

# EXEMPLAR OF EVIDENCE-BASED CARE IN PRACTICE

## Patient-led screening using the Malnutrition Screening Tool

<p><b>WHAT</b> did the initiative involve?</p>	<p>Two studies were conducted to assess:</p> <ul style="list-style-type: none"> <li>• The reliability of patient-led Malnutrition Screening Tool (MST) screening through assessment of inter-rater reliability between patient-led and dietitian-researcher-led screening and intra-rater reliability between an initial and a repeat patient screening.</li> <li>• The concurrent validity of patient-led MST against the Subjective Global Assessment (SGA) and the inter-rater reliability of patient-led MST against dietitian-led MST.</li> </ul>
<p><b>WHO</b> was involved in the initiative?</p>	<p>Dietitians</p>
<p><b>WHERE</b> did the initiative occur?</p>	<p>Ambulatory cancer care services at a metropolitan tertiary hospital in Queensland.</p>
<p><b>WHO</b> was the target of the initiative?</p>	<p>Adult patients (≥ 18 years) attending ambulatory cancer care services for chemotherapy, radiotherapy or supportive treatments.</p>
<p><b>WHEN</b> was the initiative undertaken?</p>	<p>October 2016 May - June 2017</p>
<p><b>HOW</b> was the initiative undertaken?</p>	<p>Two single-site cross-sectional studies undertaken with a convenience sample of patients (n=208, and n=201)</p>
<p><b>OUTCOMES</b></p>	<p>High inter-rater reliability and intra-rater reliability were observed. Agreement between patient-MST and dietitian-MST was 96%, with “almost perfect” chance-adjusted agreement. Agreement between repeated patient-MSTA and patient-MSTB was 94%, with “almost perfect” chance-adjusted agreement. Patient-led screening with the MST is reliable and well accepted by patients.</p> <p>The ability of the patient-led MST scores (0 to 1 vs 2 to 5) to indicate nutrition status was found to have a sensitivity of 94%, and a specificity of 86%. Patient-led MST screening is a reliable and valid measure that can accurately identify ambulatory cancer care patients as at risk or not at risk of malnutrition.</p>
<p><b>REFERENCES</b></p>	<p>Di Bella A, Croisier E, Blake C, Pelecanos A, Bauer J, Brown T. Assessing the Concurrent Validity and Interrater Reliability of Patient-Led Screening Using the Malnutrition Screening Tool in the Ambulatory Cancer Care Outpatient Setting. <i>J Acad Nutr Diet.</i> 2020 Jul;120(7):1210-1215.</p> <p>Di Bella A, Blake C, Young A, Pelecanos A, Brown T. Reliability of Patient-Led Screening with the Malnutrition Screening Tool: Agreement between Patient and Health Care Professional Scores in the Cancer Care Ambulatory Setting. <i>J Acad Nutr Diet.</i> 2018 Jun;118(6):1065-1071.</p>