

EXEMPLAR OF EVIDENCE-BASED CARE IN PRACTICE

Implementation of a perioperative nutrition care pathway in upper gastrointestinal cancer surgery

<p>WHAT did the initiative involve?</p>	<p>The aims of this study were to:</p> <ol style="list-style-type: none"> 1. Determine whether implementation of a standardised perioperative nutrition pathway for patients undergoing upper gastrointestinal cancer surgery improves access to dietetics care. 2. To evaluate study feasibility, fidelity, resource requirements and effect on clinical outcomes. <p>The pathway included guidelines for the timing, frequency and type of dietetics intervention patients should receive based on PG-SGA score for the following stages: diagnosis/planning, neoadjuvant therapy (if applicable), pre-surgery and surgery.</p>
<p>WHO was involved in the initiative?</p>	<p>Nutrition, surgical and oncology clinicians.</p>
<p>WHERE did the initiative occur?</p>	<p>Outpatient setting (surgical) at four major metropolitan hospitals in Melbourne.</p>
<p>WHO was the target of the initiative?</p>	<p>Adult patients (≥ 18 years) with newly diagnosed upper gastrointestinal cancer planned for curative intent surgery.</p>
<p>WHEN was the initiative undertaken?</p>	<p>September 2018 - August 2019</p>
<p>HOW was the initiative undertaken?</p>	<p>Prospective pilot study (n = 35), with historical controls (n = 35) as standard care.</p>
<p>OUTCOMES</p>	<p>Implementation of this standardised nutrition pathway resulted in improved access to dietetics care. The percentage of participants receiving preoperative dietetic intervention increased from 55% to 100% ($p < 0.001$). Mean \pm SD dietetics contacts increased from 2.2 ± 3.7 to 5.9 ± 3.9 ($p < 0.001$). Non-statistically significant decreases in preoperative nutrition-related hospital admissions and surgical complications were demonstrated in patients who underwent neoadjuvant therapy. Recruitment feasibility and high fidelity to the intervention suggest that a larger study would be viable.</p>
<p>REFERENCE</p>	<p>Deftereos I, Hitch D, Butzkueven S, Carter V, Arslan J, Fetterplace K, Fox K, Ottaway A, Pierce K, Steer B, Varghese J, Kiss N, Yeung J. Implementation of a standardised perioperative nutrition care pathway in upper gastrointestinal cancer surgery: A multisite pilot study. <i>J Hum Nutr Diet.</i> 2023 Apr;<i>36</i>(2):479-492</p>