Abstract

Objective: To evaluate the prognostic capacity of the Inflammatory-Nutritional Index (INI) in gastrointestinal and lung cancer patients. Methods: Longitudinal study, including patients from a chemotherapy service in Brazil, between July 2008 and May 2010. INI (Albumin/CRP) and nutritional status (by Subjective Global Assessment - SGA) were evaluated. Risk INI was defined as lower than 0.35. The mean follow-up of survival was 1.6 year. Statistical analyses were performed using Stata 11.1TM. Results: 74 patients participated in the study, mean age 63.4, most of them male (58%) and presenting gastrointestinal cancer (71%). Malnutrition was identified in 87% of the patients (22% severely malnourished). The mean INI was 2.67 and 54% of the patients had INI levels considered as risk. During the follow-up there were 49 deaths (66%). The median survival time for INI risk patients was significantly shorter than for normal INI ones (p = 0.002). It took 0.78 year for the INI risk subsample to decline 50%, while it took 2.78 year for the normal INI subsample. INI risk and severe malnutrition were independent predictors for poor survival. Conclusion: The INI showed prognostic capacity in this sample and may be a useful tool, based on routinely available blood tests, to assess cancer patients. (Nutr Hosp. 2014;29:629-634) DOI:10.3305/nh.2014.29.3.7195

Keywords