IMPACT OF EARLY DIETETIC INTERVENTION ON NUTRITIONAL OUTCOMES FOR PATIENTS WITH OESOPHAGO-GASTRIC CANCER IN GREATER MANCHESTER

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BACKGROUND

- Oesophago-gastric (OG) cancer is the fifth most common cause of cancer in the UK.
- In 2019 NHSE published the national optimal OG pathway aiming to transform the diagnostic pathway for OG cancer to achieve faster diagnostic standards and improve patient outcomes
- Identified the importance of early dietetic assessment at days 7-14 of the pathway (figure 1)
- Unequitable access to OG specialist Dietitian - Only one Trust referring into the specialist MDT had specialist Dietitian to assess a patient's nutritional status
- eHNA identified that eating, appetite, taste changes, weight concern were in the top 3 reported concerns during all stages of the OG pathway

AIMS OF COLLABORATIVE CNS & DIETITIAN

- Patient optimisation during diagnosis and staging
  - Nutritional status and intake
  - Physical activity
  - Psychological wellbeing
- Provide holistic treatment planning
- Improved patient experience through the pathway
- Reduce inequality to accessing specialist OG dietetic care across Greater Manchester

METHODS

- A team of 4 dietitians & 1 dietetic assistant worked alongside the CNSs at locality to deliver an early holistic assessment clinic during diagnosis and staging
- An innovative combined assessment proforma reviewed comorbidities, functional status, nutritional status & patient’s wishes
- Patient cases were presented at the Central MDT to support discussions and early decision making
- Honorary contracts for localities to enable information sharing/access & communication
- All documentation produced in conjunction with patient representatives
- Data collected for project analysis, evaluation & recommendations for sustainability & further practice