

CANCER-RELATED MALNUTRITION AND SARCOPENIA SELF-ASSESSMENT CHECKLIST

The checklist below can be used to assess your individual clinical practice against the recommendations in the COSA cancer-related malnutrition and sarcopenia position statement.

Action: Recommendation		Actor: Who is responsible?	Baseline Performance			
			Met = <i>occurs ≥80% of the time</i>	Partially met = <i>occurs 50-79% of the time</i>	Not met = <i>occurs ≤49% of the time</i>	N/A
SCREENING	Screen for malnutrition using a screening tool that is valid and reliable in the setting in which it is intended. Target: all people with cancer Time: at diagnosis and repeated as the clinical situation changes	Recommended: Nurse, AHA Alternative: Oncologist, GP, or other HP				
	Screen for sarcopenia using the validated screening tool SARC-F or SARC-F in combination with calf circumference. Target: all people with cancer Time: at diagnosis and repeated as the clinical situation changes	Recommended: Nurse, AHA Alternative: Oncologist, GP, or other HP				
REFERRAL	Refer all patients at risk of malnutrition/sarcopenia or requiring medical nutrition therapy, targeted exercise prescription or physical and psychological symptom management to the appropriate allied health, medical, nursing or other multidisciplinary team member Target: all people with cancer screened as 'at risk' Time: following screening or assessment	Recommended: Oncologist, GP, Nurse, AHA Alternative: DT, EP, PT, OT, SP, SW, Psych				
ASSESSMENT	Complete a comprehensive nutrition assessment using a tool validated in the oncology population (PG-SGA) Target: all people with cancer 'at risk' of malnutrition following screening or with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition Time: following appropriate screening	Recommended: DT Alternative: Oncologist, Nurse, AHA				
	Apply measures chosen to appropriate diagnostic criteria for malnutrition Target: all people with cancer screened as 'at risk' Time: on assessment of malnutrition	Recommended: DT Alternative: Oncologist, Nurse, AHA				
	Complete a comprehensive evaluation of muscle status using a combination of assessments for muscle mass, muscle strength and muscle function. Target: all people with cancer identified as being 'at risk' of sarcopenia Time: following appropriate screening	Recommended: DT, PT, EP Alternative: Oncologist, Nurse, AHA				

	Apply measures chosen to appropriate diagnostic criteria for sarcopenia Target: all people with cancer screened as 'at risk' Time: on assessment of malnutrition or sarcopenia	Recommended: DT, PT, EP Alternative: Oncologist, Nurse, AHA				
TREATMENT	Provide individually tailored medical nutrition therapy based on assessments and goals developed collaboratively with the patient Target: all people with cancer 'at risk' of malnutrition or with a cancer diagnosis or treatment plan known to lead to high risk of malnutrition Time: following appropriate assessment	Recommended: DT Alternative: Oncologist, GP, Nurse, other HP				
	Provide individually tailored exercise therapy based on assessments and goals developed collaboratively with the patient Target: all people with cancer 'at risk' of sarcopenia Time: following appropriate assessment	Recommended: PT, EP Alternative: Oncologist, GP, Nurse, other HP				
MULTIDISCIPLINARY CARE	Have completed appropriate training and have the skills/confidence to recognise malnutrition and sarcopenia to facilitate timely referrals and treatment. Target: people with cancer Time: anytime from diagnosis	Recommended: Nurse, AHA, Oncologist Alternative: DT, EP, PT, OT, SP, SW, Psych				
	Use an appropriate framework or pathway to specify components of care to enable individualised and coordinated care to patients Target: people with cancer Time: anytime from diagnosis	Recommended: The multidisciplinary team				
DISCHARGE / TRANSITION OF CARE	Ensure handover is provided using the ISBAR format at discharge or transitions of care Target: people with cancer Time: prior to discharge or transition of care	Recommended: Oncologist, DT, PT, EP, Nurse Alternative: Other HP				

The key areas I need to address are:

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Key:

AHA (Allied Health Assistant), GP (General Practitioner), HP (Health Professional), DT (Dietitian), PT (Physiotherapist), EP (Exercise Physiologist), OT (Occupational Therapist), SP (Speech Pathologist), SW (Social Work), Psych (Psychologist)