

# 3<sup>rd</sup> International Meeting on NURSING RESEARCH AND EVIDENCE BASED PRACTICE

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#### Efficiency of enteric-coated mini-microsphere pancreatin product on fat absorption and nutritional status of patients with exocrine pancreatic insufficiency due to chronic pancreatitis

**Introduction:** Pancreatic enzyme preparations are a life-saving substitution for a pivotal physiological function of the entire organism in patients with exocrine pancreatic insufficiency. Our aim with this study is to compare efficacy of enteric-coated mini-microsphere pancreatin product (ECMMPP) in respect with regular pancreatin products as the clinical outcome and symptomatic improvement of patient and beneficial effect especially on nutritional status in patients with exocrine pancreatic insufficiency.

**Patients and Methods:** A total of 53 consecutive patients with exocrine pancreatic deficiency due to chronic pancreatitis were included the study. 24 patients were treated with regular pancreatin products (Group 1), 29 patients were treated with enteric-coated mini-microsphere pancreatin product (Group 2). Symptoms, quality of life, nutritional status, pancreatic function were assessed before and after treatment. Quality of life was assessed with The Functional Assessment of Chronic Illness Therapy (FACIT) Measurement System as a collection of health-related quality of life (HRQOL) questionnaires targeted

to the management of chronic illness.

**Results:** Steatorrhea incidence and abdominal pain score was significantly lower in Group 2 compared with Group 1 ( $p < 0.05$ ). Median FACIT score of Group 2 was significantly higher than Group 1 ( $p < 0.05$ ). Median BMI was significantly increased in Group 2 in respect to Group 1 ( $p < 0.05$ ).

**Discussion:** Exocrine pancreatic insufficiency is a serious condition which occurs in several diseases. The lack or absence of pancreatic enzymes leads to an inadequate absorption of fat, proteins, and carbohydrates, causing steatorrhea and creathorrhoea which results in abdominal discomfort, weight loss, and nutritional deficiencies. Factors as early acidic inactivation of ingested enzymes, under dosage, and patient in compliance may prevent normalisation of nutrient absorption, in particular of fat digestion. The most important aspect of the major therapy seems to be bioavailability of the product to enhance optimal absorption of food and especially fat. ECMMPP is shown more effective in this study.

#### Biography

Alp Yildiz is a specialized general surgeon on colorectal and gastro-intestinal surgical pathologies. He has a huge passion in improving digestive health and wellbeing. His main approach in surgery has always been effective and novelty. He is still serving one of the largest hospitals in the country which have the largest number and greatest variety of specialists and researchers working with.

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