

## **Workshop 02: Implementing optimal management of cancer-related malnutrition and sarcopenia in health services**

### **Presenters**

- Nicole Kiss, Deakin University (Primary Presenter)
- Merran Findlay
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### **Overview**

Who should attend? Dietitians working with people with cancer across any healthcare setting, dietitians with a responsibility for nutrition policy within their health service or dietetic managers in health services providing cancer care. What will you learn? This virtual workshop will provide an overview of the new cancer-related malnutrition and sarcopenia position statement from the Clinical Oncology Society of Australia. Recent research on assessment and treatment of malnutrition and sarcopenia will be presented. Participants will be encouraged to network and share experiences regarding overcoming common barriers, utilising enablers and engaging multidisciplinary teams support to optimal management of cancer-related malnutrition and sarcopenia.

### **Learning outcomes**

1. Recognise common barriers and enablers to screening for malnutrition and sarcopenia and apply problem solving skills to determine strategies to address barriers and utilise enablers.
2. An understanding of tools utilised to diagnose malnutrition and sarcopenia, in particular to assess muscle mass, and their applicability in practice.
3. Awareness of the services and disciplines required to treat cancer-related malnutrition and sarcopenia and application of knowledge to patient cases.
4. An understanding of key strategies to engage multidisciplinary team members across a health service in facilitating optimal management of malnutrition and sarcopenia.

### **Target audience**

This workshop would suit: 1. Dietitians working with people with cancer in acute, community or primary care settings. 2. Dietitians responsible for quality improvement, nutrition policies or nutrition committees within their health service. 3. Dietetic managers in health services offering treatment or follow up for people with cancer.

## Workshop abstract

- **Background:** Cancer-related malnutrition and sarcopenia are prevalent and have severe negative health outcomes. National and international guidelines are available to guide practice, however cancer-related malnutrition and sarcopenia remain under-recognised and under-treated with variable practices across health services and settings. The purpose of this workshop is to present current evidence and recommendations for optimal practice as well as explore and problem solve the barriers and enablers to achieving optimal practice across the health sector. C
- **Content overview:** This virtual workshop will provide an overview of the new Clinical Oncology Society (COSA) of Australia cancer-related malnutrition and sarcopenia position statement which contains recommendations for the Australian setting including acute hospital services, community-based services or primary care. The workshop will focus on supporting clinicians to implement the recommendations within the position statement within their practice setting.
- **Evidence base:** The COSA position statement was informed by a comprehensive literature review, including relevant evidence-based guidelines, and developed by a 20 person multidisciplinary working group consisting of dietitians, nurses, exercise physiologists, oncologists and general practitioners. Where available, evidence regarding effective methods of implementation relevant to the recommendations were included in the position statement, as well as literature relating to the consumer viewpoint.
- **Strategies to be used for audience engagement:** This workshop will provide opportunities to participate in polls, small and large group discussions, panel discussions and complex case studies to stimulate problem solving regarding common challenges in achieving optimal nutritional care.