Clinical Oncological Society of Australia 38th 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:
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Merran Findlay - RPA, NSW
Teresa Brown - Royal Brisbane and Women’s Hospital, QLD
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Evaluation Compiled By
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1. Executive Summary

The Clinical Oncological Society of Australia (COSA) 38th 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**
- 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 38th 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.
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).
4.2 Workplace Setting of Participants
The workshops were attended by participants working in a range of public and private settings.

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.
5. Evaluation Results

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?](image)

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?](image)

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.

![Pie chart showing distribution of responses for time provided for case studies]

*Figure 6: Was enough time provided for the case studies?*

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.

![Pie chart showing distribution of understanding ratings]

*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.

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.

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?](image)

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

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.

6. Conclusion

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 round, an excellent continuing professional development opportunity.”

“All excellent presentations.”

Photos (Top to Bottom):
1. Multidisciplinary discussion
2. Workshop participants
3. Kelly Taylor from Fremantle Hospital, WA leads the discussion.
## Appendix 1: Workshop Program

### COSA Nutrition Group: Clinical Professional Day  
COSA/ANZUP ASM – Perth, WA  
Monday 14 November 2011  
8.30am – 12.30pm

<table>
<thead>
<tr>
<th>Topic</th>
<th>Time</th>
<th>Speaker/Facilitator</th>
</tr>
</thead>
</table>
| General Introduction                       | 8.30 – 8.40am | Merran Findlay  
Royal Prince Alfred Hospital, NSW |
| Methodology of guideline development and use of wiki platform | 8.40 – 9.00am | Merran Findlay |
| Clinical Guidelines                        | 9.00 – 9.20am | Teresa Brown  
Royal Brisbane and Women’s Hospital, QLD |

### Case Studies and Discussion

- **Case Study 1 – Screening & Assessment**  
  - Nutrition Screening and Assessment  
  - Approx 30 - 35 mins discussion time each  
  - Janelle Loeliger  
  Peter MacCallum Cancer Centre, VIC

- **Case Study 2 - Implementation**  
  - Pre-Treatment & Assessment  
  - Pre-Treatment Clinic  
  - As above  
  - Teresa Brown

- **Morning Tea 10.30 – 10.45am**

- **Case Study 3 - Implementation**  
  - Surgery  
  - As above  
  - Merran Findlay

- **Case Study 4 – Implementation**  
  - Chemo/radiotherapy  
  - As above  
  - Nicole Kiss  
  Peter MacCallum Cancer Centre, VIC

- **Case Study 5 – Monitoring/Evaluation**  
  - Rehabilitation and monitoring post-treatment  
  - As above  
  - Kelly Taylor  
  Fremantle Hospital, WA

- **Summary & Evaluation**  
  - Summary of key points, and evaluation of the workshop  
  - 12.15pm  
  - Associate Professor Judy Bauer  
  University of Queensland, QLD  
  - Merran Findlay

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*Workshop material and content has been contributed by the Head and Neck Cancer Nutrition Guidelines  
Dietetic Steering Committee*
### Appendix 2: Workshop Evaluation

#### 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 settings 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: [ ]

9a) Did the workshop meet your expectations?
   - Fully met: [ ]
   - Mostly met: [ ]
   - Met my expectations: [ ]
   - Partly met: [ ]
   - Did not meet: [ ]

9b) How could the workshop have been improved?

10a) 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.

Thank you for your feedback.