

Exemplars of evidence-based care in practice

Development and Feasibility of an Inpatient Cancer-Related Sarcopenia Pathway

WHAT did the initiative involve?	<p>The project aimed to:</p> <ol style="list-style-type: none"> 1) <i>Develop an evidence-based care pathway for the identification and management of cancer-related sarcopenia.</i> 2) <i>Test feasibility of the pathway in an inpatient cancer ward.</i> <ul style="list-style-type: none"> • <i>Screening was completed by Nutrition Assistants using the Sarc-F in combination with calf circumference</i> • <i>Clinical assessment measures were completed by both dietitians (PG-SGA, BIS) and physios (5-CST, AKPS).</i> • <i>Diagnosis using EWGSOP2 criteria.</i>
WHO was involved in the initiative?	<i>Nutrition, physiotherapy, allied health assistant clinicians and research clinicians from Peter MacCallum Cancer Centre. Experts in cancer nutrition and exercise oncology/sarcopenia from Deakin university</i>
WHERE did the initiative occur?	<i>Inpatient ward setting (medical oncology) Peter MacCallum Cancer Centre</i>
WHO was the target of the initiative?	<i>Adult patients (>18 years) with cancer admitted to a medical oncology ward</i>
WHEN was the initiative performed?	<i>During inpatient admission. Patients could be before, during or after treatment.</i>
HOW was the initiative undertaken?	<i>Local quality improvement project conducted over 4 months</i>
OUTCOMES	<p><i>n=159</i> <i>99.4% pts approached consented</i> <i>30.2% were at risk/had sarcopenia</i> <i>The screening and assessment components were delivered as intended, however low completion of assessment measures were observed for muscle mass (BIS, 20.5% and 5-CST, 50%). The sarc-pathway was acceptable to patients and health professionals.</i></p>
REFERENCE	<i>Loeliger J, Edbrooke L, Daly RM, Stewart J, Bucci L, Puskas C, Fitzgerald M, Baguley BJ, Kiss N. Development and Feasibility of an Inpatient Cancer-Related Sarcopenia Pathway at a Major Cancer Centre. Int J Environ Res Public Health. 2022 Mar 29;19(7):4038.</i>