Abstract

In 1999 the Mullen and Buzby’s formula was adapted, eliminating hypersensitivity skin tests and removing the alfa factor with coefficients similar to the original, obtaining a new formula called adapted Nutritional Prognostic Index (aNPI). Objective: To determine the behavior of this new formula and the nutritional risk index with post surgical complications. Methodology: 110 elective patients for surgery were studied by carrying out pre- and post-operative evaluation. Results: the average age was 50 years old; 52% showed signs of being overweight or obese; 89,15% had normal serum albumin and 60% showed a deficit of transferrine; 75,5 % had low risk NPIa and 62,7% had a normal NRI. The main surgeries were hysterectomies and cholecystectomies, 92% were without complications (p=0,001). It was found a statistically significant relationship between each classification of nutritional index with the presence o absence of complications (p=0.001). When comparing these indexes, the statistical difference is maintained (p= 0.00). The same was observed when comparing the classification of this two indexes with complications (p=0.00). When comparing these two indexes, the multiple regression analysis did not show any significant difference with the type of complication, although there was a significant difference with serum albumin levels and the type of surgery. Conclusion: in this study the aNPI and NRI behaved similarly with the majority of variables under study.

Keywords

Prognostic Index, post-operational complications, Buzby method, body mass index, nutritional risk index.