# CANCER-RELATED MALNUTRITION AND SARCOPENIA

## DIAGNOSIS

- Screen all patients for malnutrition\(^1\) and sarcopenia\(^2\)
- In health services with limited resources prioritise screening of high risk patient groups\(^3\)
- Incorporate into existing supportive care screening processes

## TREATMENT

- Repeat as the clinical situation changes, e.g. new treatment commences, new symptoms present
- Incorporate into existing clinical policies

## RECOVERY

- Not at risk
- At risk

## SCREENING

### 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)

### VALID SARCOPENIA SCREENING TOOLS
- SARC-F
- SARC-F in combination with calf circumference

### 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

### VALID NUTRITION ASSESSMENT TOOLS
- Patient-Generated Subjective Global Assessment (PG-SGA)
- Subjective Global Assessment (SGA)

### 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

## ASSESSMENT

- Malnutrition
  - Refer to a dietitian for comprehensive nutrition assessment using tools validated in oncology populations\(^4\)
  - Incorporate into existing clinical policies

- Sarcopenia
  - Refer to a dietitian and exercise physiologist/physiotherapist for comprehensive evaluation of muscle mass, strength and function\(^5\)
  - Incorporate into existing clinical policies

## TREATMENT

- Individualised exercise prescription
- Individualised medical nutrition therapy
- Physical & psychological symptom management

## MULTIDISCIPLINARY COLLABORATIVE CARE

- Access to the core components of treatment
- Consider the use of care pathways to support the delivery of optimal care
- Incorporate into existing clinical policies