



Reducing the cancer malnutrition burden: highlights of state-wide collaborations in Victoria

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BACKGROUND



Cancer malnutrition

- Nutrition plays a key role within multimodal cancer care (*Arends et al 2017*)
- Cancer malnutrition highly prevalent – 15% overall prevalence, 29% inpatient setting (*Steer et al, 2018 unpublished*)
- Associated with poor clinical, functional and healthcare outcomes (*Arends et al 2017, Pressior et al 2010, Friejer et al 2013; Marshall et al 2018*)

VCMC PROGRAM OF WORK



Victorian Cancer Malnutrition Collaborative (VCMC)

- Peter MacCallum Cancer Centre (lead)
- Cancer Strategy Division, Victorian Department of Health & Human Services (DHHS) (funders)
- Victorian Health Services
- Cancer Council Victoria
- Victorian Integrated Cancer Services
- COSA Nutrition Group
- Primary Health Networks
- Any other interested parties



VCMC PROGRAM OF WORK

Aims

- The VCMC projects aim to increase understanding, raise knowledge and promote strategies for collaborative action in order to address cancer malnutrition.
- Ultimately reduce the burden of cancer malnutrition on patients

Funders

- Cancer Strategy and Development, Victorian DHHS
- Western & Central Integrated Cancer Services
- In-kind from Health Services

CoP

- Community of practice (CoP) established
- Forum to share, interact, connect, learn and direct next steps

VCMC PHASES OF WORK

Phase I 2011-12

Cancer malnutrition PPS 2012

Organisational - nutrition governance practices

MD clinician survey - cancer malnutrition knowledge & awareness

Victorian Admitted Episode Dataset (VAED) analysis

Cancer malnutrition consumer resource

Phase II 2013-14

Repeat PPS 2014

17 local health service initiatives targeting local areas of need

Malnutrition in Cancer eLearning package

Malnutrition governance toolkit

Phase III 2016-17

Sustainable methodology for PPS and repeat PPS 2016

Rollout, implementation and evaluation of:

- eLearning package
- governance toolkit

Improve malnutrition identification in CALD populations

Evaluate food service models

MVCS* 2017-18

Cancer malnutrition: feeding everyone from hospital to home

Analysis of 2016 PPS

VCMC 2018-19

Optimising the cancer nutrition path project

Cultural adaption of the MST project

Repeat PPS 2018

Update of the Malnutrition in Cancer eLearning program

*MVCS – Malnutrition in Victorian cancer services

HIGHLIGHTS OF VCMC PROGRAM OF WORK

Point prevalence studies (PPS)



Aim

- To determine the prevalence of malnutrition within the cancer population in acute Victorian health services, report on clinical characteristics and to identify areas requiring improvement

Importance & impact

- PPS methodology established to be sustainable and run without dedicated funding
- Large cross-sectional study on all cancer patients: leading to local and state-wide targeted improvement

Application to you

- PPS methodology is re-producible
- Collaborations on such work can lead to improved patient, population and organisational outcomes

FULL TEXT ARTICLE
Prevalence of malnutrition and impact on clinical outcomes in cancer services: A comparison of two time points

Kathryn M. Marshall, Jenelle Loeliger, Linda Nolte, Amber Kelaart and Nicole K. Kiss
Clinical Nutrition, 2019-04-01, Volume 38, Issue 2, Pages 644-651. Copyright © 2018 Elsevier Ltd and European Society for Clinical Nutrition and Metabolism

Summary
Background

The prevention and management of malnutrition is increasingly recognised as a significant element of cancer care. By identifying and comparing cancer malnutrition in two large cross-sectional cancer populations, this study aims to provide a greater understanding of clinical characteristics and trajectories relating to cancer malnutrition.

Methods



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Marshall, Kathryn M, Loeliger, Jenelle, Nolte, Linda, Kelaart, Amber, Kiss, Nicole K. Prevalence of malnutrition and impact on clinical outcomes in cancer services: A comparison of two time points. *Clinical Nutrition*, Volume 38, Issue 2, 644 - 651

HIGHLIGHTS OF VCMC PROGRAM OF WORK

Malnutrition in Cancer eLearning



Aim

- To develop a Malnutrition in Cancer eLearning program for multidisciplinary clinicians

Importance & impact

- Freely available on eviQEd website with CPD points
- Demonstrated effective platform to improve and sustain clinician knowledge and practice relating to malnutrition

Application to you

- Free, easy, effective and modular education tool for you to use (overall program updated later in 2019 + new short primary care module)

The screenshot shows the eviQ website interface. At the top, there are navigation links for 'Cancer Institute NSW sites', 'Log in', and 'Register'. Below this is a search bar and a navigation menu with options like 'Course library', 'Rapid learning', 'Videos & Podcasts', 'Resources & Tools', 'Facilitators', and 'Get involved'. The main content area is titled 'Malnutrition in cancer' and includes a 'Public' icon, 'Version 1.0', and a 'Review due December 2018' icon. The text describes the resource as being for multidisciplinary clinicians working in cancer services. There is an 'About' section and a 'Modules' section with dropdown menus for 'Nursing staff' and 'General Practice'. On the right, there is a circular profile picture of a man and a section titled 'What you will be able to' with two bullet points: 'Improved understanding of cancer malnutrition – aetiology, prevalence, risk factors, screening and multidisciplinary management' and 'Enhanced screening and management of cancer malnutrition'.

<https://education.eviq.org.au/courses/malnutrition-in-cancer>

HIGHLIGHTS OF VCMC PROGRAM OF WORK

Malnutrition governance toolkit



Aim

- To be a practical and evidence-based toolkit to guide system-wide practice improvements, embed hospital quality and safety accreditation standards for nutrition care, and help to close the gap in treatment variation

Importance & impact

- Measurable advancements in the clinical governance of cancer malnutrition care in Victorian health services since development

Application to you

- Freely available for you to use to guide improvements
- An update is needed to align with changes in NSQHS V2 & other relevant standards

<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/Malnutrition-in-Victorian-cancer-services---Malnutrition-governance-toolkit>

Malnutrition in Victorian cancer services
Malnutrition governance toolkit

Department of Health & Human Services



HIGHLIGHTS OF VCMC PROGRAM OF WORK

Feeding everyone from hospital to home



Aim

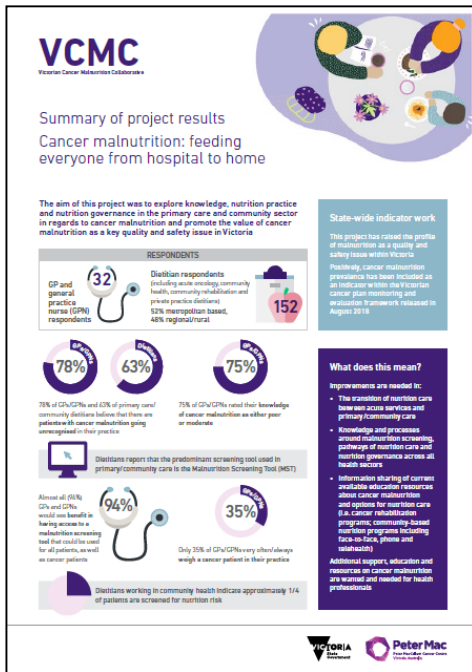
- To explore knowledge, nutrition practice and governance in the primary care and community sector in regards to cancer malnutrition
- Promote the value of cancer malnutrition as a key quality and safety issue in Victoria

Importance & impact

- Transition of care between acute to community/primary care is poor
- Cancer malnutrition indicator now included in Vic cancer plan monitoring and evaluation framework

Application to you

- Improvements in nutrition care transitions between sectors is required (focused on handover, maln. screening and pathways of nutrition care)



5 MAJOR OUTCOMES & LEARNINGS



1. Reduction in state-wide cancer malnutrition prevalence

- Overall cancer malnutrition prevalence rate decreased in Victoria by 16% in 8yrs
- Greater availability of state-wide and local health service data for targeted work
- Excellent collaborative opportunity for health services and dietitians

2012 (n=1677)
31%

2014 (n=1913)
26%

2016 (n=1340)
23%

2018 (n=1462)
15%

16% reduction in 8yrs

5

MAJOR OUTCOMES & LEARNINGS



2. Greater awareness of cancer malnutrition

- Sharing and supporting implementation of best practice nutrition approaches
- PPS data, published reports and articles available
- Health services equipped with relevant tools



3. Highly valued and effective resources

- Malnutrition in Cancer eLearning program
- Malnutrition Governance Toolkit
- *Malnutrition – an ambiguous danger* YouTube clip
- Suite of project reports and VCMC fact sheets: www.petermac.org/VCMC

5 MAJOR OUTCOMES & LEARNINGS



4. Local health service improvements

- Embedding new models and pathways of nutrition care & targeted improvements
- ↑ Awareness and focus on cancer malnutrition
- ↑ FTE for oncology dietitians
- Improved nutrition governance systems including performance monitoring



5. Reduced unwanted variation

- PPS data - comparison of health service to state level data, allowing targeted work
- ↓ variation in nutrition practice and nutrition governance across Victoria
- State-wide, system-wide initiatives

CURRENT PROJECTS – due for completion end 2019

Optimising the cancer nutrition path



AIM: To develop a cancer nutrition care pathway
HOW: Mixed methods project utilising experience based co-design
OUTCOME: Free, online resource for patients, carers & health prof. relevant across the entire patient continuum of care

Cultural adaptation of MST



AIM: To culturally adapt/translate the MST & a consumer nutrition fact sheet into Vic. top 10 non-English languages
HOW: Evidence-based cultural adaptation and clinical utility testing
OUTCOME: Free, online version of the MST with calculator, audio functions & updated & translated consumer fact sheet (English + 10 languages)

Lead: Jenelle Loeliger & Sarah Dewar
Funded by: CSD, DHHS

Lead: Jane Stewart & Emma McKie
Funded by: WCMICS

KEY FACTORS TO SUCCESS



Lots of hard work and commitment!



Robust data from cancer malnutrition PPS



Strong and ongoing relationships



Clinicians (dietitians & MDT) are essential



State-wide collaboration, sharing, connecting (patients, carers, health professionals & across sectors) and system-wide approach



Effective leadership



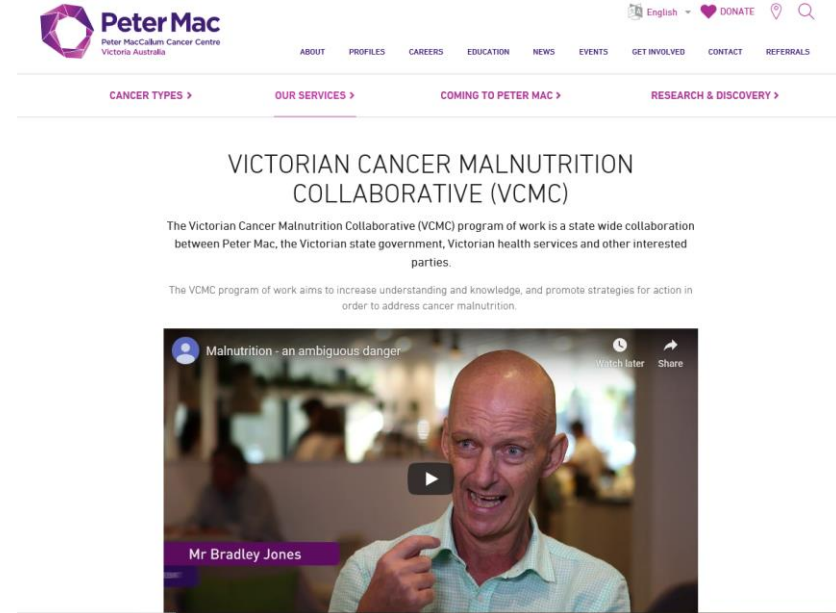
Delivery of projects (on time, within budget and with good outcomes)



Funding proposals should be well aligned with state priorities

MORE INFORMATION AND HOW TO GET INVOLVED

- Find out more at www.petermac.org/VCMC & DHHS <https://www2.health.vic.gov.au/about/health-strategies/cancer-care/cancer-projects/investigating-practices-relating-to-malnutrition-in-victorian-cancer-services>
- Look at the reports (on above websites) and use the resources available
- Join the VCMC community - sign-up for the VCMC e-Newsletter and attend our CoP meetings!



The screenshot shows the Peter Mac website header with the logo and navigation menu. The main content area features the title "VICTORIAN CANCER MALNUTRITION COLLABORATIVE (VCMC)" and a paragraph describing the program as a state-wide collaboration. Below the text is a video player showing a man speaking, with the title "Malnutrition - an ambiguous danger" and the name "Mr Bradley Jones" displayed.

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Peter MacCallum Cancer Centre
Victoria Australia

English - DONATE

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VICTORIAN CANCER MALNUTRITION COLLABORATIVE (VCMC)

The Victorian Cancer Malnutrition Collaborative (VCMC) program of work is a state wide collaboration between Peter Mac, the Victorian state government, Victorian health services and other interested parties.

The VCMC program of work aims to increase understanding and knowledge, and promote strategies for action in order to address cancer malnutrition.

Malnutrition - an ambiguous danger

Mr Bradley Jones

ACKNOWLEDGEMENTS & KEY LINKS



ACKNOWLEDGEMENTS

- Cancer Strategy & Development, Victorian DHHS & WCMICS (funders)
- Peter Mac Nutrition team – lead agency
- VCMC community
- Project leads, project chairs & co-chairs, project steering committee members



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