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• 中文關鍵字	住院癌症病人；營養狀況分析；營養不良；相關因素；改善模式
• 英文關鍵字	Hospitalized cancer patient；Nutrition status analysis；Malnutrition；Related factor；Improved model
• 中文摘要	癌症爲威脅台灣民眾的主要健康問題，癌症及其治療造成病人的營養問題爲臨床常見影響病人治療成效及生活品質，然而此問題一直未受到足夠的重視，國內對於臨床癌症營養問題的研究相當有限。因此本研究目的爲(1)評估及分析台灣地區住院癌症病人的營養攝取狀況，(2)探討及分析台灣地區住院癌症病人的自覺影響其進食之原因，及(3)相關於飲食攝取之相關因素及預測因素。研究以此、中、南住院癌症病人爲收案對象，符案之病人將接受一次的訪談，訪談內容包括(1)病人營養及飲食評估，(2)目前一週之情緒及身體症狀嚴重程度，(3)病人在罹患癌症中，造成影響進食之原因，與(4)影響營養狀況之相關及預測因素。本研究共分析北、中、南三區六所醫學中心及區域醫院共 503 位病人，發現住院癌症病人確實有營養較不足之問題，而由病人自述影響其進食之因素中，因爲身體症狀的不適、沒胃口、擔心進食後不舒服、情緒低落皆爲重要之原因，BMI、Karnofsky 身體功能程度、整體症狀嚴重程度及憂鬱程度爲營養狀況之預測因子，研究結果建議，醫護人員在協助病人處理其營養及進食問題時，必須同時考量及改善病人身體之症狀，或預防因治療可能帶來之症狀，以及病人之心理狀況，才能有效的改善病人的營養。
• 英文摘要	Cancer is the major health problem in Taiwan. Malnutrition has been recognized as one of the major problems caused by cancer and its treatments. However, it is lack of sufficient attention on cancer patients' nutrition. Therefore, the purpose of this study were to assess and analyze nutrition status and related factors in hospitalized cancer patients in Taiwan. In total, 503 subjects were recruited

from 6 hospitals in Northern, Central, and Southern Taiwan. The Mini Nutrition Assessment Scale (MNA) was used to assess and screen patients' nutritional status. The results found that there were 20% of subjects had malnutrition problem. The BMI, Karnofsky performance status, overall symptom severity and depression could significantly predict patients' nutrition status. The causes of not taking food from patients' self-report were also mostly related to their symptoms. The results strongly suggest that nutrition support in cancer patients should also concern patients' physical symptom severity, performance, and depression mood. A more comprehensive nutrition management program should include these factors and should be further tested to enhance cancer patients' nutrition.