late stages. Usually the result of a pancreatic head mass, most cases will include surgical treatment. The classic Whipple procedure, or pancreaticoduodenectomy, is completed to remove the malignant tumor and any metastatic tissue in the surrounding area. A high amount of complications can arise from this surgery, many of them nutrition-related. Gastroparesis, pancreatic fistula, and diabetes mellitus are all known to occur. Other issues such as malnutrition, anorexia, and cancer cachexia can be exacerbated as a result of this intensive surgery. Registered dietitians, as a part of the healthcare team, are faced with the challenge of intervening upon these predicted nutrition complications. The following case study of a pancreatic cancer patient who undergoes a pancreaticoduodenectomy provides a thorough investigation into the medical nutrition therapy involved in this disease state.

ASSESSMENT

AA is a 66 year-old non-English speaking Somali female who was brought to the emergency room by family members because of longstanding, increasing jaundice accompanied by weakness and fatigue. At 5'7" and 187 pounds, she presents with a BMI of 29.29, and claims to have a lack of appetite and weight loss of about 20 pounds in the past 4 months. The patient has a past medical history of type II diabetes mellitus and cholelithiasis. During her emergency room visit, an initial CT scan of her abdomen and pelvis showed the presence of gallstones and a 1.5-2 cm mass in the head of the pancreas causing obstruction of the bile duct. The patient underwent surgery to install a biliary stent and perform a biopsy of the pancreatic head mass. The biopsy proved a tumor malignancy with no evidence of disease or vascular involvement outside of the pancreas. AA suffers from poorly controlled diabetes resulting in abnormally high blood glucose levels. At the time of the first interaction with a registered dietitian her POCT glucose values were 193, 247, and 373 mg/dL and her hemoglobin A1C was 9.4%, indicating

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Thomas Griffiths



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The Academic Portfolio Peter Seldin, J. Elizabeth Miller, 2009-04-27 This comprehensive book focuses squarely on academic portfolios which may prove to be the most innovative and promising faculty evaluation and development technique in years. The authors identify key issues, red flag warnings and benchmarks for success, describing the what, why and how of developing academic portfolios. The book includes an extensively tested step by step approach to creating portfolios and lists 21 possible portfolio items covering teaching, research, scholarship and service from which faculty can choose the ones most relevant to them. The thrust of this book is unique. It provides time tested strategies and proven advice for getting started with portfolios. It includes a research based rubric grounded in input from 200 faculty members and department chairs from across disciplines and institutions. It examines specific guiding questions to consider when preparing every subsection of the portfolio. It presents 18 portfolio models from 16 different academic disciplines. Designed for faculty members, department chairs, deans and members of promotion and tenure committees, all of whom are essential partners in developing successful academic portfolio programs, the book will also be useful to graduate students, especially those planning careers as faculty members.

Nutrition sensitive food systems in conflict affected regions: A case study of Afghanistan Babu, Suresh Chandra, Looden, Jamshed, Ajmal, Mehnaz, Rana, Abdul Wajid, Srivastava, Nandita, The food systems approach can contribute to food security and reduced malnutrition levels by identifying key investments and policies throughout the food system including production, processing, marketing and consumption of food. However, in countries facing fragility and conflict, it has proven difficult to implement such an approach and achieve the desired results. This has been the case in Afghanistan where high levels of malnutrition stem in part from an undersupply of nutritious food. Multi sectoral approaches to promote nutrition sensitivity and achieve diet based solutions have also had only limited impact. This paper reports on an analysis of the nutrition sensitivity of food systems in Afghanistan using multi sector consultations and gap analyses to examine two key food and nutrition policies: the National Comprehensive Agriculture Development Priority Program and the Afghanistan Food Security and Nutrition Agenda. It highlights gaps in the policies and identifies investment priorities to make food systems more nutrition sensitive. The results show that instilling nutrition sensitivity into the operation of Afghanistan's food systems can only be accomplished if certain key measures are incorporated into the food system. These include addressing the absence of knowledge in the population regarding healthy diets, the lack of sufficient food for vulnerable populations, weak irrigation systems, capacity constraints at individual and institutional levels, data challenges and weak natural resource management. In addition, the above weaknesses are compounded by the continued violence and conflict induced insecurity, weak government and inadequate investments. Given the role of different sectors in contributing to improved nutrition, appropriate and effective multi stakeholder coordination and collaboration is paramount to such efforts.

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Research

Methods for Nursing and Healthcare John Maltby, Glenn Williams, Julie McGarry, Liz Day, 2014-02-04 Research Methods for Nursing and Healthcare is an essential introductory text for all nursing and healthcare students coming to research methods for the first time or those nurses and healthcare staff wishing to improve their skills in this area The book includes comprehensive coverage of the main research methods topics and provides guidance on how to understand and apply research techniques Everyday nursing examples are used throughout to explain research methods concepts and their relevance to practice Simple self assessment tasks are included at the end of chapters the tests can be undertaken individually or within groups to assess the students understanding of the concepts and skills being learnt Research Methods for Nursing and Healthcare takes the fear out of research methods for all nursing and healthcare professionals Excellent introductory text that brings interest to research methods for student nurses Dr Aimee Aubeeluck Deputy Director Graduate Entry Nursing School of Nursing Midwifery and Physiotherapy University of Nottingham I think this is one of the most readable books on research I have read Not the most scholarly but that was not the intention It is certainly the most user friendly book that will make the whole often scary subject of research less threatening Paula Crick Principal Lecturer Faculty of Health Staffordshire University I do think this is one of the most engaging texts aimed at nursing that I have read in a while This does seem much more exciting and more importantly real world Lucy Land Senior Academic Centre for Health and Social Care Research Faculty of Health Birmingham City University Useful resource for our students dissertation which can be a literature review or a research proposal Melanie Brooke Read Department of Health Social Studies University of Bedfordshire Excellent text book which actually takes away the fear of research within healthcare Angela Cobbold Institute of Health Social Care Anglia Ruskin University The text is very comprehensive and I found chapter 7 on action research particularly useful in supporting a student I was supervising I also like the self assessment exercises which I intend to incorporate in my teaching strategy Ms Mulcahy School of Nursing and Midwifery University College Cork

Community Nutrition for Developing Countries Norman J. Temple ,Nelía Steyn, 2016-03-31 Nutrition textbooks used by universities and colleges in developing countries have very often been written by scholars who live and work in North America or the United Kingdom And while the research and information they present is sound the nutrition related health challenges with which developing countries must grapple differ considerably from those found in highly industrialized Western nations The primary aim of Community Nutrition for Developing Countries is to provide a book that meets the needs of nutritionists and other health professionals living and working in developing countries Written by both scholars and practitioners the volume draws on their wealth of knowledge experience and understanding of nutrition in developing countries to provide nutrition professionals with all the information they require Each chapter addresses a specific nutrition challenge currently faced by developing countries such as food security food safety disease prevention maternal health and effective nutrition policy In addition the volume serves as an invaluable resource for those developing and implementing nutrition education programmes

With an emphasis on nutritional education as a means to prevent disease and effectively manage health disorders it is the hope of the nearly three dozen contributors to this work that it will enhance the health and well being of low income populations throughout the world

Nutrition Research: Concepts and Applications Karen Eich Drummond, Alison Reyes, L. Suzanne Goodell, Natalie K. Cooke, Virginia C. Stage, 2022-05-23 Nutrition Research Concepts and Applications Second Edition assists students in developing the skills necessary to become knowledgeable consumers of research conduct and document research projects and using research findings in the classroom and in supervised practice The Second Edition makes research articles approachable and understandable so students can feel confident reading and interpreting not just primary research but also narrative and systematic reviews In turn this text also helps students understand and access practice guidelines to enable their participation in evidence based nutrition and dietetics practice Nutrition Research Second Edition provides numerous examples of concepts ample practice opportunities using questions tied to actual studies and occasions for step by step mastery of concepts This valuable text starts with the basics and is comprehensive in its approach making it ideal for undergraduate students as well as graduate students

The PDMA ToolBook 3 for New Product Development Abbie Griffin, Stephen Somermeyer, 2007-09-28 The book is the third volume covering the best practices of product development and is a follow up to the successful PDMA ToolBook1 published in 2002 and PDMA ToolBook2 published in 2004 The ToolBooks cover a number of critical aspects of product development from the creation of the concept through development and design to the final production marketing and service The contributors are members of the PDMA and in many cases hold key positions in firms such as PRTM LexisNexis Nano Tex Inc Innovation Focus and others The ToolBooks are intended to be guides to the experienced product development professional on the various elements of successful product development and management

Nutrition Education for the Public Food and Agriculture Organization of the United Nations, 1997 Papers from the FAO Expert Consultation on Nutrition Education for the Public 18-22 September 1995 For the report of this conference see FAO Food Nutrition Paper 59 ISBN 9251037973

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