

**Clinical Oncological Society of Australia 38<sup>th</sup> ASM – Perth, WA**

*COSA Nutrition Group Clinical Professional Day*

*14 November 2011*

**Implementing evidence-based practice guidelines for  
the nutritional management of adult patients  
with head and neck cancer**

**Convenors & Facilitators:**

A/Professor Judy Bauer – Chair, COSA Nutrition Group  
Merran Findlay - RPA, NSW  
Teresa Brown - Royal Brisbane and Women's Hospital, QLD  
Jenelle Loeliger - Peter MacCallum Cancer Centre, VIC  
Nicole Kiss - Peter MacCallum Cancer Centre, VIC  
Kelly Taylor - Fremantle Hospital, WA

**Evaluation Compiled By**

Merran Findlay

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## 1. Executive Summary

The Clinical Oncological Society of Australia (COSA) 38<sup>th</sup> Annual Scientific Meeting (ASM) was held at Perth Convention Centre Perth, WA on 15 – 17 November 2011. As an adjunct forum to this event, the COSA Nutrition Group held its first Clinical Professional Day on Monday 14 November to showcase the main project of the group of the past two years. This event was sponsored by a grant from COSA which facilitated an implementation workshop for the *Evidence-based practice guidelines for nutritional management of adult patients with head and neck cancer*.

### Participation

- 24 attendees:
  - 19 participants and 5 facilitators
- Attendance by profession:
  - 20 Dietitians (15 participants, 5 facilitators)
  - 1 Speech Pathologist
  - 1 Radiation Oncologist
  - 1 Psychologist
  - 1 Nurse

### Aim & Objectives

#### AIM

- To increase awareness of the guidelines and improve the quality of the nutritional management of patients with head and neck cancer.

#### OBJECTIVES

- Improve care of patients by demonstrating through case studies how the guideline recommendations can be used in clinical practice.
- Demonstrate the use of validated nutrition screening and assessment tools to members of the multidisciplinary team.
- To provide strategies for overcoming barriers to implementation of the guidelines.
- Raise the profile of COSA within other cancer professional bodies and non-cancer related organisations.

### Evaluation Results

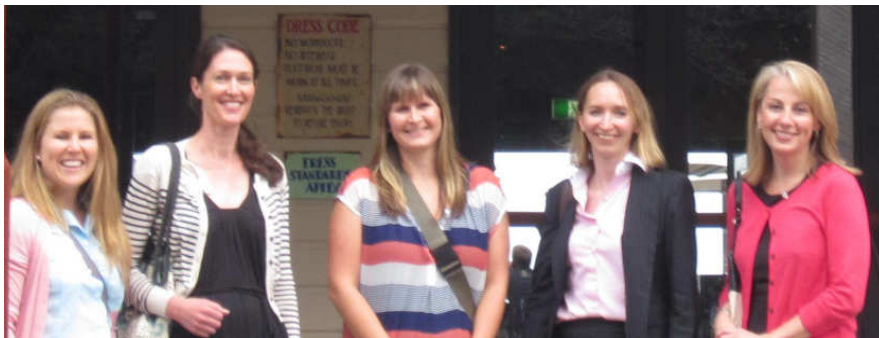
- 100% return rate on evaluations (n=19).
- 100% of attendees were satisfied with the level of information provided on the guidelines.
- 100% of attendees reported the workshop met their expectations.
- 100% of participants reported the workshop was well-presented.
- 74% reported they intend to implement all or part of the guidelines although some were not currently working with this patient group.
- Overall, participants liked the opportunity for interaction of the workshop format and the range of expert speakers.

## 2. Introduction

As an adjunct event to COSA's 38<sup>th</sup> ASM, the COSA Nutrition Group held a pre-conference workshop at the Perth Convention Centre on Monday 14 November, 2011. The setting of a multi-professional oncological scientific meeting created an excellent opportunity to provide specialist training to a multidisciplinary forum in the unique and complex needs of patients with head and neck cancer. The workshop was developed by a team of Accredited Practicing Dietitians (APDs) under the leadership of the COSA Nutrition Group Chair, Associate Professor Judy Bauer, School of Human Movement Studies, University of Queensland (Adv APD, Project Director - *pictured at right*).



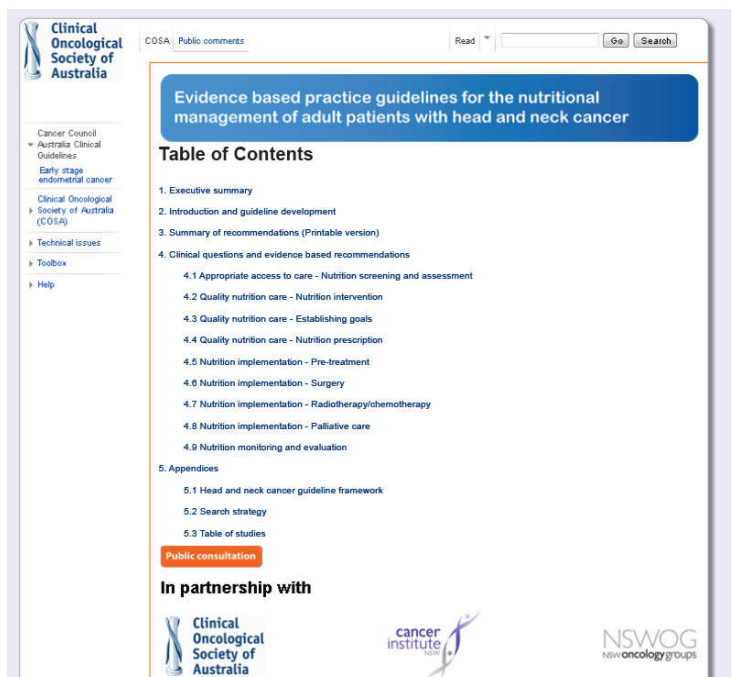
The workshop was facilitated by members of the evidence-based guideline Dietetic Steering Committee who specialise in nutritional management of patients with head and neck cancer including (*pictured L to R*): Kelly Taylor (APD, Fremantle Hospital, WA), Nicole Kiss (Adv APD, Peter MacCallum Cancer Centre, VIC), Jenelle Loeliger (APD, Peter MacCallum Cancer Centre, VIC); Teresa Brown (APD, Project Dietitian, Royal Brisbane and Women's Hospital, QLD); Merran Findlay (APD, Project Director, Royal Prince Alfred Hospital, NSW).



Workshop content was also contributed by other steering committee members: Jan Hill (Adv APD, Centre for Health Care Improvement, QLD), Dr Elisabeth Isenring (Adv APD, Princess Alexandra Hospital, QLD) and Rochelle Kermis (APD, Royal Adelaide Hospital, SA).

The forum used case studies to highlight recommendations from the guidelines throughout the patient care pathway including Appropriate Access to Care, Quality Nutrition Care and Nutrition Monitoring and Follow Up.

The workshop showcased aspects of the guidelines through theoretical and practical learning strategies and was well attended by Dietitians and other interested health professionals.



The screenshot displays the COSA website interface. At the top, it shows the 'Clinical Oncological Society of Australia' logo and navigation options like 'Public comments', 'Read', and 'Search'. The main heading is 'Evidence based practice guidelines for the nutritional management of adult patients with head and neck cancer'. Below this is a 'Table of Contents' section with the following items:

- 1. Executive summary
- 2. Introduction and guideline development
- 3. Summary of recommendations (Printable version)
- 4. Clinical questions and evidence based recommendations
  - 4.1 Appropriate access to care - Nutrition screening and assessment
  - 4.2 Quality nutrition care - Nutrition intervention
  - 4.3 Quality nutrition care - Establishing goals
  - 4.4 Quality nutrition care - Nutrition prescription
  - 4.5 Nutrition implementation - Pre-treatment
  - 4.6 Nutrition implementation - Surgery
  - 4.7 Nutrition implementation - Radiotherapy/chemotherapy
  - 4.8 Nutrition implementation - Palliative care
  - 4.9 Nutrition monitoring and evaluation
- 5. Appendices
  - 5.1 Head and neck cancer guideline framework
  - 5.2 Search strategy
  - 5.3 Table of studies

Below the table of contents, there is a 'Public consultation' button and a section titled 'In partnership with' featuring logos for the Clinical Oncological Society of Australia, cancer institute australia, and NSWOG (New South Wales Oncology Groups).

### 3. Workshop Summary

#### **COSA Nutrition Group Workshop**

This forum aimed to highlight current nutrition issues facing patients with head and neck cancer and those clinicians involved in their care with reference to the recently published evidence-based guidelines. Whilst targeting dietitians, clinicians from other disciplines were welcome to attend. During the first part of the session, convenors and facilitators Merran Findlay covered the background of the guideline development process and Teresa Brown introduced the clinical guideline content (both pictured at right). The majority of the workshop was dedicated to interactive case studies highlighting best practice recommendations from the guidelines for optimal nutritional management with discussion led by national expert dietitians. Clinicians also enjoyed the opportunity to debate some of the areas where evidence is sparse, hence best practice currently remains unclear.



### 4. Workshop Participation

#### 4.1 Participant Demographics

There were 24 attendees (19 participants plus 5 facilitators) at the workshops with large representation from Dietetics but also a number of health professionals from other disciplines attended (see Figure 1).

**Professional Group of Workshop Participants**

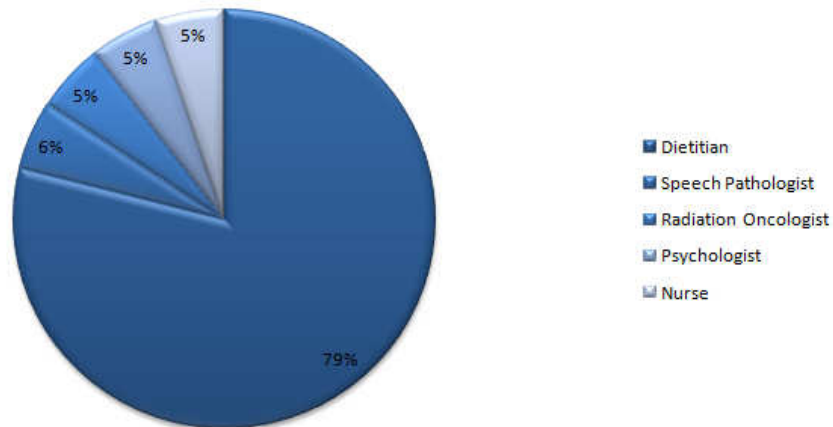


Figure 1: Representation by profession

## 4.2 Workplace Setting of Participants

The workshops were attended by participants working in a range of public and private settings.

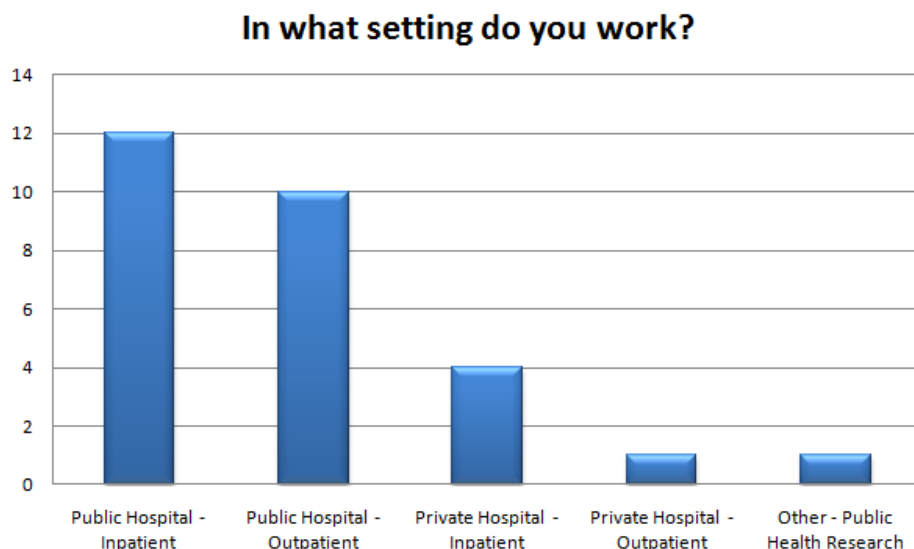


Figure 2: Workplace setting of participants

## 4.3 Proportion of Workload

The proportion of participants' workload spent managing patients with head and neck cancer varied although most spent only a portion of their workload managing this patient group. Managing patients with head and neck cancer made up 51-100% of the caseload for 5 participants (26%) with <50% of workload spent with this patient group for 14 participants (74%), perhaps indicating a greater need for training in this specialist area for those with less experience.

### Proportion of workload spent managing patients with head and neck cancer?

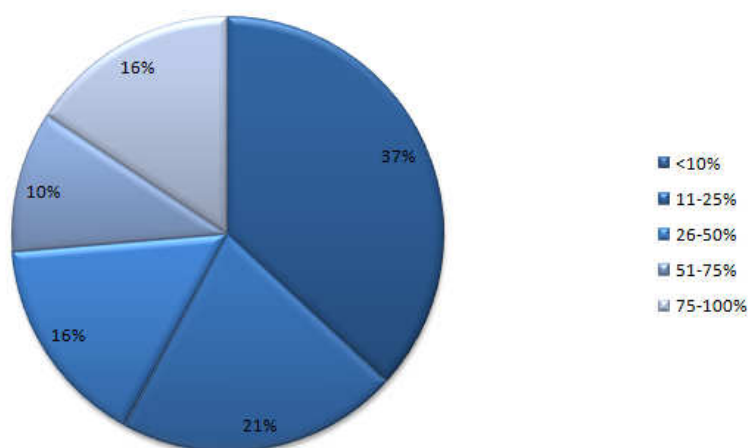


Figure 3: Proportion of workload spent managing patients with head and neck cancer

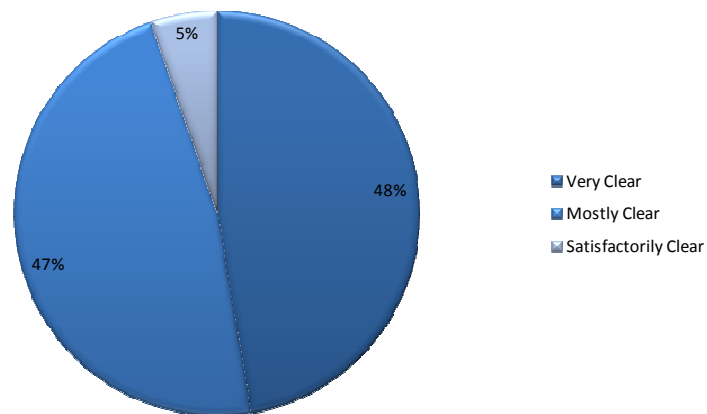
## 5. Evaluation Results

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### 5.1 Workshop Objectives

Eighteen participants (95%) felt the workshop objectives were very clear or mostly clear with 1 participant (5%) indicating the objectives were satisfactorily clear.

#### Were the objectives of the workshop clear?

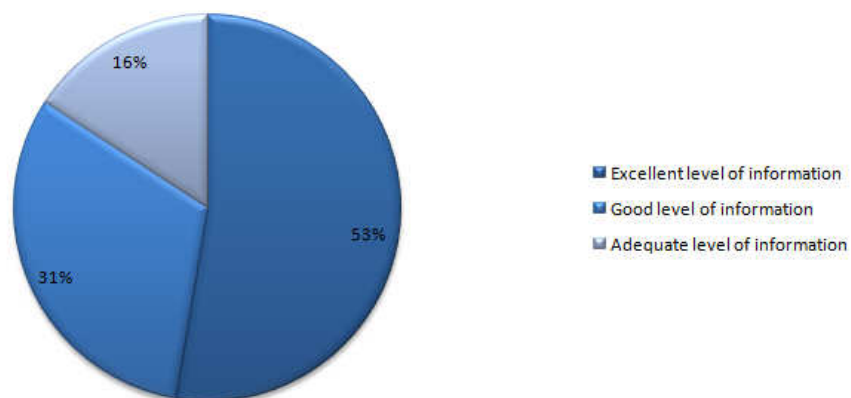


*Figure 4: Proportion of workload spent managing patients with head and neck cancer*

### 5.2 Amount of Information Provided

100% of participants were satisfied with the level of information provided on the guidelines.

#### Was enough information provided on the evidence-based guidelines?

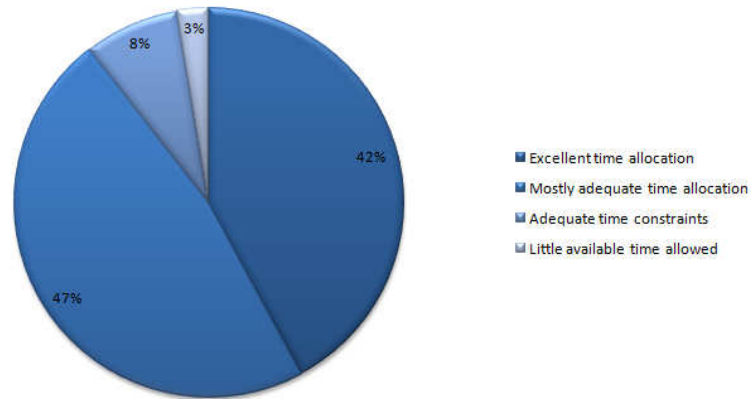


*Figure 5: Was enough information provided on the evidence-based guidelines?*

### 5.3 Amount of Time Provided for Case Studies

Most were satisfied with the time allocated for the case studies with 18 participants (95%) indicating time allocated was excellent, mostly adequate or adequate. One participant's response was between adequate and little available time allowed.

**Was enough time provided for the case studies?**

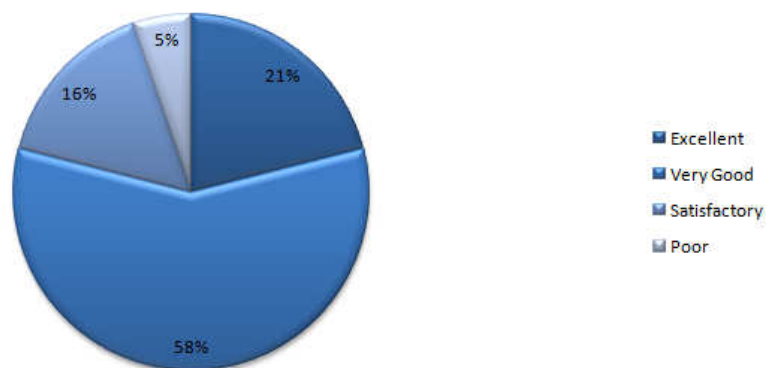


*Figure 6: Was enough information provided on the evidence-based guidelines?*

### 5.4 Understanding of Evidence-Based Guidelines

At the end of the workshop 4 participants (21%) rated their understanding of the evidence-based guidelines as excellent, 11 participants (58%) as very good and 3 participants (16%) as satisfactory. One participant self-identified as being from the nursing profession and had attended the session late, hence rated their knowledge as poor.

**At the end of the workshop, how would you rate your understanding of the evidence-based guidelines?**



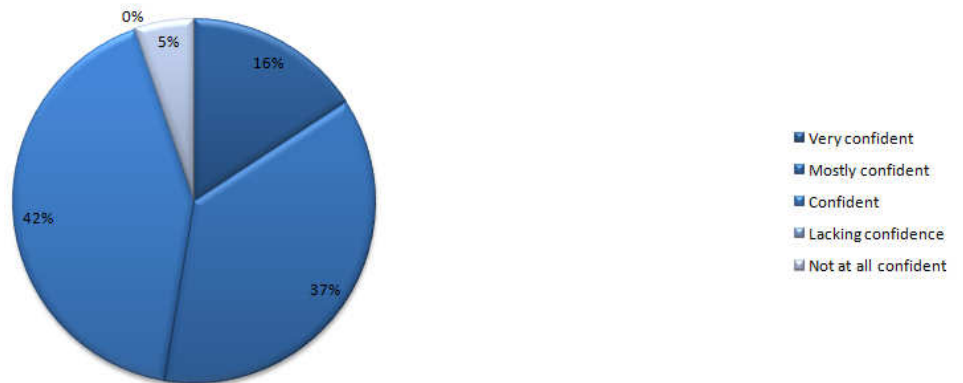
*Figure 7: How would you rate your understanding of the evidence-based guidelines?*



### 5.5 Confidence in Providing Nutrition Management

By the conclusion of the workshop 3 participants (16%) felt very confident in providing/supporting nutrition management in patients with head and neck cancer, 7 participants (37%) as mostly confident and 8 participants (42%) as confident. One participant identified as being from a psychologist background felt not at all confident, however, this would be reasonable for a non-dietetic professional.

**Following this workshop, do you feel confident in providing/supporting nutrition management in patients with head and neck cancer?**

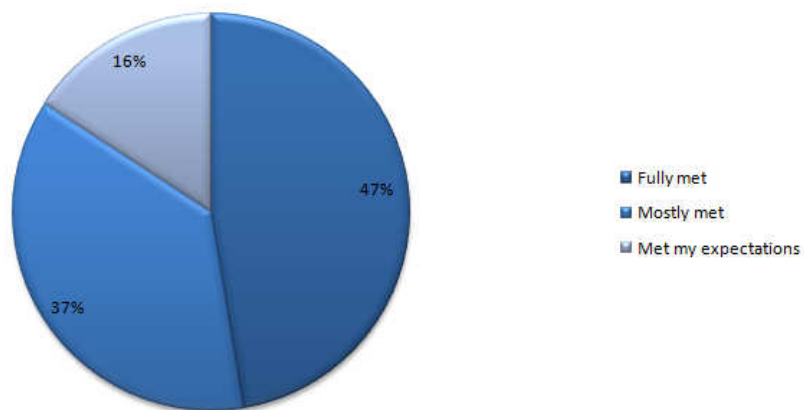


*Figure 8: Do you feel confident in providing/supporting nutrition management in patients with head and neck cancer?*

### 5.6 Workshop Expectations

The workshop met expectations of 100% of participants. Nine participants (47%) reported this as fully, 7 participants (37%) as mostly and 3 participants (16%) as met my expectations.

**Did the workshop meet your expectations?**



*Figure 9: Did the workshop meet your expectations?*

### 5.7 Workshop Presentation

The workshop was reported as well presented by 100% of participants – 12 participants (63%) as very well and 7 participants (37%) as mostly well.

#### How well did the presenters run the workshop?

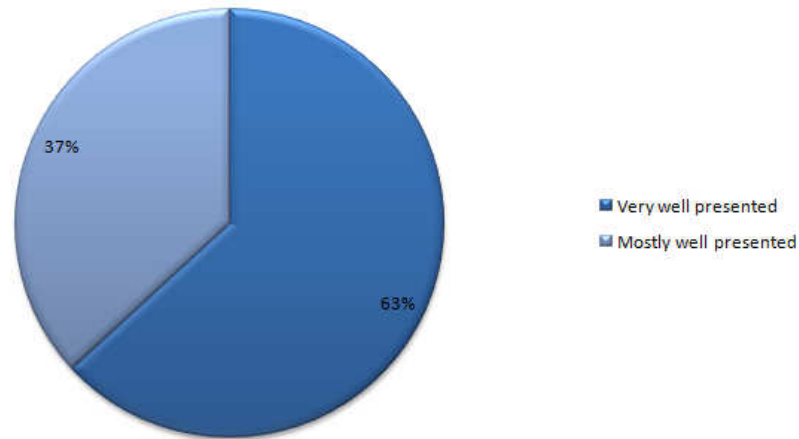


Figure 10: How well did the presenters run the workshop?

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*“Nil. All excellent presentations”*

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### 5.8 Suggestions for Improvement

Suggestions for improving the workshop were given by respondents:

- More detailed discussion of recent and/or high quality papers informing of practice.
- More focus on getting around barriers to implementing guidelines.
- Perhaps electronic handout to decrease paper.
- Time for discussion on case study questions within small groups before presentation to all of group.
- Would have been great to have more real life case studies/anecdotes.
- Introduction to all attendees ie where people work, caseloads, areas of interest etc.
- Nil. All excellent presentations.
- Break up the case studies a little.

## 5.9 Implementing the Guidelines

Fourteen participants (74%) reported intending to implement all or part of the guidelines in their place of work. Some participants are not currently working with patients with head and neck cancer, however, would intend to implement in the appropriate setting. Responses are summarised below:

- 
- Yes, many aspects already implemented with a H&N nutrition care pathway and dietitian-led clinic for H&N RT patients already in place.
  - I will discuss with my dietitian and speech pathology colleagues.
  - Intend to implement guidelines in dietitian control ASAP. Some guidelines such as prophylactic PEGs will be difficult to implement/take time.
  - Yes, what I can within realms of workplace and team.
  - Yes. Rationale for recommending PEG placement in appropriate patients.
  - Yes, particularly post-treatment aspect of guidelines and pre-treatment on occasions when referred.
  - Yes. Implement the guidelines as best able within limitations of time and services available.
  - Yes, as much as possible within FTE constraints.
  - Not currently working in H&N cancer. However, would implement the guidelines in the appropriate setting.
  - Yes. Some may be restricted by current medical practices in private hospital.
  - Yes. Will attempt to advocate for patient re best practice. Arrived late to session so will read guidelines to improve my knowledge.
  - I don't really see these patients but would not have been confident at all before the workshop.
  - Yes. I will share slides and information to department and the oncology dietitian.
  - Yes.
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## 6. Conclusion

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The COSA 2011 ASM *Nutrition Group Clinical Professional Day* successfully achieved its objectives in providing an evidence-based guideline implementation workshop for specialist health professionals involved in meeting the complex care needs of patients with head and neck cancer.

Feedback provided by participants indicates attendees clearly valued the educational forum and opportunity provided to network with other specialist health professionals working with patients with head and neck cancer.

The forum was highly valued by participants and achieved excellent evaluation results reflected by the high satisfaction rates. The support of COSA through an education grant was integral to the success of the event.

A summary of participant quotes and observations is included in the following page.



*“Thank you for a great workshop!”*



*“It was great to have a refresh of clinical issues and learn from other participants.”*




*“All excellent presentations.”*

Photos (Top to Bottom):

1. Multidisciplinary discussion
2. Workshop participants
3. Kelly Taylor from Fremantle Hospital, WA leads the discussion.

## 7. Appendices

### Appendix 1: Workshop Program

	<b>COSA Nutrition Group: Clinical Professional Day</b> <b>COSA/ANZUP ASM – Perth, WA</b> <b>Monday 14 November 2011</b> <b>8.30am – 12.30pm</b>
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	Topic	Time	Speaker/Facilitator
	<b>General Introduction</b>	8.30 – 8.40am	Merran Findlay <i>Royal Prince Alfred Hospital, NSW</i>
	<b>Methodology of guideline development and use of wiki platform</b>	8.40 – 9.00am	Merran Findlay
	<b>Clinical Guidelines</b>	9.00 – 9.20am	Teresa Brown <i>Royal Brisbane and Women's Hospital, QLD</i>
<b>Case Studies and Discussion</b>			
Appropriate Access to Care	<b>Case Study 1 – Screening &amp; Assessment</b> • Nutrition Screening and Assessment	Approx 30 - 35 mins discussion time each	Jenelle Loeliger <i>Peter MacCallum Cancer Centre, VIC</i>
Quality Nutrition Care	<b>Case Study 2 - Implementation</b> • Pre-Treatment & Assessment <i>Pre-Treatment Clinic</i>	As above	Teresa Brown
	<b>Morning Tea 10.30 – 10.45am</b>		
	<b>Case Study 3 - Implementation</b> • Surgery	As above	Merran Findlay
Nutrition Monitoring & Evaluation	<b>Case Study 4 – Implementation</b> • Chemo/radiotherapy	As above	Nicole Kiss <i>Peter MacCallum Cancer Centre, VIC</i>
	<b>Case Study 5 – Monitoring/Evaluation</b> • Rehabilitation and monitoring post- treatment	As above	Kelly Taylor <i>Fremantle Hospital, WA</i>
	<b>Summary &amp; Evaluation</b> • Summary of key points, and evaluation of the workshop.	<b>12.15pm</b>	Associate Professor Judy Bauer <i>University of Queensland, QLD</i> Merran Findlay
<b>Lunch – 12.30pm</b>			

*Workshop material and content has been contributed by the Head and Neck Cancer Nutrition Guidelines Dietetic Steering Committee*



**COSA Nutrition Group: Clinical Professional Day  
COSA/ANZUP ASM – Perth, WA  
Workshop evaluation form**

Please circle your answer the following questions. If you have further comments, please write them on the back of this page.					
This section identifies your professional group, work setting and workload.					
1. To which professional group do you belong?	Medical. Specialty: _____	Nursing	Allied Health. Discipline: _____	Administration	Other. Please list _____
2. In what setting/s do you work? Circle all that apply.	Public hospital inpatient wards	Public hospital Outpatients	Private hospital inpatient wards	Private hospital Outpatients	Other Please list _____
3. What percentage of your workload is spent managing adults with head and neck cancer?	<10%	11-25%	26-50%	51-75%	76-100%
This section evaluates the workshop					
4. Were the objectives of the workshop clear?	Very Clear	Mostly Clear	Satisfactorily Clear	Poorly Articulated	Very Poorly Articulated
5. Was enough information provided on the evidence-based guidelines?	Excellent level of information	Good level of information	Adequate level of information	Low level of information	Very low level of information
6. Was enough time provided for the case studies?	Excellent time allocation	Mostly adequate time allowed	Adequate time constraints	Little available time allowed	Very little available time allowed
7. At the end of the workshop, how would you rate your understanding of evidence-based guidelines?	Excellent	Very Good	Satisfactory	Poor	Very poor
8. Following this workshop, do you feel confident in providing/supporting nutrition management in patients with head and neck cancer?	Very confident	Mostly confident	Confident	Lacking confidence	Not at all confident
9. a) Did the workshop meet your expectations?	Fully met	Mostly met	Met my expectations	Partly met	Did not meet
9 b) How could the workshop have been improved?					
10. a) How well did the presenters run the workshop?	Very well presented	Mostly well presented	Satisfactorily presented	Poorly presented	Very Poorly presented
10b) What improvements or changes would you suggest?					
11. Do you intend to implement all or part of the guidelines at your place of work? If so, please provide details.					

Thankyou for your feedback