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Advances in preoperative oral carbohydrates in patients with gastric cancer

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Enhanced Recovery Surgery (ERAS) is a multi-modal approach in improving medical and nursing outcomes to optimize patient perioperative processes and improve outcomes. Gastrointestinal resection of gastric cancer to the patient to bring physical and psychological stress, leading to metabolic disorders, the traditional preoperative fasting increased the degree of this reaction. The core is the occurrence of postoperative insulin resistance, a direct impact on the development of complications and clinical outcome. Preoperative oral carbohydrate updates the preoperative treatment measures, which can effectively regulate the metabolic response of patients with gastric cancer, improve the occurrence of postoperative insulin resistance, support the ultimate goal of ERAS program to promote the rapid recovery of the body, shorten the hospital stay. However, this reform of traditional clinical practice has not yet been broadened and standardized. To review the current status of preoperative oral carbohydrates in patients with gastric cancer under the concept of Enhanced Recovery Surgery, including the relationship between preoperative fasting and insulin resistance, the relationship between oral carbohydrate and insulin resistance before surgery and possible mechanisms, safety of oral carbohydrate before surgery, program and application effects (healing effects, immunity and inflammation, nutrition and body temperature), nursing interventions, etc., in order to provide guidance for the implementation of preoperative oral carbohydrates in patients with gastric cancer in clinical gastric cancer.

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