Abstract

Introduction The nutritional state is the independent factor that most influences the post-operative results in elective surgeries. Objective to evaluate the influence of the nutritional state on the hospitalization period and on the post-operative complications of patients submitted to abdominal surgery. Methods Prospective study with 99 surgical patients over 18 years of age, submitted to abdominal surgeries in the period from April to October of 2013, in the Instituto e Meicina Integral Professor Fernano Figueira (IMIP). All patients were submitted to anthropometric nutritional evaluations through the body mass Index (BMI), arm circumference (AC) and triceps skinfold thickness (TEST). The biochemical evaluation was carried out from the leu-kogram and serum albumin results. The identification of candidate patients to nutritional therapy (NT) was carried out through the nutritional risk (NR) evaluation by using the BMI, loss of weight and hypoalbuminemia. The infor-mation about post-operative complications, hospitaliza-tion period and clinical diagnosis was collected from the medical records. Program SPSS version 13.0 and significance level of 5% were used for the statistical analysis. Results The malnutrition diagnosed by the AC showed significant positive association with the presence of post-operative complications (p=0.02) and with hospitalization period (p=0.02). The presence of NR was greater when evaluated by hypoalbuminemia (28.9%), however, only 4% of the sample carried out the NT in the pre-operative period. The hospitalization period was greater for patients with malignant neoplasia (p<0.01). Conclusion The malnutrition diagnosis of patients submitted to abdominal surgeries is associated to greater risk of post-operative complications and longer hospitalization permanence.

Keywords

Key words, Nutritional status, Nutritional assessment, Surgery, Complications.