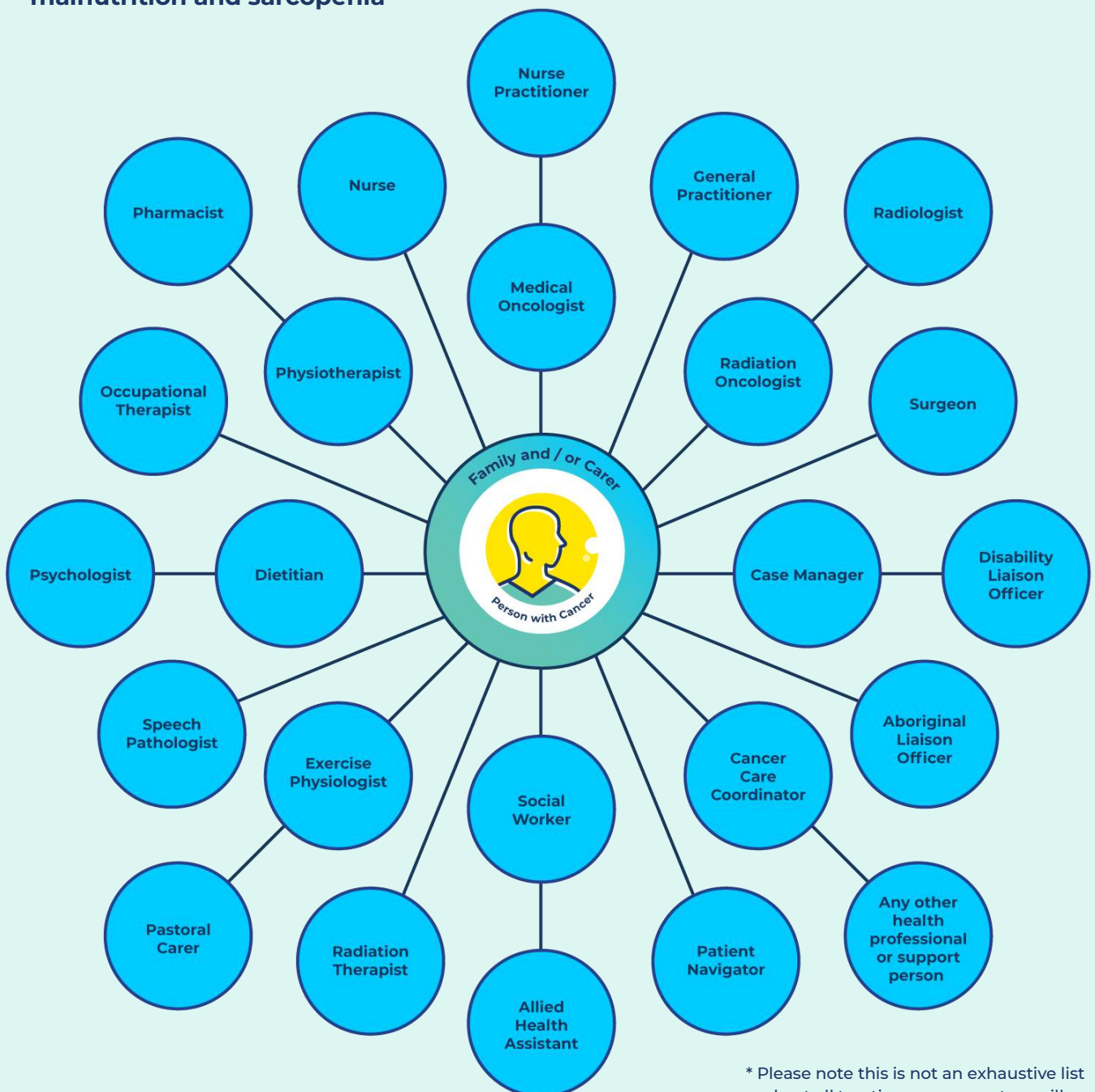


# THE IMPORTANCE OF MULTIDISCIPLINARY CARE FOR CANCER-RELATED MALNUTRITION AND SARCOPENIA

Cancer-related malnutrition and sarcopenia require care by a multidisciplinary team (MDT) that integrates supportive interventions, specifically nutrition and exercise, to improve nutrient intake, muscle mass, physical functioning, quality of life, and treatment outcomes.

## Core providers of multidisciplinary care for cancer-related malnutrition and sarcopenia\*



\* Please note this is not an exhaustive list and not all treating cancer centres will have access to all of these disciplines

## Benefits of multidisciplinary cancer care in the management of cancer-related malnutrition and sarcopenia:

A coordinated approach to the treatment of cancer-related malnutrition and sarcopenia requires the specialist skills of various members of the multidisciplinary cancer team. People with cancer may experience all or some of the benefits outlined below.

### For the person with cancer



- Better patient outcomes
  - quality of life
  - treatment outcomes
  - nutritional status
  - muscle mass
  - physical functioning
- Improved management of psychosocial and emotional needs
- Shorter timeframe from diagnosis to treatment
- Care aligned to clinical practice guidelines
- Improved treatment and quality of care
- More opportunities to participate in clinical trials
- Better access to health information

### For the health professional



- Better patient outcomes
- Enhanced coordination of care
- Early identification of care needs
- Streamlined treatment pathways
- Reduced duplication of services
- Enhanced communication and sharing of information
- More opportunities for education and mentoring
- Improved mental health and wellbeing
- Improved team functioning

### Resources for health professionals

Cancer Australia - [Principles of multidisciplinary care](#)