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Factors predicting nutritional behaviours among patients with head and neck cancer at Chonburi cancer hospital

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Malnutrition is a major problem in patients with head and neck cancer. Causes of pathology and complications of treatment. Proper nutritional practices help prevent malnutrition. The purpose of this research was to study nutritional behaviours and predictive behaviours of nutrition in patients with head and neck cancer of Chonburi Cancer Hospital. A random sampling was used to recruit a sample of 86 patients with cancer of the head and neck at the Outpatient Department Chonburi Cancer Hospital and data were collected from July 2017 to October 2017. This study applied concept of Pender's Health Promotion Model. The questionnaires include 1) personal data 2) nutrition behaviours 3) perceived benefits 4) perceived barriers 5) self-efficacy and 6) social support. The questionnaires 2-6 yielded Cronbach's Alpha of .84, .84, .71, .76, and .71 respectively. Data were analyzed by descriptive statistics and stepwise multiple regression. The researchers found that the nutritional behaviours of the sample were at a high level ($M=46.95$, $SD=6.70$). Perceived benefits and social support were at high level ($M=32.13$, $SD=4.14$; $M=31.17$, $SD=4.45$). Perceived barriers and self-efficacy were at moderate level ($M=20.00$, $SD=4.06$; $M=29.36$, $SD=4.75$). Stepwise multiple regression analysis indicated that perceived benefits ($\beta=.60$) and social support ($\beta=.20$) could significantly predict nutritional behaviours in patients with head and neck cancer. Statistics at the level of .05 were predicted at 71.7% ($R^2=.717$). The results of this study are useful for nurses and their relatives in planning for the development of nutritional health programs in patients with head and neck cancer. The emphasis is on nutritional awareness and support for caregivers or relatives in caring for patients to practice proper nutritional habits and achieve good quality of life.

Biography

Rangsan Chaikham has completed his MSN (Community Nurse Practitioner) from Burapha University. He has 15 years of experience in Nursing and caring for cancer patients. He is currently working in the Endoscopic Unit and is interested in health promotion of cancer patients.

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