



Clinical  
Oncology  
Society of  
Australia



# POSITION STATEMENT

## CANCER-RELATED MALNUTRITION AND SARCOPENIA



# About COSA

---

The Clinical Oncology Society of Australia (COSA) is Australia's peak multidisciplinary society for health professionals working in cancer research, treatment, rehabilitation and palliative care. COSA is recognised as an activist organisation whose views are valued in all aspects of cancer care. We are allied with, and provide high-level clinical advice to Cancer Council Australia.

The overarching mission of COSA is to improve the care of Australians affected by cancer. In order to improve cancer care and control in Australia COSA seeks to (as defined in the Constitution; approved 14 November 2017):

- Promote excellence in the multidisciplinary care and research relating to cancer – from prevention, diagnosis and treatment to follow-up, palliation and survivorship
- Encourage multidisciplinary collaboration of all professionals involved in cancer care and research
- Foster and promote cancer research
- Support the professional development and educational needs of cancer health professionals in the furtherance of the above objects

The Cancer-Related Malnutrition and Sarcopenia Position Statement was produced by a multidisciplinary Working Group of COSA members, under the guidance of the COSA Nutrition Group Executive Committee, Chaired by Dr Nicole Kiss.

Version 1.0, August 2020

© Clinical Oncology Society of Australia 2020

Enquiries relating to copyright should be addressed to [cosa@cancer.org.au](mailto:cosa@cancer.org.au) or in writing to the Chief Executive Officer COSA, GPO Box 4708, Sydney NSW 2001.

## **Suggested citation**

Clinical Oncology Society of Australia Cancer-Related Malnutrition and Sarcopenia Working Group. Cancer-Related Malnutrition and Sarcopenia Position Statement. Clinical Oncology Society of Australia. August 2020.

## **Clinical Oncology Society of Australia**

President: Associate Professor Nick Pavlakis

Chief Executive Officer: Marie Malica

Please direct any enquiries or comments on this publication to:

Chief Executive Officer

Clinical Oncology Society of Australia

GPO Box 4708

Sydney NSW 2001

Tel: (02) 8063 4100

Email: [cosa@cancer.org.au](mailto:cosa@cancer.org.au)

Published by the Clinical Oncology Society of Australia

# Contents

---

About COSA.....	2
Contents.....	3
COSA’s Position .....	4
Background .....	4
Definitions.....	6
Identifying Cancer-Related Malnutrition and Sarcopenia .....	7
Recommendations.....	8
Implementation Tips.....	8
Assessing Cancer-Related Malnutrition and Sarcopenia .....	9
Recommendations.....	10
Implementation Tips.....	10
Treating Cancer-Related Malnutrition and Sarcopenia .....	12
Recommendations.....	13
Implementation Tips.....	13
Role of the Multidisciplinary Team.....	14
Recommendations.....	15
Implementation Tips.....	15
Resources .....	16
References .....	17
Acknowledgements.....	21
COSA Cancer-Related Malnutrition and Sarcopenia Working Group Members .....	21
COSA Cancer-Related Malnutrition and Sarcopenia Development and Support Team .....	22
AUTHORISED BY .....	23
ENDORSED BY .....	23
SUPPORTING ORGANISATIONS .....	23
Appendix 1: Cancer-Related Malnutrition and Sarcopenia Pathway .....	24

# COSA's Position

---

- All people with cancer should be screened for malnutrition and sarcopenia in all health settings at diagnosis and as the clinical situation changes throughout treatment and recovery.
- All people with cancer identified as being 'at risk' of malnutrition following screening or with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition should have a comprehensive nutrition assessment using a tool validated in the oncology population.
- All people with cancer identified as being 'at risk' of sarcopenia following appropriate screening should have a comprehensive evaluation of muscle status using a combination of assessments for muscle mass, muscle strength and function.
- All people with cancer-related malnutrition and sarcopenia should have access to the core components of treatment including medical nutrition therapy, targeted exercise prescription and physical activity advice, and physical and psychological symptom management.
- Treatment for cancer-related malnutrition and sarcopenia should be individualised, in collaboration with the multidisciplinary team (MDT), and tailored to meet needs at each stage of cancer treatment.
- Health services should ensure a broad range of health care professionals across the MDT have the skills and confidence to recognise malnutrition and sarcopenia to facilitate timely referrals and treatment.

## Background

---

Malnutrition is characterised by loss of weight, loss of muscle and loss of sub-cutaneous body fat.<sup>1</sup> Cancer-related malnutrition can occur due to the presence of the cancer itself, the effect of cancer treatment on the consumption or absorption of nutrients, or patients undertaking 'restrictive' cancer diets.<sup>2</sup> Research over several decades has shown cancer-related malnutrition is associated with serious adverse consequences including reduced survival and ability to complete treatment, poorer quality of life and higher costs to the health care system.<sup>3-7</sup> It is a common condition, occurring in 30-40% of people with cancer, yet it is under-recognised

and under-treated.<sup>7</sup> Australian studies have found that almost 50% of people with cancer-related malnutrition are not under the care of a dietitian.<sup>8</sup> Malnutrition can occur in people with any cancer diagnosis, although certain cancers, including head and neck, gastrointestinal, pancreatic and lung cancers, have up to a 4 fold increased risk of malnutrition compared to breast cancer.<sup>9</sup> Malnutrition can occur in people of any body mass index (BMI) category, including those classified as overweight or obese.<sup>10,11</sup> However, with the rising incidence of obesity in Australia the identification of malnutrition and underlying muscle loss is becoming more

complex and concurrently under-diagnosis is likely to rise.

Sarcopenia is characterised by loss of skeletal muscle mass and strength with an impact on physical performance, and is a key component of cancer-related malnutrition.<sup>12,13</sup> This is reflected in recent international definitions of malnutrition where the assessment of muscle mass is a criterion for the diagnosis of malnutrition.<sup>14,15</sup> Sarcopenia associated with ageing is known as primary sarcopenia, as opposed to secondary sarcopenia which is associated with disease, sedentary lifestyle or inadequate nutrition.<sup>12</sup> Research in cancer-related sarcopenia has largely focused on the presence of low muscle mass rather than the presence of both low muscle mass and low muscle function (strength or performance).<sup>16-18</sup> Cancer-related sarcopenia is associated with similar adverse consequences to cancer-related malnutrition and is also a common condition occurring in up to 60% of people with cancer, depending on cancer type.<sup>18-20</sup> Furthermore, sarcopenic obesity, a unique phenotype where low muscle mass and obesity occur simultaneously, is independently associated with reduced survival and increased complications in multiple cancer diagnoses and treatment modalities.<sup>21</sup>

Loss of muscle mass in cancer-related malnutrition and sarcopenia may simply be related to reduced nutritional intake.<sup>2</sup> Alternatively, muscle loss may develop as a result of tumour-related metabolic alterations or the presence of systemic inflammation.<sup>2</sup> This is particularly evident in cancer cachexia, a multifactorial syndrome with a complex underlying pathology.<sup>22</sup> While there are

similarities across these conditions, it is generally accepted that weight and muscle loss occurring in cancer-cachexia cannot be reversed by conventional nutrition intervention.<sup>23</sup>

Evidence from national and international guidelines strongly supports the importance of identification and treatment of cancer-related malnutrition and sarcopenia prior to, during and post-treatment in order to improve outcomes for people with cancer.<sup>3,6,24,25</sup> Despite this considerable variation in screening, diagnosis and intervention occur across Australian health care settings. Barriers to improving care largely include inadequate time and services and varying perception of responsibility for identification and treatment.<sup>26</sup> Nevertheless, international studies demonstrate failure to improve care has a considerable financial burden that is likely to translate to a similar impact on the Australian health care system.<sup>27,28</sup>

This document outlines the position of COSA on the role of health professionals and health services in recognising and treating patients with cancer-related malnutrition and sarcopenia, with a focus on practice tips to support implementation of optimal management. It is intended for use by clinicians and health services to advocate for the resources and services required to support optimal management of cancer-related malnutrition and sarcopenia. Malnutrition and muscle loss also occur in adolescents and young adults with cancer; however, this document is intended to address the management of these conditions in adults.

# Definitions

---

**Malnutrition:** A condition characterised by loss of weight, loss of muscle or low body mass index plus reduced food intake/ assimilation or inflammation.

**Sarcopenia:** Currently no global definition, however most definitions include low appendicular lean mass with low muscle strength and/or performance (refer Table 4).

**Cachexia:** A multifactorial syndrome characterised by progressive loss of skeletal muscle, that may or may not include loss of fat mass, which cannot be completely reversed by nutrition intervention.

**Screening:** The first line process of identifying if a patient is at risk of malnutrition or sarcopenia through the use of validated screening tools.

**Nutrition assessment:** A comprehensive investigation using validated assessment tools or processes to diagnose the presence or absence of malnutrition.

**Medical nutrition therapy:** An evidence-based approach to nutritional treatment of a medical condition that involves comprehensive nutrition assessment, nutrition diagnosis, intervention using individualised counselling to meet goals tailored to the medical condition, lifestyle, socioeconomic concerns and social circumstances, and requires ongoing monitoring and evaluation.

**Skeletal muscle mass:** Represents the combined weight of all skeletal muscle in an individual.

**Lean body mass:** Excluding fat mass, this represents the combined weight of internal

organs, bone, muscle, connective tissue and body fluids.

**Fat mass:** The combined weight of all fatty tissue.

**Appendicular lean mass:** The combined weight of lean body mass from arms and legs.

**Physical activity:** Any bodily movement produced by the contraction of skeletal muscles that requires energy expenditure.

**Exercise:** A type of physical activity consisting of planned, structured and repetitive bodily movement for the purpose of improving and/or maintaining health and physical fitness.

**Multidisciplinary team:** A team comprising a range of health professionals, including nursing and a variety of medical and allied health disciplines.

**Prehabilitation:** A structured program designed to improve physical and psychological health through nutrition, exercise and psychological intervention provided soon after diagnosis or prior to anti-cancer treatment.

**Rehabilitation:** A structured program to support the recovery of physical and psychological health through nutrition, exercise and psychological intervention provided during or following anti-cancer treatment.

**Health service:** An organisation providing services to people with cancer and includes hospitals, rehabilitation centres, community and primary care settings and private practice.

# Identifying Cancer-Related Malnutrition and Sarcopenia

Cancer-related malnutrition and sarcopenia are under-recognised and therefore under-treated conditions. Neither malnutrition nor sarcopenia should be associated exclusively with being underweight, as these conditions can also be present at any body weight or BMI including obesity.<sup>18,29</sup> Timely and accurate identification of malnutrition and sarcopenia in all clinical practice settings is essential to support the initiation of optimal multidisciplinary care for people with these conditions, and a subsequent reduction in disability, mortality and healthcare costs.<sup>3,7,30</sup> This identification process, commonly known as screening, enables recognition of people with cancer as 'at risk' or 'not at risk' of these conditions.

Screening for malnutrition should be undertaken on all people with cancer at diagnosis, and repeated as clinically indicated throughout each modality of treatment (e.g. surgery, radiation therapy, chemotherapy), post-treatment and surveillance.<sup>3,24,25</sup> Where limited resources restrict the ability to screen all patients, resources should be devoted to ensuring those at highest risk are screened

(Table 1). Malnutrition screening should be undertaken using a malnutrition screening tool validated in the setting in which it is intended for use.<sup>6,24</sup> A number of malnutrition screening tools have been shown to be valid and reliable for identifying malnutrition in people with cancer including the Malnutrition Screening Tool (MST), Malnutrition Universal Screening Tool (MUST), Malnutrition Screening Tool for Cancer Patients (MSTC) and the Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF) (Table 2).<sup>3</sup> The MST and MUST are most commonly used in Australia and can be self-administered or completed by any health professional.<sup>31,32</sup> Screening for malnutrition can be bypassed for people with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition, e.g. radiation therapy with or without chemotherapy to the gastrointestinal tract or head and neck area.<sup>6,25</sup> All people with cancer identified as being 'at risk' of malnutrition following screening, or with a diagnosis or treatment that places them at high risk of malnutrition, should be referred to an accredited practising dietitian for a comprehensive nutritional assessment and initiation of appropriate treatment.<sup>3,6,24</sup>

**Table 1: Factors indicative of high risk of malnutrition**

<i>Cancer diagnosis</i>	<i>Treatment</i>	<i>Other</i>
<ul style="list-style-type: none"> <li>• Head and neck</li> <li>• Upper or lower gastrointestinal</li> <li>• Thoracic</li> <li>• Acute leukaemia (myeloid and lymphoid)</li> </ul>	<ul style="list-style-type: none"> <li>• Radiation therapy to oral cavity or gastrointestinal tract</li> <li>• Chemotherapy, immunotherapy or targeted therapies with risk of gastrointestinal toxicity</li> <li>• Stem cell transplant</li> <li>• Surgery to the oral cavity or gastrointestinal tract</li> <li>• Steroid use with treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced stage disease</li> <li>• Older age (&gt; 65 years)</li> </ul>

**Table 2: Valid and reliable tools to screen for malnutrition risk in people with cancer**

Screening Tool	Inpatient setting	Outpatient setting	
		Chemotherapy	Radiation therapy
Malnutrition Screening Tool (MST)	✓	✓	✓
Malnutrition Universal Screening Tool (MUST)	✓	✓	✓
Malnutrition Screening Tool for Cancer Patients (MSTC)	✓		
Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF)		✓	

Screening for sarcopenia should be completed in all people with cancer at diagnosis and as clinically indicated throughout each modality of treatment (e.g. surgery, radiation therapy, chemotherapy), post-treatment and surveillance. The SARC-F is a sarcopenia screening tool that has been well studied and validated in older adults.<sup>33</sup> The SARC-F has recently been validated for use in people with cancer, either alone or in combination with measurement of calf circumference for greater sensitivity.<sup>34</sup> All people identified as 'at risk' of sarcopenia should be referred to an accredited practising dietitian and exercise specialist i.e. accredited exercise physiologist and/or physiotherapist, experienced in the cancer setting and with knowledge of body composition science, for assessment of muscle strength, muscle mass and physical performance, and initiation of appropriate treatment.

### Recommendations

1. All people with cancer should be screened for malnutrition in all health settings at diagnosis and repeated as the clinical situation changes, using a screening tool that is valid and reliable in the setting in which it is intended for use.

2. All people with cancer should be screened for sarcopenia at diagnosis and repeated as the clinical situation changes, using the validated screening tool SARC-F or SARC-F in combination with calf circumference.

### Implementation Tips

1. Consider incorporating screening for malnutrition and sarcopenia into existing multidisciplinary and/or supportive care screening processes or patient-reported outcomes to aid ease of completion and compliance, reduce the need for additional resources and to support the initiation of appropriate assessment and care.
2. Screening should focus on early identification using a systematised model of care or pathway that defines the tools to be used, who will conduct screening, the timing and frequency of screening, and pathways for treatment referrals appropriate to the setting.

# Assessing Cancer-Related Malnutrition and Sarcopenia

Nutrition assessment is recommended for all people with cancer identified as 'at risk' of malnutrition following screening or with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition e.g. patients receiving radiation therapy to the head and neck area or gastrointestinal tract.<sup>6,25</sup> Nutrition assessment and malnutrition diagnosis should be completed by an appropriately trained health care professional such as an accredited practising dietitian or if not available, other allied health or medical professional. Nutrition assessment should be repeated as the clinical situation changes and incorporated into routine clinical consultations to monitor the effects of nutrition intervention.<sup>3</sup> Nutrition assessment should incorporate measures of involuntary weight loss, BMI, body composition, food intake and nutrient absorption, functional status and inflammation.<sup>3</sup> The 2019 Global Leadership Initiative on Malnutrition (GLIM) have produced a consensus statement outlining the recommended assessment domains for a diagnosis of malnutrition (Table 3).<sup>15</sup> The Patient-Generated Subjective Global Assessment (PG-SGA)<sup>35</sup> and Subjective Global Assessment (SGA)<sup>36</sup> are validated assessment tools that align with the GLIM criteria for diagnosing malnutrition and can be used to assess and diagnose malnutrition in people with cancer.<sup>6</sup>

Sarcopenia assessment is recommended for all people identified as 'at risk' of sarcopenia following screening and is ideally performed at the time of cancer diagnosis and before an initial treatment plan is implemented. Reassessment should occur as the clinical situation changes and incorporated into routine clinical consultations during active treatment and then ongoing surveillance throughout the course of care. Sarcopenia assessment and diagnosis should be completed by an appropriately trained health care professional such as an accredited practising dietitian, accredited exercise physiologist, physiotherapist or other allied health or medical professional. Assessment should consider whether it is primary sarcopenia (age-related) or secondary sarcopenia (other causal factors).<sup>13</sup> These causal factors may include:<sup>13</sup>

- (i) Disease - secondary to a systemic disease especially where inflammation is present as in cancer;
- (ii) Inactivity - sedentary lifestyle or disease-related immobility or disability; or
- (iii) Malnutrition - as a result of inadequate energy or protein caused by anorexia, malabsorption, food insecurity or limited ability to eat.

**Table 3: GLIM diagnostic criteria for malnutrition<sup>15</sup>**

	<i>Etiologic</i>	<i>Phenotypic</i>
<b>GLIM criteria: Presence of at least one phenotypic criteria and one etiologic criteria</b>	Reduced food intake or assimilation	Weight loss
	Inflammation	Low body mass index
		Reduced muscle mass

There is no global consensus on the diagnostic criteria for sarcopenia. Commonly used definitions include the European Working Group on Sarcopenia in Older people (EWGSOP) 1,<sup>12</sup> EWGSOP 2,<sup>13</sup> and the Foundation for the National Institutes of Health (FNIH) Biomarkers Consortium Sarcopenia Project (Table 4).<sup>37</sup> However, these definitions and cut-points have been developed based on research in older adults and have not been extensively researched in cancer populations. Most research in cancer has assessed sarcopenia based on low muscle mass alone from Computed Tomography (CT) images using cut-points prognostic for poor survival.<sup>38,39</sup> The various methods used for diagnosing sarcopenia are presented in Table 4. Selection of assessment method may depend on patient factors, access to the required technical resources and the purpose of testing. Clinicians and researchers should understand the strengths and limitations of the assessment method being applied and understand these are not interchangeable.<sup>12,13</sup> Ongoing research will contribute to identifying cut-points relative to patient population and ethnicity.

## Recommendations

1. All people with cancer identified as being 'at risk' of malnutrition following screening or with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition should have comprehensive nutrition assessment using a tool validated in the oncology population.
2. All people with cancer identified as being 'at risk' of sarcopenia following appropriate screening should have a comprehensive evaluation of muscle status using a combination of

assessments for muscle mass, muscle strength and function.

3. Interpretation of diagnostic criteria for sarcopenia should be applied recognising that:
  - a. Threshold values for assessing muscle mass, muscle strength and physical performance are variable.
  - b. Care should be taken to determine the appropriate cut-off values in the population in which they are being applied.
  - c. Most data regarding muscle strength and performance comes from older populations.
  - d. The applicability of diagnostic criteria in different ethnicities is uncertain.

## Implementation Tips

1. Malnutrition assessment should be incorporated into the appropriate nutrition care policy directives with local governance, management committees and performance review processes embedded to support successful and sustainable implementation.
2. A measure of muscle mass should be a component of assessment of malnutrition and sarcopenia and incorporated into routine clinical practice.
3. Identification of barriers and enablers to malnutrition and sarcopenia assessment at individual, team and system levels is the first step to facilitate adherence to evidence-based nutrition care recommendations and policies.

**Table 4: Definitions of sarcopenia**

<b>Definition</b>	<b>Low muscle strength</b>	<b>Low muscle mass</b>	<b>Poor muscle function</b>
<b>EWGSOP 1 (2010)</b> Low muscle mass + low muscle strength or low physical performance	<b>Grip strength</b> <30 kg men <20 kg women	<b>ALM* /height (m)<sup>2</sup></b> <7.26 kg/m <sup>2</sup> men <5.50 kg/m <sup>2</sup> women	<b>Gait Speed</b> ≤0.8 m/sec (4m walk) <b>or</b> <b>SPPB Score</b> ≤8 points
<b>FNIH (2014)</b> Low muscle mass + low muscle strength	<b>Grip strength</b> <26 kg men <16 kg women	<b>ALM/BMI</b> <0.789 kg/BMI men <0.512 kg/BMI women	N/A
<b>EWGSOP 2 (2019)</b> Low muscle strength + low muscle mass or low physical performance	<b>Grip strength</b> <27 kg men <16 kg women <b>or</b> <b>Chair Stands</b> >15 sec five rises	<b>ALM/height (m)<sup>2</sup></b> <7.00 kg/m <sup>2</sup> men <5.50 kg/m <sup>2</sup> women <b>or</b> <b>ALM</b> <20 kg men <15 kg women	<b>Gait Speed</b> ≤0.8 m/sec (4m walk) <b>or</b> <b>SPPB Score</b> ≤8 points <b>or</b> <b>TUG</b> ≥20 sec <b>or</b> <b>400m walk</b> ≥6 minutes or non-completion <i>Only used to classify severity of sarcopenia</i>
<b>Cancer-specific CT image analysis research<sup>#</sup></b> Low muscle mass	N/A	<b>SMI [SMA/height (m)<sup>2</sup>] at L3</b> <52.4 cm <sup>2</sup> /m <sup>2</sup> (men) <sup>18</sup> <38.5 cm <sup>2</sup> /m <sup>2</sup> (women) <sup>18</sup> <b>or</b> <43 cm <sup>2</sup> /m <sup>2</sup> (men with BMI<24.9) <sup>39</sup> <53 cm <sup>2</sup> /m <sup>2</sup> (men with BMI ≥ 25) <sup>39</sup> < 41 cm <sup>2</sup> /m <sup>2</sup> (women of any BMI) <sup>39</sup>	N/A

EWGSOP 1, European Working Group on Sarcopenia in Older People; EWGSOP 2, European Working Group on Sarcopenia in Older People updated definition; FNIH, Foundation for the National Institutes of Health Biomarkers Consortium Sarcopenia Project; ALM, appendicular lean mass; BMI, body mass index; SPPB, Short Physical Performance Battery; TUG, Timed Up and Go; CT, Computed Tomography; SMI, Skeletal Muscle Index; SMA, skeletal muscle area determined from cross-sectional CT image at the third lumbar vertebrae. \*ALM can be assessed using Dual energy X-Ray Absorptiometry (DXA), Magnetic Resonance Imaging (MRI), CT, raw Bioelectrical Impedance Analysis (BIA) or Bioelectrical Impedance Spectroscopy (BIS). Muscle mass outputs produced automatically by BIA and BIS devices may be less accurate due potential to be affected by fluid shifts and a lack of transparency regarding the population-specific regression equations underpinning their outputs owing to their proprietary nature,<sup>40-43</sup> however, some guidelines support use in clinical practice.<sup>13</sup> <sup>#</sup>Multiple cut-points for SMI at the third lumbar vertebrae are used in the literature, depending on population and ethnicity. These are suggested cut-points; however, clinicians are advised to research the most appropriate cut-point for their population.

# Treating Cancer-Related Malnutrition and Sarcopenia

---

Treatment of cancer-related malnutrition and sarcopenia aims to provide adequate nutritional intake and participation in exercise in order to optimise body composition with a focus on preserving or improving lean mass and physical function, as well as assisting patients to complete cancer treatment.<sup>6,25,29</sup> However, people with cancer commonly report unmet needs in access and provision of nutritional and exercise advice for the management of their malnutrition or sarcopenia, and are seeking consistent care from health professionals across their treating team to address nutrition needs.<sup>44-47</sup>

Medical nutrition therapy, that considers symptoms, social situation, and treatment plan, has been found to improve nutritional intake, weight and patient-reported physical function, and reduce treatment breaks and unplanned hospital admissions.<sup>3,6,25</sup> Sufficient intake of energy and protein is required to treat malnutrition, with evidence-based guidelines recommending between 105 and 125kJ/kg/day and between 1.0 to 1.5 grams/kg/day in protein.<sup>3</sup> Recent literature suggests that in fact a higher protein of 2.0 grams/kg/day may be required to combat muscle loss, however this is not yet supported by sufficient research.<sup>17</sup> Specific recommendations regarding the use and timing of initiation of medical nutrition therapy, including enteral and parenteral therapy, and Early Recovery After Surgery (ERAS) protocols are available for some cancer types including head and neck and upper and lower gastrointestinal cancers.<sup>3,6,24,25</sup>

For medical nutrition therapy to be optimally effective, it needs to occur alongside exercise intervention.<sup>48</sup> Exercise training provides the necessary support for nutrition intervention to improve (or prevent worsening) in body composition, specifically, preservation or increases in lean tissue, with or without changes in body weight.<sup>3,49,50</sup> Resistance exercise is more effective than aerobic exercise at improving muscle mass and strength.<sup>51</sup> However, aerobic exercise remains relevant as it also modulates muscle metabolism, insulin sensitivity and levels of inflammation in a way that could potentially aid in preservation of muscle mass and function.<sup>51</sup> As such, in line with the most up to date Australian exercise prescription guidelines for people with cancer, individually prescribed multimodal exercise training (including targeted aerobic and resistance exercise) at moderate to high intensity, with emphasis on resistance exercise incorporating exercises for major muscle groups, is recommended.<sup>51</sup>

Although promising, evidence is variable for the use of anabolic or appetite stimulating agents, such as progestins, or non-steroidal anti-inflammatory agents, and their use should be evaluated on an individual basis by the MDT or disease protocol.<sup>3</sup> Supportive care screening to identify unmet needs, including symptom management and psychosocial needs, is important for a holistic approach.

Interventions are most effective when commenced early, with a focus on prevention or the treatment of mild to moderate malnutrition and/or sarcopenia.<sup>22</sup> However, despite the evidence for treatment of cancer-

related malnutrition and sarcopenia, consistent and equitable access to care is lacking.<sup>3,46,47</sup> The potential benefit to the health system through implementing evidence-based treatment of malnutrition and sarcopenia is significant, estimated to be the equivalent of AUD \$800K per 100,000 population.<sup>27,52</sup> Detailed recommendations regarding evidence-based treatment for people undergoing different treatment modalities and for specific cancer diagnoses can be found in the evidence-based guidelines listed in the resources page of this Position Statement.

### Recommendations

1. All people with cancer-related malnutrition and sarcopenia should have access to the core components of treatment including individualised medical nutrition therapy, targeted exercise prescription and physical activity advice, and physical and psychological symptom management.
2. Treatment for cancer-related malnutrition and sarcopenia should be individualised, in collaboration with the MDT, and tailored to consider multi-morbidities and meet needs at each stage of cancer treatment.

### Implementation Tips

1. Models of care to treat malnutrition and sarcopenia should provide consistent information regarding cancer-related malnutrition and sarcopenia across disciplines and throughout phases of treatment to ensure reinforcement of a clear treatment plan.
2. Consider the use of a care pathway, or similar process, developed by MDT members and people with cancer to support implementation of optimal care for cancer-related malnutrition and sarcopenia.

# Role of the Multidisciplinary Team

A multidisciplinary approach to identifying and treating cancer-related malnutrition and sarcopenia is essential. Alongside medical nutrition therapy, interventions that have been shown to contribute to optimising nutritional status and body composition include exercise, management of treatment side effects through optimising medications, and the management of anorexia and dysphagia.<sup>3,25</sup> Frameworks, such as the team mental model, have been found to optimise team processes and functioning.<sup>53</sup>

Multidisciplinary cancer prehabilitation and rehabilitation programs providing individualised care demonstrate capacity to improve nutritional status, strength, fatigue and performance status.<sup>54-57</sup> These interventions require the specialist skills of various MDT members as part of a coordinated approach to individualised treatment of cancer-related malnutrition and sarcopenia and can be accessed through acute hospital services, community-based services or general practices:

<b><i>Carer/ family/ friends</i></b>	Assistance with shopping, meal preparation, and encouragement and social support to eat well and engage in exercise
<b><i>Dietitian</i></b>	Comprehensive nutrition assessment (including muscle mass) to diagnose malnutrition and provision of individualised medical nutrition therapy
<b><i>Exercise Physiologist and Physiotherapist</i></b>	Exercise prescription, including resistance training, to maintain or improve muscle mass and function
<b><i>General Practitioner (GP)</i></b>	Nutrition screening and facilitate referrals to other clinicians to support improvement in nutritional and functional status prior to attending hospital
<b><i>Oncologist/ Specialist Medical Practitioner</i></b>	Optimise symptom management, facilitate referrals to other clinicians, reinforce the nutrition and exercise plan throughout and beyond treatment
<b><i>Nurse</i></b>	Nutrition and functional screening, facilitate referrals to other clinicians, reinforce the nutrition and exercise plan throughout and beyond treatment
<b><i>Nutrition or Allied Health Assistant</i></b>	Nutrition screening, monitor dietary intake
<b><i>Occupational Therapist</i></b>	Provide support for functional impairment that may affect nutritional intake e.g. eating and preparing meals
<b><i>Psychologist</i></b>	Counselling for mental health concerns e.g. anxiety and depression, that may affect nutritional intake, and supporting behavioural change for nutrition and exercise interventions
<b><i>Social Worker</i></b>	Organise support services for meal delivery or shopping, address financial hardship that may impact on nutrition and exercise choices
<b><i>Speech Pathologist</i></b>	Prevention and management of swallowing dysfunction

*Note: all MDT members should monitor clinical and patient-reported outcomes and consider referrals to other health care professionals where appropriate to optimise patient outcomes.*

## Recommendations

1. Health services should ensure a broad range of health care professionals across the MDT have the skills and confidence to recognise malnutrition and sarcopenia to facilitate timely referrals and treatment.
2. MDTs should work towards an individualised and coordinated approach to treating cancer-related malnutrition and sarcopenia.

## Implementation Tips

1. Engage consumers in the development and evaluation of MDT services across the continuum of care.
2. Utilise a framework e.g. team mental model, to develop and refine MDT services to optimise the success of the team, and importantly clinical and patient-reported outcome and experience measures.

# Resources

---

## *Evidence-Based Practice Guidelines*

- European Society for Clinical Nutrition and Metabolism (ESPEN) guidelines on nutrition in cancer patients

Available via [www.espen.org](http://www.espen.org)

- Dietitians Association of Australia (DAA) guideline for nutritional management of patients receiving radiation therapy and/or chemotherapy

Available via [doi.org/10.1111/1747-0080.12013](https://doi.org/10.1111/1747-0080.12013)

- COSA guidelines for the nutritional management of adults with head and neck cancer

Available via [wiki.cancer.org.au/australia/Guidelines](http://wiki.cancer.org.au/australia/Guidelines)

- Academy of Nutrition and Dietetics (AND) oncology evidence-based nutrition practice guideline

Available via [doi.org/10.1016/j.jand.2016.05.010](https://doi.org/10.1016/j.jand.2016.05.010)

- MacMillan UK guidance on prehabilitation for people with cancer

Available via [www.macmillan.org.uk](http://www.macmillan.org.uk)

- Exercise and Sports Science Australia (ESSA) guidelines for exercise in cancer survivorship

Available via [doi.org/10.1016/j.jsams.2019.05.003](https://doi.org/10.1016/j.jsams.2019.05.003)

- American College of Sports Medicine Exercise Guidelines for Cancer Survivors

Available via [doi.org/10.1249/MSS.0000000000002116](https://doi.org/10.1249/MSS.0000000000002116)

## *Education*

- EviQ Education malnutrition in cancer e-learning modules

Available via [education.eviq.org.au](http://education.eviq.org.au)

## *Service Improvement*

- Victorian Cancer Malnutrition Collaborative (VCMC) governance toolkit

Available via [www2.health.vic.gov.au](http://www2.health.vic.gov.au)

- Dutch Malnutrition Steering Group Fight Malnutrition

Available via [www.fightmalnutrition.eu](http://www.fightmalnutrition.eu)

- American Cancer Society guidelines on exercise is medicine in oncology: Engaging clinicians to help patients move through cancer

Available via [doi.org/10.3322/caac.21579](https://doi.org/10.3322/caac.21579)

- The CanEAT pathway: a guide to optimal cancer nutrition for people with cancer, carers and health professionals

Available via [www.petermac.org](http://www.petermac.org)

- Online and culturally and linguistically translated malnutrition screening tool

Available via [www.petermac.org](http://www.petermac.org)

# References

---

1. Allison SP. Malnutrition, disease, and outcome. *Nutrition* 2000; **16**(7-8): 590-3.
2. Baracos VE. Cancer-associated malnutrition. *European Journal of Clinical Nutrition* 2018; **72**(9): 1255-9.
3. Arends J, Bachmann P, Baracos V, et al. ESPEN guidelines on nutrition in cancer patients. *Clinical Nutrition* 2017; **36**(1): 11-48.
4. Bruyère O, Beudart C, Ethgen O, Reginster J-Y, Locquet M. The health economics burden of sarcopenia: a systematic review. *Maturitas* 2019; **119**: 61-9.
5. Hébuterne X, Lemarié E, Michallet M, de Montreuil CB, Schneider SM, Goldwasser F. Prevalence of Malnutrition and Current Use of Nutrition Support in Patients With Cancer. *Journal of Parenteral and Enteral Nutrition* 2014; **38**(2): 196-204.
6. Isenring E, Zabel R, Bannister M, et al. Updated evidence-based practice guidelines for the nutritional management of patients receiving radiation therapy and/or chemotherapy. *Nutrition & Dietetics* 2013; **70**(4): 312-24.
7. Marshall KM, Loeliger J, Nolte L, Kelaart A, Kiss NK. Prevalence of malnutrition and impact on clinical outcomes in cancer services: A comparison of two time points. *Clinical Nutrition* 2019; **38**(2): 644-51.
8. Loeliger J, Kiss N. Phase II Malnutrition in Victorian Cancer Services: summary report. Melbourne: Department of Health and Human Services, State Government of Victoria, 2015.
9. Pressoir M, Desné S, Berchery D, et al. Prevalence, risk factors and clinical implications of malnutrition in French Comprehensive Cancer Centres. *British Journal of Cancer* 2010; **102**(6): 966-71.
10. Agarwal E, Ferguson M, Banks M, Bauer J, Capra S, Isenring E. Nutritional status and dietary intake of acute care patients: Results from the Nutrition Care Day Survey 2010. *Clinical Nutrition* 2012; **31**(1): 41-7.
11. Ramos Chaves M, Boleo-Tome C, Monteiro-Grillo I, Camilo M, Ravasco P. The diversity of nutritional status in cancer: new insights. *Oncologist* 2010; **15**(5): 523-30.
12. Cruz-Jentoft AJ, Baeyens JP, Bauer JM, et al. Sarcopenia: European consensus on definition and diagnosis. *Age and Ageing* 2010; **39**(4): 412-23.
13. Cruz-Jentoft AJ, Bahat G, Bauer J, et al. Sarcopenia: revised European consensus on definition and diagnosis. *Age and Ageing* 2018; **48**(1): 16-31.
14. Cederholm T, Bosaeus I, Barazzoni R, et al. Diagnostic criteria for malnutrition – An ESPEN Consensus Statement. *Clinical Nutrition* 2015; **34**(3): 335-40.
15. Cederholm T, Jensen GL, Correia MITD, et al. GLIM criteria for the diagnosis of malnutrition &#x2013; A consensus report from the global clinical nutrition community. *Clinical Nutrition* 2019; **38**(1): 1-9.
16. Baracos V, Reiman T, Mourtzakis M, Gioulbasanis I, Antoun S. Body composition in patients with non-small

- cell lung cancer: a contemporary view of cancer cachexia with the use of computed tomography image analysis. *American Journal of Clinical Nutrition* 2010; **91**: 1133S-7S.
17. Bauer J, Morley JE, Schols AMWJ, et al. Sarcopenia: A Time for Action. An SCWD Position Paper. *Journal of Cachexia, Sarcopenia and Muscle* 2019; **10**(5): 956-61.
  18. Prado CMM, Lieffers JR, McCargar LJ, et al. Prevalence and clinical implications of sarcopenic obesity in patients with solid tumours of the respiratory and gastrointestinal tracts: a population-based study. *The Lancet Oncology* 2008; **9**(7): 629-35.
  19. Blauwhoff-Buskermolen S, Versteeg KS, Schueren MAEdvd, et al. Loss of Muscle Mass During Chemotherapy Is Predictive for Poor Survival of Patients With Metastatic Colorectal Cancer. *Journal of Clinical Oncology* 2016; **34**(12): 1339-44.
  20. Prado CMM, Baracos VE, McCargar LJ, et al. Sarcopenia as a Determinant of Chemotherapy Toxicity and Time to Tumor Progression in Metastatic Breast Cancer Patients Receiving Capecitabine Treatment. *Clinical Cancer Research* 2009; **15**(8): 2920-6.
  21. Baracos VE, Arribas L. Sarcopenic obesity: hidden muscle wasting and its impact for survival and complications of cancer therapy. *Annals of Oncology* 2018; **29**: ii1-ii9.
  22. Fearon K, Strasser F, Anker SD, et al. Definition and classification of cancer cachexia: an international consensus. *The Lancet Oncology* 2011; **12**(5): 489-95.
  23. Fearon KCH. The 2011 ESPEN Arvid Wretling lecture: Cancer cachexia: The potential impact of translational research on patient-focused outcomes. *Clinical Nutrition* 2012; **31**(5): 577-82.
  24. Academy of Nutrition and Dietetics. Oncology Evidence-Based Nutrition Practice Guideline. 2013. <http://andevidenceanalysislibrary.com> (accessed 23 October 2019).
  25. Findlay M, Bauer J, Brown T, et al. Evidence based practice guidelines for the nutritional management of adult patients with head and neck cancer. April 2011. [http://wiki.cancer.org.au/australia/COSA:Head\\_and\\_neck\\_cancer\\_nutrition\\_guidelines](http://wiki.cancer.org.au/australia/COSA:Head_and_neck_cancer_nutrition_guidelines) (accessed 6 October 2019).
  26. Kiss N, Bauer J, Boltong A, et al. Awareness, perceptions and practices regarding cancer-related malnutrition and sarcopenia: a survey of cancer clinicians. *Supportive Care in Cancer* 2020.
  27. Elia M, British Association of Parenteral and Enteral Nutrition (BAPEN), National Institute for Health Research Southampton Biomedical Research Centre. The cost of malnutrition in England and potential cost savings from nutritional interventions (short version). United Kingdom, 2015.
  28. SEO Economic Research. Malnutrition Underestimated: The costs of malnutrition and the return on medical nutrition. Amsterdam, Netherlands, 2014.
  29. Arends J, Baracos V, Bertz H, et al. ESPEN expert group recommendations for action against cancer-related malnutrition. *Clinical Nutrition* 2017; **36**(5): 1187-96.
  30. Barazzoni R, Bischoff SC, Boirie Y, et al. Sarcopenic obesity: Time to meet the challenge. *Clinical Nutrition* 2018; **37**(6, Part A): 1787-93.

31. Cawood AL, Elia M, Sharp SK, Stratton RJ. Malnutrition self-screening by using MUST in hospital outpatients: validity, reliability, and ease of use. *The American Journal of Clinical Nutrition* 2012; **96**(5): 1000-7.
32. Di Bella A, Blake C, Young A, Pelecanos A, Brown T. Reliability of Patient-Led Screening with the Malnutrition Screening Tool: Agreement between Patient and Health Care Professional Scores in the Cancer Care Ambulatory Setting. *Journal of the Academy of Nutrition and Dietetics* 2018; **118**(6): 1065-71.
33. Malmstrom TK, Morley JE. SARC-F: A Simple Questionnaire to Rapidly Diagnose Sarcopenia. *Journal of the American Medical Directors Association* 2013; **14**(8): 531-2.
34. Fu X, Tian Z, Thapa S, et al. Comparing SARC-F with SARC-CalF for screening sarcopenia in advanced cancer patients. *Clinical Nutrition* 2020.
35. Ottery F. Definition of standardized nutritional assessment and interventional pathways in oncology. *Nutrition* 1996; **12**(1, Supplement): S15-S9.
36. Detsky AS, McLaughlin JR, Baker JP, et al. What is subjective global assessment of nutritional status? *Journal of Parenteral and Enteral Nutrition* 1987; **11**(1): 8-13.
37. Studenski SA, Peters KW, Alley DE, et al. The FNIH Sarcopenia Project: Rationale, Study Description, Conference Recommendations, and Final Estimates. *The Journals of Gerontology: Series A* 2014; **69**(5): 547-58.
38. Cespedes Feliciano EM, Kroenke CH, Meyerhardt JA, et al. Association of Systemic Inflammation and Sarcopenia With Survival in Nonmetastatic Colorectal Cancer: Results From the C SCANS Study. *JAMA Oncology* 2017; **3**(12): e172319-e.
39. Martin L, Birdsell L, MacDonald N, et al. Cancer Cachexia in the Age of Obesity: Skeletal Muscle Depletion Is a Powerful Prognostic Factor, Independent of Body Mass Index. *Journal of Clinical Oncology* 2013; **31**(12): 1539-47.
40. Prado CMM, Heymsfield SB. Lean tissue imaging: a new era for nutritional assessment and intervention. *JPEN Journal Of Parenteral And Enteral Nutrition* 2014; **38**(8): 940-53.
41. Price KL, Earthman CP. Update on body composition tools in clinical settings: computed tomography, ultrasound, and bioimpedance applications for assessment and monitoring. *European Journal of Clinical Nutrition* 2019; **73**(2): 187-93.
42. Sheean P, Gonzalez MC, Prado CM, McKeever L, Hall AM, Braunschweig CA. American Society for Parenteral and Enteral Nutrition Clinical Guidelines: The Validity of Body Composition Assessment in Clinical Populations. *Journal of Parenteral and Enteral Nutrition* 2020; **44**(1): 12-43.
43. Ward LC. Bioelectrical impedance analysis for body composition assessment: reflections on accuracy, clinical utility, and standardisation. *European Journal of Clinical Nutrition* 2019; **73**(2): 194-9.
44. Amano K, Maeda I, Morita T, et al. Need for nutritional support, eating-related distress and experience of terminally ill patients with cancer: a survey in an inpatient hospice. *BMJ Supportive & Palliative Care* 2016; **6**(3): 373-6.
45. Choi K-H, Park J-H, Park S-M. Cancer patients' informational needs on health

- promotion and related factors: a multi-institutional, cross-sectional study in Korea. *Supportive Care in Cancer* 2011; **19**(10): 1495-504.
46. Hwang SS, Chang VT, Cogswell J, et al. Study of unmet needs in symptomatic veterans with advanced cancer: incidence, independent predictors and unmet needs outcome model. *Journal of Pain and Symptom Management* 2004; **28**(5): 421-32.
  47. Isenring E, Cross G, Kellett E, Koczwara B, Daniels L. Nutritional Status and Information Needs of Medical Oncology Patients Receiving Treatment at an Australian Public Hospital. *Nutrition and Cancer* 2010; **62**(2): 220-8.
  48. Cermak NM, Res PT, de Groot LC, Saris WH, van Loon LJ. Protein supplementation augments the adaptive response of skeletal muscle to resistance-type exercise training: a meta-analysis. *The American Journal of Clinical Nutrition* 2012; **96**(6): 1454-64.
  49. Aversa Z, Costelli P, Muscaritoli M. Cancer-induced muscle wasting: latest findings in prevention and treatment. *Therapeutic advances in medical oncology* 2017; **9**(5): 369-82.
  50. Sadeghi M, Keshavarz-Fathi M, Baracos V, Arends J, Mahmoudi M, Rezaei N. Cancer cachexia: Diagnosis, assessment, and treatment. *Critical Reviews in Oncology/Hematology* 2018; **127**: 91-104.
  51. Hayes SC, Newton RU, Spence RR, Galvão DA. The Exercise and Sports Science Australia position statement: Exercise medicine in cancer management. *Journal of Science and Medicine in Sport* 2019; **22**(11): 1175-99.
  52. SEO Economic Research. The social costs and benefits of dietetics for malnourished patients in hospital. Amsterdam, Netherlands, 2015.
  53. Portman DG, Thirlwell S, Donovan KA, et al. Leveraging a Team Mental Model to Develop a Cancer Anorexia-Cachexia Syndrome Team. *Journal of Oncology Practice* 2016; **12**(11): 1046-52.
  54. Chasen M, Bhargava R. A rehabilitation program for patients with gastrointestinal cancer - a pilot study. *Supportive Care in Cancer* 2010; **18**(Supplement 2): S35-40.
  55. Gagnon B, Murphy J, Eades M, et al. A prospective evaluation of an interdisciplinary nutrition-rehabilitation program for patients with advanced cancer. *Current Oncology* 2013; **20**(6): 310-8.
  56. Parmar M, Swanson T, Jagoe RT. Weight changes correlate with alterations in subjective physical function in advanced cancer patients referred to a specialized nutrition and rehabilitation team. *Supportive Care in Cancer* 2013; **21**(7): 2049-57.
  57. Schmidt H, Boese S, Bauer A, et al. Interdisciplinary care programme to improve self-management for cancer patients undergoing stem cell transplantation: a prospective non-randomised intervention study. *European Journal of Cancer Care* 2017; **26**(4): e12458.

# Acknowledgements

---

This document was prepared with the support of COSA Council.

COSA would like to thank the Cancer-Related Malnutrition and Sarcopenia Working Group members for their outstanding contribution and acknowledge the Chair, Dr Nicole Kiss for leading the project.

COSA also thanks the oncology clinicians and stakeholders that contributed significantly to the development of the document and gratefully acknowledges the feedback provided throughout the national consultation process.

## COSA Cancer-Related Malnutrition and Sarcopenia Working Group Members

### **Dr Nicole Kiss – Chair**

Victorian Cancer Agency Clinical Research Fellow  
Co-lead, Exercise and Nutrition for Cancer Research Group  
Institute for Physical Activity and Nutrition  
School of Exercise and Nutrition Sciences  
Deakin University

### **Dr Brenton Baguley**

Lecturer in Dietetics  
Institute for Physical Activity and Nutrition  
School of Exercise and Nutrition Sciences  
Deakin University

### **A/Prof Judy Bauer**

Associate Professor  
School of Human Movement and Nutrition Sciences  
University of Queensland

### **A/Prof Anna Boltong**

General Manager, Strategy & Business Development  
St Vincent's Hospital Melbourne

Honorary Principal Research Fellow  
Melbourne School of Population and Global Health  
University of Melbourne

### **Dr Alexis Butler**

GP Liaison Physician  
Peter MacCallum Cancer Centre

### **Ms Irene Deftereos**

Clinical Research Fellow/ Senior Dietitian  
Western Health

### **Ms Michelle Eisenhuth**

Senior Oncology Dietitian  
Nepean Hospital

### **Ms Rebecca Fichera**

Senior Dietitian  
Royal Brisbane and Women's Hospital

### **Ms Merran Findlay**

Executive Research Lead, Cancer Nutrition  
Royal Prince Alfred Hospital

### **A/Prof Steve Fraser**

Discipline Lead Clinical Exercise  
Institute for Physical Activity and Nutrition  
School of Exercise and Nutrition Sciences  
Deakin University

### **Prof Sandra Hayes**

Senior Research Fellow  
Menzies Health Institute Queensland  
Griffith University

**Prof Liz Isenring**

Professor Nutrition and Dietetics  
Faculty of Health Sciences and Medicine  
Bond University

**Ms Emily Jeffery**

Lecturer in Dietetics  
School of Public Health  
Curtin University

**Ms Catherine Johnson**

Cancer Nurse Coordinator  
Calvary Mater Newcastle

**Ms Jenelle Loeliger**

Head, Nutrition and Speech Pathology  
Department  
Peter MacCallum Cancer Centre

**Dr Chris Lomma**

Medical Oncologist  
Fiona Stanley Hospital

**Dr Carolyn Peddle-McIntyre**

Senior Lecturer  
Exercise Medicine Research Institute  
School of Medical and Health Science  
Edith Cowan University

**Ms Tracey Nicholls**

ENT Nurse Practitioner  
Flinders Medical Centre

**Dr Lina Pugliano**

Medical Oncologist  
Northern Cancer Institute / Cancer Fit  
Australia

**Dr Tina Skinner**

Senior Lecturer in Clinical Exercise Physiology  
School of Human Movement and Nutrition  
Sciences  
University of Queensland

**Ms Jane Stewart**

Clinical Lead Dietitian  
Nutrition and Speech Therapy Department  
Peter MacCallum Cancer Centre

**Dr Barbara van der Meij**

Conjoint Senior Research Dietitian  
  
Bond University Nutrition and Dietetics  
Research Group  
Faculty of Health Sciences and Medicine  
Bond University  
  
Dietetics and Food Services  
Mater Health

[COXA Cancer-Related Malnutrition and Sarcopenia Development and Support Team](#)

**Dr Hayley Griffin – Editor**

Project Manager  
Clinical Oncology Society of Australia

## AUTHORISED BY

This Position Statement was endorsed by a meeting of COSA Council on 6 March 2020 and remains in effect for three years from that date during which time the Position Statement may be amended by action of COSA Council.

## ENDORSED BY

Position Statements produced by COSA are stand-alone documents, the content of which is not influenced by any other authority. COSA is pleased to have the support of the following endorsing organisations:



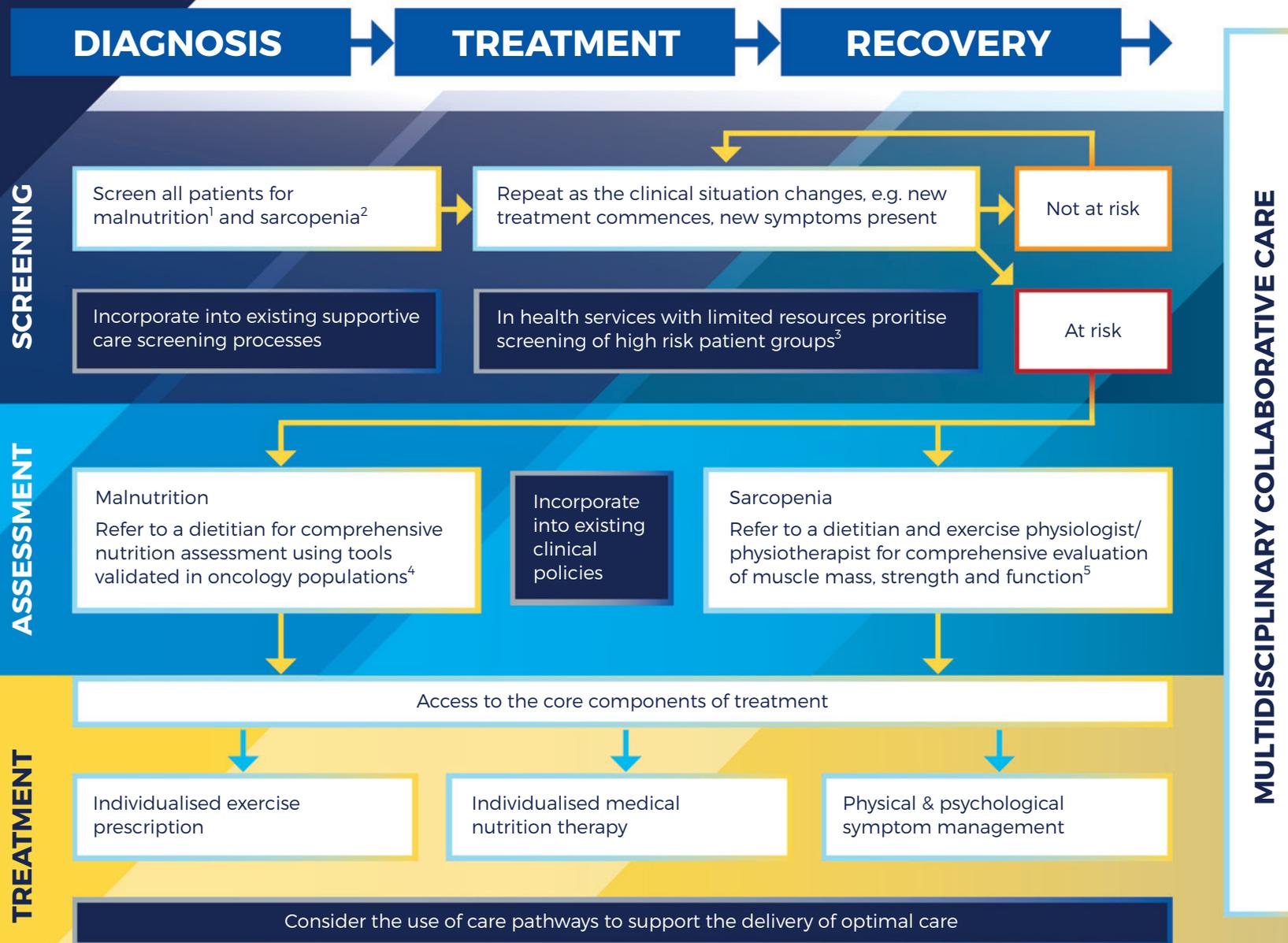
## SUPPORTING ORGANISATIONS

**Australasian Gastro-Intestinal Trials Group**  
**Australasian Leukaemia and Lymphoma Group**  
**Australasian Lung Cancer Trials Group**  
**Australian and New Zealand Children's Haematology Oncology Group**  
**Australian and New Zealand Head and Neck Cancer Society**  
**Australian and New Zealand Society of Palliative Medicine**  
**Australian Physiotherapy Association**  
**Beyond Five**  
**Exercise and Sports Science Australia**  
**Lung Foundation Australia**  
**Multinational Association of Supportive Care in Cancer**  
**Pancare Foundation**  
**Psycho-oncology Cooperative Research Group**

*This information has satisfied the requirements for Dietitians Australia's process of endorsement. For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD). Visit 'Find an Accredited Practising Dietitian' at [dietitiansaustralia.org.au](http://dietitiansaustralia.org.au) or call 1800 812 942.*



# CANCER-RELATED MALNUTRITION AND SARCOPENIA



## <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
- 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 TOOLS

- 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