

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

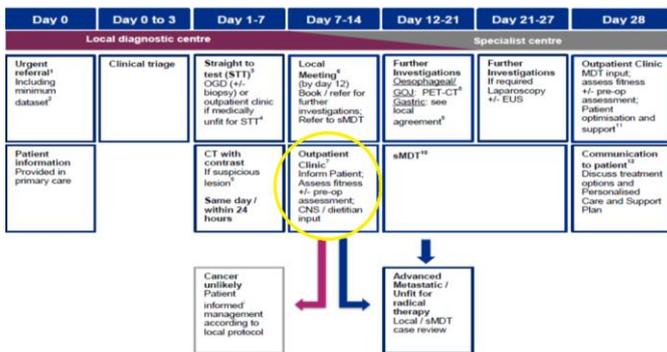
Authors: Kellie Owen, Catherine Hayes, Punita Mistry – email catherine.hayes@nca.nhs.uk

Affiliations: GM Cancer and Salford Royal NHS Foundation Trust

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 outcomes²
- 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

Figure 1 The NHSE OG Cancer Diagnostic Pathway 28-day pathway



Dietetic Process¹



EARLY IDENTIFICATION

- 69% of patients were diagnosed as anorexic using a validated tool
- Average weight loss was 6.8% at diagnosis
- 55% of patients reported some change in their swallowing which required alteration to food consistency
- Patients were suffering 2-3 impact symptoms affecting their dietary intake

KEY ACHIEVEMENTS

- Following 4 weeks of dietetic input:
- 28% increase in calorie, 40% increase in protein intake
- 80% improvement rate in anorexia score
- 50% of the cohort achieved weight stability or gain
- Early identification of tube feed and stent requirement
 - Reduced A&E attendance as emergency
 - Increased planned procedures

PATIENT & PUBLIC INVOLVEMENT FEEDBACK



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