Clinical Oncology Society of Australia

DEVELOP YOUR LOCAL ACTION PLAN

This resource has been developed to support implementation of the recommendations within COSA's cancer-related malnutrition and sarcopenia position statement.

So if you haven't done so already, it's important that you familiarise yourself with the position statement.

Putting all the position statement recommendations into practice is a complex process. It requires engagement and support from within your organisation, and a coordinated effort from the multidisciplinary team to develop a local action plan. In most cases this is a multi-year process. An important starting point is to understand what is happening in your workplace now and what needs to change.

1.



IDENTIFY FOCUS FOR IMPROVEMENT

Use the **audit tool** or **self-assessment checklist** to identify areas for improvement

2



BUILD INTERNAL SUPPORT

Use the "**Why should we care about cancer-related malnutrition and sarcopenia**" slide deck to support engagement with key stakeholders

3.



BUILD YOUR TEAM

Identify key stakeholders from the multidisciplinary and leadership teams

Refer to the **How to Build Your Team** checklist for guidance

4.



PREPARE FOR PRACTICE CHANGE

Decide which screening tools and diagnostic criteria your workplace will use

Select the AACTT framework relevant to your clinical setting to help define what needs to change

Develop a local pathway of care using the generic pathway template

Understand local barriers and enablers, workforce capacity and workflows

5.



SUPPORT YOUR TEAM

Define the roles and responsibilities of your team

Use the How-to-Guides, instructional videos and treatment resources to upskill your team

6.



MAKE THE CHANGE

Resources such as “The Implementation Game” can help to guide you through the process of making change.

Start small by making change in one clinical setting or with one patient group.

This can help build your confidence to tackle subsequent changes in different clinical settings or with other patient groups.

7.



MONITOR AND EVALUATE PROGRESS (AND REPEAT)

Plan for data collection using the **example clinical indicators**

Embed changes within a regular quality cycle using relevant tools/frameworks e.g., PDSA or IHI improvement methodology