

がん性疼痛コントロールと栄養指標 MNA-SF との 関連性についての検討

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Study of relationship between cancer pain control and nutritional status (MNA-SF)

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ABSTRACT To reveal the factors that predict whether an increase in opioid basal dose (BD) is required after hospital admission, we performed a retrospective analysis using electronic medical records of the nutritional status (Mini Nutritional Assessment-Short Form: MNA-SF) upon admission to the hospital for inpatients admitted from October 2014 through March 2016. In total, 32 cases were analyzed during the aforementioned period, and were classified into two groups based on whether an increase in BD was required during the hospital stay: 6 cases of increased BD (IBD) and 26 cases of non-increased BD (NIBD) were discovered. The screening scores of the MNA-SF were significantly higher in the IBD group than they were in the NIBD group. The present study indicates that MNA-SF might be involved as one of the factors in poor pain control.

抄録 2014年10月から2016年3月の1年6ヶ月間に当院に入院したがん患者を対象として、定期オピオイドの増量に影響を与える因子を明らかにすることを目的に、入院時の栄養指標 (Mini Nutritional Assessment-Short Form: MNA-SF) と定期オピオイドの増量の有無を、電子カルテよりレトロスペクティブに調査した。対象患者32名を入院中の定期オピオイドの増量の有無に基づいて、増量群6名と非増量群26名に区分した。MNA-SFは、非増量群に比べて増量群は有意に低かった。本研究により、疼痛コントロール不良となる要因の一つとして、MNA-SFが関連することが示唆された。

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