

IDENTIFYING YOUR PATIENT AT RISK FOR MALNUTRITION

When patients become malnourished, they are less likely to receive their full oncology treatment and can require **treatment breaks**, **treatment holds**, or **dose reductions**. These may reduce the efficacy of their treatment.

Nurses are in the best position to identify patients who are at risk for malnutrition.

By providing early nutrition interventions and deciding if and when to refer to a Registered Dietician-Nutritionist, you can improve patient outcomes.

PreMiO study: a prospective observational study of **1,952 patients** reported:

43% were at risk for malnutrition at the first oncologist appointment.

64% of patients with cancer had experienced weight loss.

51% had nutritional impairment.

9% were overtly malnourished.

Look for these red flags of malnutrition:



LOSS OF APPETITE



UNINTENTIONAL WEIGHT LOSS

A CANCER DIAGNOSIS PLUS PERCENTAGE OF WEIGHT LOSS OVER TIME CAN LEAD TO SEVERE MALNUTRITION.

% WEIGHT LOSS

TIME PERIOD

> 5

1 month

> 7.5

3 months

> 10

6 months

> 20

1 year



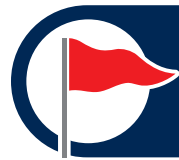
LOSS OF MUSCLE MASS



LOSS OF SUBCUTANEOUS FAT



FLUID ACCUMULATION
(E.G., EDEMA, ASCITES WORSENERD BY POOR NUTRITIONAL STATUS)



REDUCED HAND GRIP STRENGTH AND FUNCTIONALITY

Don't forget to
hang this on
your unit!

visit www.ons.org for related
nutrition resources.

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Muscaritoli, M., Lucia, S., Farcomeni, A., Lorusso, V., Saracino, V., Barone, C., . . . Marchetti, P. (2017). Prevalence of malnutrition in patients at first medical oncology visit: The PreMiO study. *Oncotarget*, *8*(45), 79884–79896. <https://doi.org/10.18632/oncotarget.20168>

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