

# EXEMPLAR OF EVIDENCE-BASED CARE IN PRACTICE

## The nutritional biomarker in oesophagogastric cancer care pathway

<p><b>WHAT</b> did the initiative involve?</p>	<p>Using Computed Tomography (CT) body composition assessment to measure skeletal muscle mass as part of malnutrition diagnosis for patients undergoing surgical resection of oesophageal and gastric cancer.</p> <p>This formed the basis for a nutrition care pathway that focused on the assessment and monitoring of nutrition status throughout treatment. Body composition assessment using CT occurred at diagnosis and restaging, with monitoring using calf circumference and hand grip strength, during chemoradiation and after surgery.</p>
<p><b>WHO</b> was involved in the initiative?</p>	<p>Dietitian (project lead), surgeon (clinical lead) and nursing involvement in project planning and implementation.</p>
<p><b>WHERE</b> did the initiative occur?</p>	<p>Alfred Health Outpatient setting – oesophagogastric surgery clinic, including MDM.</p>
<p><b>WHO</b> was the target of the initiative?</p>	<p>Adult patients (≥18 years) diagnosed with oesophagogastric cancer undertaking a curative multimodal treatment pathway with surgical resection.</p>
<p><b>WHEN</b> was the initiative undertaken?</p>	<p>At diagnosis and throughout treatment.</p>
<p><b>HOW</b> was the initiative undertaken?</p>	<p>This project was funded by the South Melbourne Integrated Cancer Service Funding Program Quality Improvement Project grant. This included 0.4 full-time equivalent for a dietitian to lead the project.</p>
<p><b>OUTCOMES</b></p>	<p>The NuBio care pathway was developed. 90% of patients had a nutrition assessment, including muscle measurement (via CT body composition analysis) before multidisciplinary meeting. During the pilot phase (n=8) less weight loss and muscle loss occurred and less patients were diagnosed with malnutrition than usual care.</p> <p>The pathway has now been implemented into clinical practice.</p>
<p><b>REFERENCE</b></p>	<p>Final report available at: <a href="https://www.vics.org.au/_files/ugd/5b0453_be4d939ca1904d21bf17897df8daf446.pdf">https://www.vics.org.au/_files/ugd/5b0453_be4d939ca1904d21bf17897df8daf446.pdf</a></p>