

Exemplars of evidence-based care in practice

The Nutritional Biomarker in the oesophagogastric cancer care pathway

WHAT did the initiative involve?	<p><i>Using CT body composition assessment to measure skeletal muscle mass as part of malnutrition diagnosis for patients undergoing surgical resection of oesophageal and gastric cancer.</i></p> <p><i>This formed the basis for a nutrition care pathway that focused on the assessment and monitoring of nutrition status throughout treatment. Body composition assessment using CT occurred at diagnosis and restaging, with monitoring using calf circumference and hand grip strength, during chemoradiation and after surgery.</i></p>
WHO was involved in the initiative?	<p><i>Dietitian (project lead), surgeon (clinical lead) and nursing involvement in project planning & implementation.</i></p>
WHERE did the initiative occur?	<p><i>Alfred Health</i></p> <p><i>Outpatient setting – oesophagogastric surgery clinic, including MDM.</i></p>
WHO was the target of the initiative?	<p><i>Adult patients (≥18 years) diagnosed with oesophagogastric cancer undertaking a curative multimodal treatment pathway with surgical resection.</i></p>
WHEN was the initiative performed?	<p><i>At diagnosis and throughout treatment.</i></p>
HOW was the initiative undertaken?	<p><i>This project was funded by the SMICS Funding Program Quality Improvement Project grant. This included 0.4 EFT for a dietitian to lead the project.</i></p>
OUTCOMES	<p><i>The NuBio care pathway was developed. 90% of patients had nutrition assessment, including muscle measurement (via CT body composition analysis) before MDM. During the pilot phase (n=8) less weight loss and muscle loss occurred and less patients were diagnosed with malnutrition than usual care.</i></p> <p><i>The pathway has now been implemented into clinical practice.</i></p>
REFERENCE	<p><i>Final report:</i></p> <p>https://www.vics.org.au/files/ugd/5b0453_be4d939ca1904d21bf17897df8daf446.pdf</p>