



Planets Support Group



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Why Are Questionnaires Important?



- ▶ Allow you to feedback about your experience
- ▶ A structured way to express what went well and what went not so well
- ▶ Helps identify areas in the services which may require improving
- ▶ Implement changes and improve future patient experience
- ▶ Anonymous

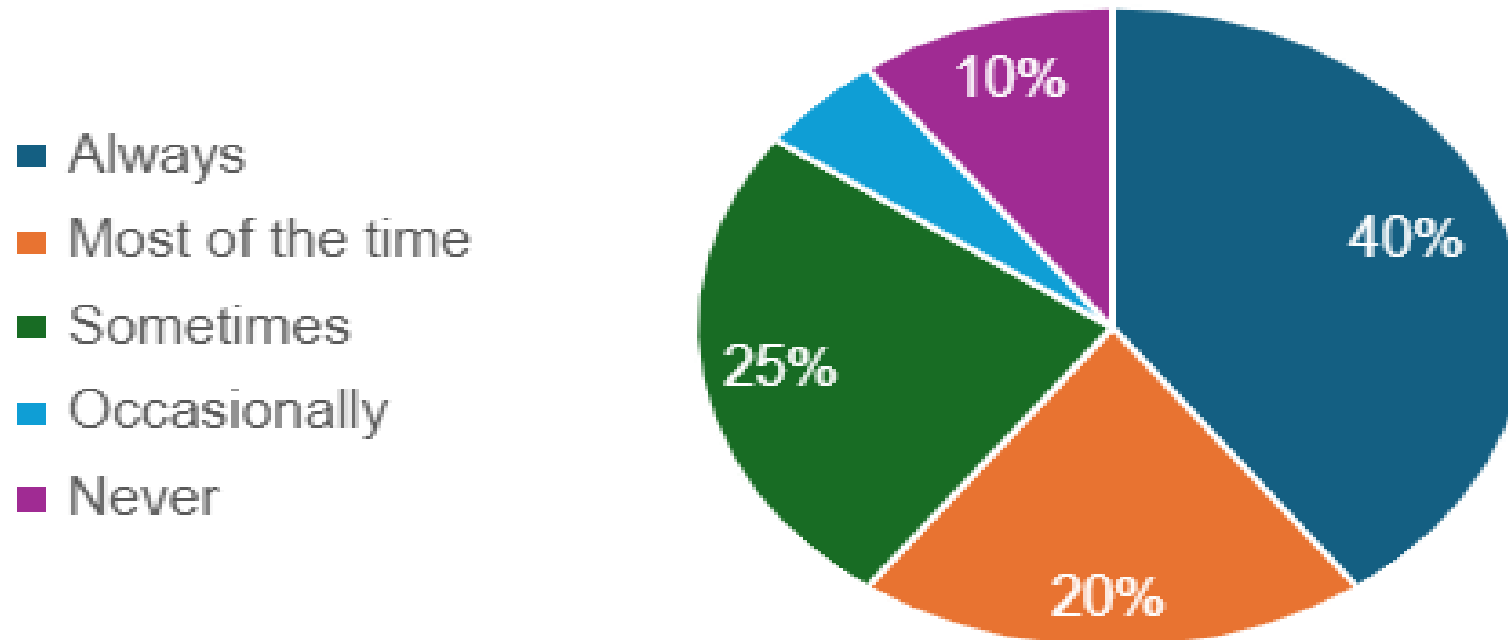
Questionnaire 2023

- ▶ Number of people sent letter = 54
- ▶ Number of responses = 20
- ▶ Questionnaire 2024 patients
 - ▶ Now sent
 - ▶ 5 minutes to complete



Questionnaire 2023 Results

Were you always given a copy of the menu by the ward staff to choose your meal option?

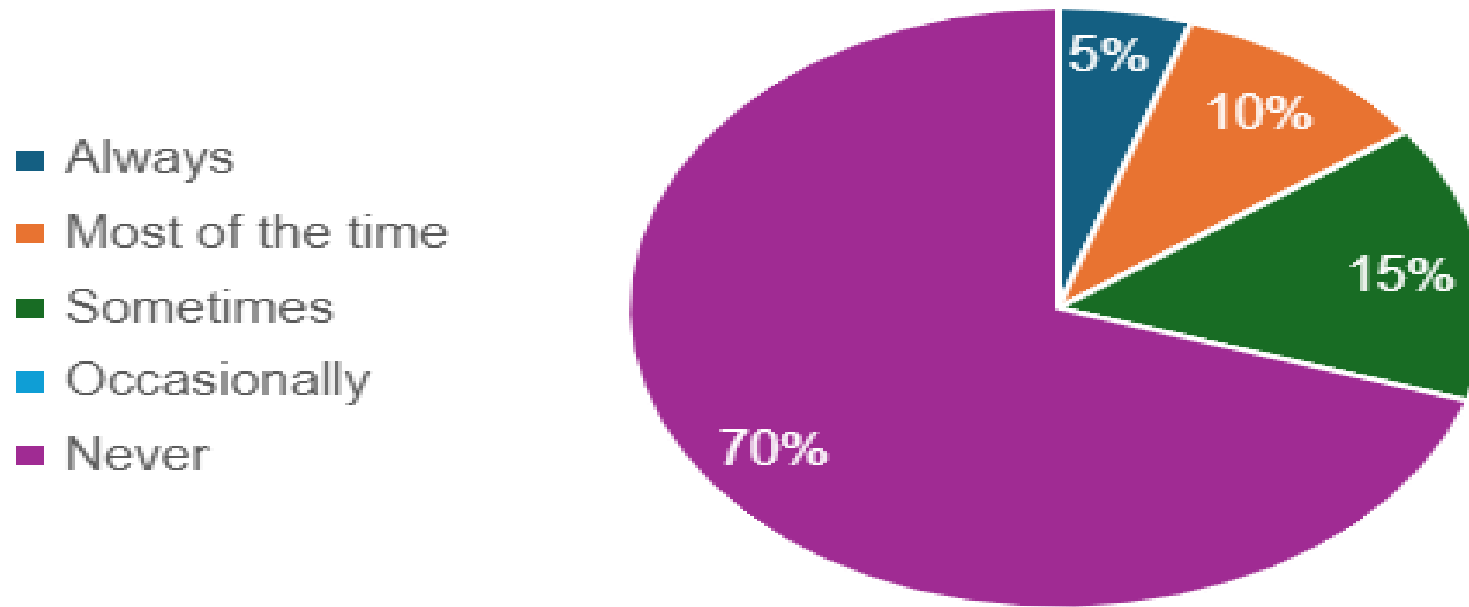


Questionnaire 2023 Results

- ▶ How would you rate the choice of meals? = **acceptable**
- ▶ How would you rate the presentation of your meals? = **good**
- ▶ How was the taste / flavour of your meals? = **acceptable**
- ▶ Would serving the correct portion sizes for meals (e.g. 150g) on the wards have been helpful? **17 = yes (85%) 3 = no (15%)**
- ▶ Moving straight to soft **scale 1 – 10 (1 not confident 10 very)**
 - ▶ **5**

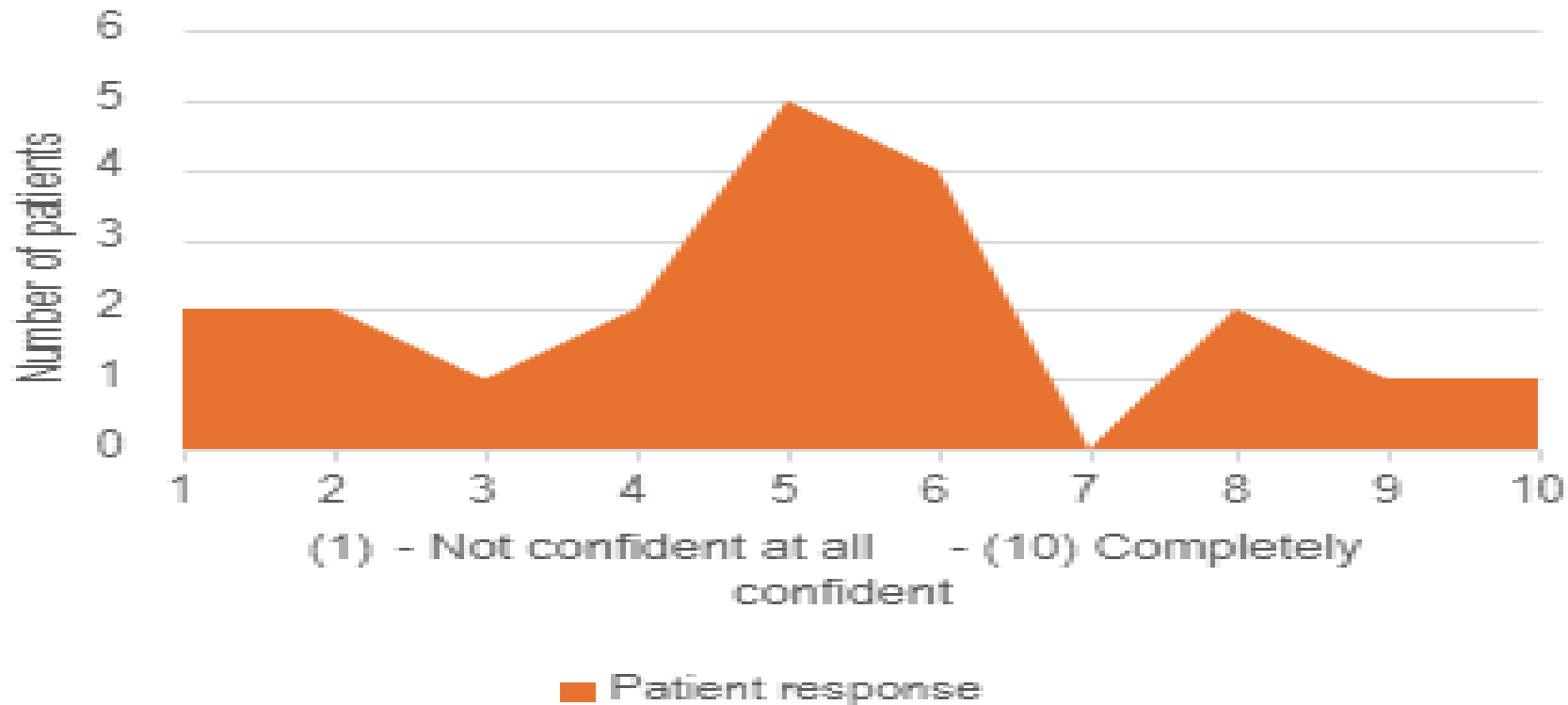
Were You Offered Snacks During Your Stay?

Were you offered snacks during your stay?



Results

Before your pre -surgery clinic appt,
how confident did you feel about
eating after your surgery?



Results

After your pre -surgery clinic appt, how confident did you feel about eating after your surgery?



Results

Once discharged, after your surgery, how confident did you feel about preparing pureed meals?



Comments

- ▶ ***“Would have preferred scratch made meals”***
- ▶ ***“It was made to look like normal food, which I thought was a good idea. Not so off-putting.”***
- ▶ ***“I found moulded shapes on the plate were off putting”***
- ▶ ***“I didn't have a lot of taste due to pre-op chemo, but the fish tasted as it should.”***
- ▶ ***“Nothing tasted great after surgery.”***

Comments

- ▶ ***“I found large portions were intimidating and wasteful. And I wasn’t sure how much I should be eating.”***
- ▶ ***“Very difficult to know how much to eat as portions were very big.”***

Action Points

- ▶ Dietary information sheets puree & soft following Oesophagostomy/Gastrectomy – updated, less wordy, focus on certain points – waiting approval
- ▶ Produce pictorial guide on recommended meal size
- ▶ Liaised with catering dietitian
 - ▶ Offer snacks from puree menu
 - ▶ Provide menu for patients to see
- ▶ Asking but won't get..... Yet!!
 - ▶ Plating up meals to appropriate portion size

Study on Eating Behaviours

- ▶ Eating Behaviour of Postop Oesophageal Cancer Patients during the first year after surgery
- ▶ 3 stages in respect of their eating behaviours
 1. Get use to swallowing
 2. Learning how to cope with the symptoms occurring during eating. By failing and succeeding repeatedly
 3. Build self-management skill in terms of eating behaviours

Study on Eating Behaviours

- ▶ Food sticking back of throat – getting use to this sensation
- ▶ Decreased dietary intake – weight loss
- ▶ Early satiety – feeling full quickly
- ▶ Regurgitation
- ▶ Huge effort to eat
- ▶ Difficult to change eating habits – more difficult than expected
- ▶ The need to eat can impose a mental burden
- ▶ Re-establishing eating patterns
- ▶ ***In reality things do not work in accordance with what is written in manuals, guidance from team***

Study on Eating Behaviours

- ▶ Through actual experience and for maintaining the stability of eating behaviours - requires:
 - ▶ Will power
 - ▶ Learning
 - ▶ Self-control

New Habits!

Check:
Dumping
Syndrome
Reflux
Oily poo!
Weight

Eat 6 – 7 small
meals per day!
Set a timer as
reminder

Drink throughout
the day and
30mins
before/after eating

High Protein & Fat
Diet
Limit sugar intake



Eat and drink
slowly, approx.
20 minutes

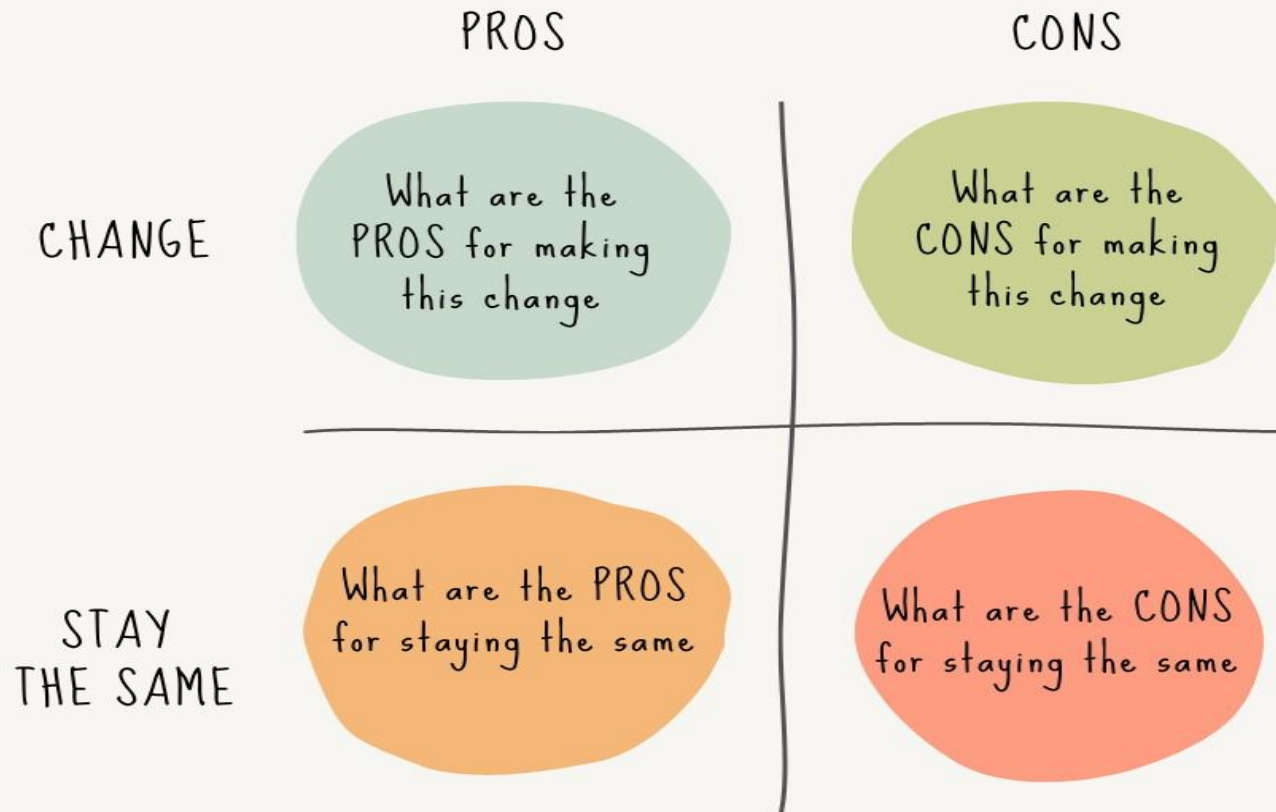
What Eating Behaviours Do you Need To Make?

- ▶ Identity change required – examples:
 - ▶ Weight loss – gain weight
 - ▶ Lose more weight
 - ▶ Muscle loss – gain muscle
 - ▶ Experiencing Dumping syndrome – cause?
 - ▶ ? Eating too quick, too much sugar, drinking same time as eating
- ▶ Discuss with team in clinic



Pros & Cons

DECISIONAL BALANCE



I Have To Eat 6 – 7 Times Per day!!

Pros

Change

- ▶ Helps healing
- ▶ Prevents rapid weight loss
- ▶ Prevents symptoms – reflux/dumping/cramps
- ▶ Provides all the nutrients your body needs

Stay same

- ▶ Don't have to think about making 6 – 7 meals/snacks per day
- ▶ Need to lose weight anyway

Cons

- ▶ Really time consuming to prepare snacks/meals
- ▶ Not easy to achieve every day

- ▶ Losing weight/muscle too quickly
- ▶ Feeling very tired/lethargic/weak

Eating After Surgery

- ▶ Everyone has similar but different experiences and symptoms
- ▶ Find what works for you to make the recommended changes
 - ▶ Pros/cons/stay the same?
 - ▶ Write your own list about what your challenges are
- ▶ Talk to your team about the difficulties you are facing
- ▶ Habit changing **does take time** so don't be too hard on yourself!
- ▶ Remember it can take up to 9 – 12 months to recover from major surgery!







- ▶ Journal reference

- ▶ Ueda, Y. and Chujo, M., 2020. Eating behaviors of postoperative esophageal cancer patients during the first year after surgery. *Yonago acta medica*, 63(3), pp.173-182.