

EXEMPLAR OF EVIDENCE-BASED CARE IN PRACTICE

Development and feasibility of an inpatient cancer-related sarcopenia pathway

<p>WHAT did the initiative involve?</p>	<p>The project aimed to:</p> <ol style="list-style-type: none"> 1. Develop an evidence-based care pathway for the identification and management of cancer-related sarcopenia. 2. Test feasibility of the pathway in an inpatient cancer ward. <ul style="list-style-type: none"> • Screening was completed by nutrition assistants using the SARC-F in combination with calf circumference. • Clinical assessment measures were completed by both dietitians (Patient Generated-Subjective Global Assessment, bioelectric impedance spectroscopy (BIS)) and physiotherapists (chair stand test (CST), Australia-modified Karnofsky Performance Scale (AKPS)). • Diagnosis using EWGSOP2 criteria.
<p>WHO was involved in the initiative?</p>	<p>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.</p>
<p>WHERE did the initiative occur?</p>	<p>Inpatient ward setting (medical oncology) Peter MacCallum Cancer Centre</p>
<p>WHO was the target of the initiative?</p>	<p>Adult patients (≥18 years) with cancer admitted to a medical oncology ward.</p>
<p>WHEN was the initiative undertaken?</p>	<p>During inpatient admission. Patients could be pre, during or post treatment.</p>
<p>HOW was the initiative undertaken?</p>	<p>Local quality improvement project conducted over 4 months.</p>
<p>OUTCOMES</p>	<p>n=159</p> <p>99.4% patients approached consented.</p> <p>30.2% were at risk/had sarcopenia.</p> <p>The screening and assessment components were delivered as intended, however low completion of assessment measures was observed for muscle mass (BIS, 20.5% and CST, 50%). The sarc-pathway was acceptable to patients and health professionals.</p>
<p>REFERENCE</p>	<p>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. <i>Int J Environ Res Public Health</i>. 2022 Mar 29;19(7):4038.</p>