

The purpose of this study was to pilot a screening process followed by nutritional assessment and intervention when warranted for patients with lung malignancies” Berry et al (2018).

Abstract:

BACKGROUND: Cancer anorexia-cachexia syndrome compromises physical function and nutritional and emotional well-being. Systematic screening followed by nutrition referral for appropriate interventions is rare.

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OBJECTIVES: The purpose of this study was to pilot a screening process followed by nutritional assessment and intervention when warranted for patients with lung malignancies.

METHODS: Adult patients with lung malignancies were invited to complete the 12-item Anorexia/Cachexia Scale (A/CS-12) on the day of chemotherapy initiation in ambulatory infusion. Those who scored at a preset threshold were referred to nutrition services for a comprehensive assessment and intervention plan. Those who scored better than the threshold completed the A/CS-12 at each infusion visit for as many as 16 weeks.

FINDINGS: 90 participants enrolled, and 46 scored in a moderate-to-severe-risk category; of those, 42 were referred to nutrition services.

Reference:

Berry, D.L., Blonquist, T., Nayak, M.M., Roper, K., Hilton, N., Lombard, H., Hester, A., Chiavacci, A., Meyers, S. and McManus, K. (2018) Cancer Anorexia and Cachexia: Screening in an Ambulatory Infusion Service and Nutrition Consultation. *Clinical Journal of Oncology Nursing*. 22(1), p.63-68.

doi: 10.1188/18.CJON.63-68.



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