

# CANCER-RELATED MALNUTRITION AND SARCOPENIA

**DIAGNOSIS** 

**TREATMENT** 

**RECOVERY** 

SCREENING

ASSESSMENT

**TREATMENT** 

malnutrition<sup>1</sup> and sarcopenia<sup>2</sup>

Screen all patients for

Incorporate into existing supportive care screening processes

Repeat as the clinical situation changes, e.g. new treatment commences, new symptoms present

In health services with limited resources proritise screening of high risk patient groups<sup>3</sup>

At risk

Not at risk

Malnutrition

Refer to a dietitian for comprehensive nutrition assessment using tools validated in oncology populations<sup>4</sup> Incorporate into existing clinical policies

Sarcopenia

Refer to a dietitian and exercise physiologist/ physiotherapist for comprehensive evaluation of muscle mass, strength and function<sup>5</sup>

Access to the core components of treatment

Individualised exercise prescription

Individualised medical nutrition therapy

Physical & psychological symptom management

Consider the use of care pathways to support the delivery of optimal care

# <sup>1</sup>VALID MALNUTRITION SCREENING TOOLS

- · Malnutrition Screening Tool (MST)
- Malnutrition Universal Screening Tool (MUST)
- Malnutrition Screening Tool for Cancer Patients (MSCT)
- Patient-Generated Subjective Global Assessment Short Form (PG-SGA-SF)

# <sup>2</sup>VALID SARCOPENIA SCREENING TOOLS

· SARC-F

CARE

COLLABORATIVE

**MULTIDISCIPLINARY** 

· SARC-F in combination with calf circumference

### <sup>3</sup>HIGH RISK PATIENTS

- Head and neck, lung, upper or lower gastrointestinal cancer
- Radiation therapy to the oral cavity or gastrointestinal tract
- Chemotherapy, immunotherapy, or targeted therapies with risk of gastrointestinal toxicity
- · Stem cell transplant
- Surgery to the oral cavity or gastrointestinal tract

## <sup>4</sup> VALID NUTRITION ASSESSMENT

- Patient-Generated Subjective Global Assessment (PG-SGA)
- · Subjective Global Assessment (SGA)

# <sup>5</sup>METHODS TO ASSESS MUSCLE STATUS

- Muscle mass: Computed Tomography (CT), Magnetic Resonance Imaging (MRI), Dual X-Ray Absorptiometry (DXA), raw bioimpedance analysis (BIA) or bioimpedance spectroscopy (BIS) data for appendicular or whole body muscle mass
- Muscle strength: handgrip strength, chair stand test
- Physical performance: Short Physical Performance Battery (SPPB), usual gait speed, timed up-and-go