

International Nutrition Audit in FORegut TuMors: INFORM

Advancing Optimal Nutrition Care in Cancer

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Description

Background

INFORM is an international, multicentre initiative aimed at identifying current key nutrition care practices in cancer care settings across the world. Our ultimate goal is to highlight gaps in practice, identify strategies that will reduce the risk of malnutrition and advance nutrition care in patients with foregut tumors.

Rationale

Patients with foregut tumors (esophageal, head & neck cancer) are amongst the highest risk for developing malnutrition due to the nature of their disease and the complex and lengthy treatment trajectory. This has a significant impact on outcomes of importance to patients, health care professionals and health systems. A qualitative study in Canadian and European cancer settings has identified the need to create standardized nutrition care pathways for these patients, however, it is essential to understand current nutrition practices, standards, patient experiences and the relationship of nutrition care to outcomes first. Our work with INFORM will provide a rare insight into the current care provided by nutrition/cancer care experts and into experiences of patients with foregut tumors at a global level.

Objectives and scope

In a prospective, inception cohort pilot study we will describe current key nutrition care practices in approximately 150 patients from 11 Cancer Care settings in North America, Europe and Australia. Consenting patients will be followed by the registered dietitian/delegate from time of presentation to the cancer care setting (baseline) to a maximum of 6 months. Data on cancer care setting, patient characteristics, nutrition practices, patient generated subjective global assessment (PG-SGA), patient satisfaction with care (CANHELP lite), cancer treatments and 3 and 6 month survival will be collected. Funding has been received from multiple sources to partially support the study for development of the procedures, database, data analysis and collaborations. Following the pilot phase, our goal is to engage with multiple international centers to gather data on around 1000 patients to create an international registry.

Planned activities & deliverables

A total of 145 patients have been enrolled from all 11 centres with Canadian and Dutch centres completing their expected enrolment (118 patients). We anticipate meeting our minimum target goal of 160 patients by August 2018. Deliverables of the pilot related to data analyses include 1) descriptions of cancer care setting, patients, nutrition processes and practices, treatment, PGSGA and CANHELP 2) how well nutrition intervention is delivered (timing of start, adequacy and the route) and 3) how nutrition and PGSGA may correlate with outcomes of survival, treatment and unplanned re-admissions. At the ESPEN 2018 Congress we will be engaging with study investigators, new cancer care centres and industry partners to discuss knowledge translation initiatives from our initial work and the streamlining of the larger audit based on our learnings. By December 2018, we expect to have a subset of preliminary analyses with final analyses and results ready by May 2019. For the 2019 ESPEN Congress, we plan to submit a symposium on our findings from the pilot, planned knowledge translation initiatives and plans for the larger audit starting in 2019/2020. Other deliverables include an online registry platform, procedure training modules & screening and treatment pathways.

Resources & enablers

We are asking for EU 30,000 to cover costs related to some of the data analyses of our pilot work (EU 10,000); knowledge translation activities including stakeholder engagement, aimed at implementing and advancing nutrition care in this population based on our results (EU 12,000) and project coordination costs (EU 8,000) to assist with the completion of the pilot phase and initiate the next phase of INFORM. Strategic approaches to ensure success and feasibility of the project include ongoing collaboration with international experts at ESPEN, Canadian Nutrition Society and Clinical Nutrition Week; modification of procedures based on evaluation of site barriers, feedback and preliminary data; and promotion of project and sharing of results at international conferences.

Results/outcomes & expected impact

By describing the current key nutrition practices in patients with foregut tumors, we will be able to report on how nutrition is currently being provided across several cancer care settings. We have structured the audit to educate a wide variety of knowledge users including health professionals, patients and health care administrators. Building upon the Knowledge to Action cycle, we will assist participating centers in identifying knowledge-practice gaps through the illumination of current practice and comparison to similar centers and to international benchmarks. This work will facilitate the assessment of barriers and facilitators to nutrition care locally thereby allowing sites to tailor interventions to their local context. By correlating nutrition care with patient and clinical outcomes, we aim to greatly enhance the evidence base in this area and link it to patient experience. The expansion of the pilot study to cancer care settings around the world will allow us to advance nutrition practices and outcomes in patients with foregut tumors globally. This will assist with the development of effective screening and treatment pathways and will also identify key areas of nutrition care that warrant further study. Our innovative, patient oriented project is unique in its ability to inform nutrition and cancer care through progressive collaborations with multidisciplinary stakeholders including patients and carers, working together to find global solutions to nutrition care in cancer.