**Application of family empowerment model in nutritional management of patients with esophageal cancer undergoing neoadjuvant therapy**

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**【Abstract】**

**Objective** To develop a family empowerment intervention plan tailored for the discharge preparation of patients undergoing neoadjuvant treatment for esophageal cancer, and to investigate the efficacy of this plan in enhancing the nutritional management skills of primary caregivers for patients receiving neoadjuvant treatment for esophageal cancer, as well as improving patient nutrition and quality of life.

**Methods** From January 2021 to December 2021, a total of 100 patients with esophageal cancer undergoing neoadjuvant therapy were selected as the subjects for this study from the department of Thoracic Surgery in our hospital. They were randomly divided into two groups using a random number table method: a weighted group (n=50) and a control group (n=50). The control group received standard care, while the empowerment group implemented a family empowerment program based on the control group. This program involved collaborating with doctors, nutritionists, and head nurses to develop a comprehensive nutritional family empowerment plan. The plan included setting goals and creating implementation strategies based on evidence-based nutrition management guidelines. Additionally, patients were educated about neoadjuvant treatment of diseases, rehabilitation training, and dietary guidance. We also utilized WeChat to provide ongoing support outside of the hospital and track patient progress in terms of improved nutrition and other relevant aspects.

**Results** The analysis of variance with repeated measures revealed statistically significant differences in the between-group effect, time effect, and interaction effect of the observed indicators before intervention, 1 month after intervention, and 3 months after intervention between the two groups (all *P* < 0.05). The nutritional knowledge, attitude, and behavior scores of the primary caregivers in the empowerment group were higher than those in the control group after a 3-month intervention. Moreover, there were greater improvements in patient mini-nutrition evaluation scale (mini-nutrition Assessment special for heart failure, MNA-HF), serum albumin (ALB), hemoglobin (Hb), and other nutritional markers compared to those observed in the control group.

**Conclusion** Family-centered empowerment education model could effectively improve the discharge readiness of patients with neoadjuvant therapy for esophageal cancer and improve the overall quality of life of patients with neoadjuvant therapy for esophageal cancer.

**Key words** esophageal cancer; neoadjuvant therapy; empowerment education; nutrition