Quality Nutrition Care of Oncology Patients: Are We Delivering?

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Malnutrition & Cancer

- 80% of cancer patients malnourished
- Decrease survival
- Increased morbidity & mortality
- Inability to complete treatment, reduced QOL, increased risk of recurrence
- Obesity leads to poor treatment response and increased recurrence
Nutritional Oncology...since the 1990s

• Improved ways to assess nutritional risk and deficits
• Greater understanding of catabolic stresses contributing to malnutrition
• Found ways to treat nutritional deficits
• Developed evidence-based recs to help patients through cancer care
Nutritional Interventions

- Treatment tolerance
- QOL
- Survival

- Wt loss and loss of LBM
- Treatment breaks
- Unplanned admissions (>50%)
- LOS
Are Patients Benefitting from the Progress in Nutritional Care?

• Cancer patients likely *NOT* benefiting to the fullest from research strides
• Most not receiving nutritional care
Gaps in Standards for Nutritional Services

- 90% oncology care in outpt centers
- The Joint Commission inpt: nutrition screening w/in 24 hrs of admit
- The Joint Commission ambulatory standards: when warranted by a pt’s need or condition: ambiguous
Barriers for Nutritional Services

- Nutrition oncology services not reimbursed by third-party payers
- Oncology nutrition services are viewed as a cost, not a revenue-generating center
Loss of Nutritional Services: transition from inpatient to outpatient care

• Majority of pts in outpt centers don’t have access to nutrition services
• Impact on health outcomes and survival?
Nutritional Care Guidelines

American Dietetic Association: Revised Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, and Advanced) in Oncology Nutrition Care

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A policy or procedure is in place to access nutrition services either on-site or by referral.
Association of Community Cancer Centers
The leading education and advocacy organization for the cancer team

aspen | LEADING THE SCIENCE AND PRACTICE OF CLINICAL NUTRITION
American Society for Parenteral and Enteral Nutrition

ESPEN
The European Society for Clinical Nutrition and Metabolism

NICE
National Institute for Health and Care Excellence

Victorian Department of Health in Australia

National Cancer Institute
American Society of Clinical Oncology Position Statement on Obesity and Cancer


Obesity and Cancer
A Guide for Oncology Providers

Do patients have Access to Nutritional Care?
Access to Nutritional Care: Surveys

• 80% of pts receiving outpt chemo regarded themselves as needing nutr counseling: 17% received counseling

• Comprehensive Cancer Centers
  – 30 of 32 centers (94%) offered referral or consult-based service with an RDN
  – Do not consistently include nutr services as part of mulitdisciplinary outpt care

(Platek et al. J Onc Pract 2014)
Access to Nutritional Care:

Quality nutrition care for cancer survivors, delivered by an RDN, is difficult to procure.
Access to Nutritional Care

- 0.5 FTEs in inpt cancer centers
- 0.2 FTEs for chemotherapy & radiation areas

Blueprint for Growth II, Evaluating Staffing Models
Oncology Roundtable, 2009
The Advisory Board Company, Washington, DC
Nutritional Oncology

- Great strides in research
- Gaps in Standards for Nutritional Services in ambulatory centers
- Access is suboptimal
- Solution
  - $1^{st}$ step is IOM workshop