

Clinical Case Study

SITUATION	64F “Jane Smith” presented with severe back pain found to have thoracic bone lesion consistent with a metastatic disease
WHAT care was provided? (Action)	<ul style="list-style-type: none"> • Investigations: <ul style="list-style-type: none"> - <i>Biopsy confirms ER+/PR+/Her2 negative disease consistent with breast cancer.</i> - <i>MRI: thoracic partial cord compression</i> - <i>Staging scans: bone only disease (other spinal lesions but nil at risk of compromise) and breast primary</i> • Treatment <ul style="list-style-type: none"> - <i>Surgical decompression completed: Patient discharged to home as was able to undertake self-care</i> - <i>Completed radiotherapy as an outpatient</i> - <i>First line metastatic breast cancer therapy started as outpatient</i> <ol style="list-style-type: none"> a. <i>Letrozole daily tablet</i> b. <i>Ribociclib (tablet 21 days of 28-day cycle)</i> c. <i>Denosumab 120mg monthly injection delivered by GP</i> • Improvements: <ul style="list-style-type: none"> - <i>Staging improving, cancer markers improving</i> • Side effects: <ul style="list-style-type: none"> - <i>Joint aches</i> - <i>Reduced mobility/reduced strength</i> - <i>Muscle wasting</i> - <i>Weight gain</i> • Identification of sarcopenia <ul style="list-style-type: none"> - <i>Identification sarcopenia by team and subsequent weight gain from hospitalization and reduced mobility and capacity to exercise.</i> • Referred to: <ol style="list-style-type: none"> 1. <i>Outpatient dietitian</i> 2. <i>Exercise physiology for rehabilitation post-surgery, muscle gain</i>
WHO delivered the care? (Actor)	Identification of sarcopenia – <i>Nurse specialist</i> Nutrition assessment – <i>Dietitian</i> Assessment of muscle mass – <i>Exercise physiologist</i>
WHERE was the care delivered? (Context)	Outpatient setting Private Cancer Centre
WHO received care? (Target)	Adult outpatient undergoing oral therapy Family present to support dietary recommendations provide support in transportation
WHEN was care provided? (Time)	<ul style="list-style-type: none"> • <i>Medical Oncology - reviewed every 3 months in conjunction with scans</i>

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	<ul style="list-style-type: none">• Nutrition and physio - <i>over the course of 12 weeks post referrals</i>
OUTCOMES	<ul style="list-style-type: none">• Weight gain and muscle mass stabilized• Functional capacity increased• Participating in regular exercise 2-3 times per week

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