

ONCOLOGY GUIDELINES, FROM SCIENCE TO PRACTICE FROM A DIETETIC PERSPECTIVE

Prof. Dr. Marian de van der Schueren
ESPEN-ONCA-MNI joint session
Virtual ESPEN 2020

PRACTICAL RECOMMENDATIONS

Nutritional screening, assessment and diagnosis

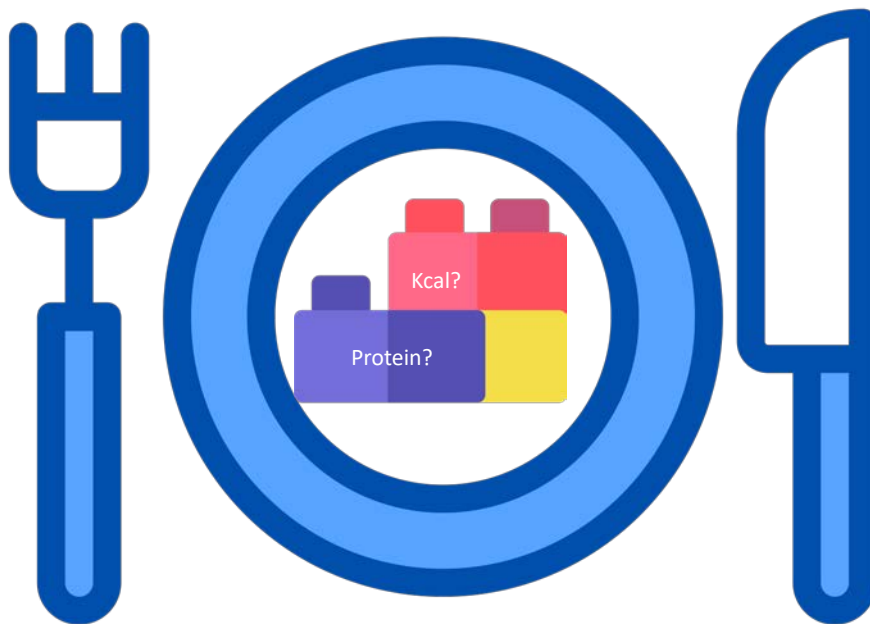
- Malnutrition screening
- Nutrition impact symptoms
- Dietary requirements
- Dietary intake
- Body composition measurements

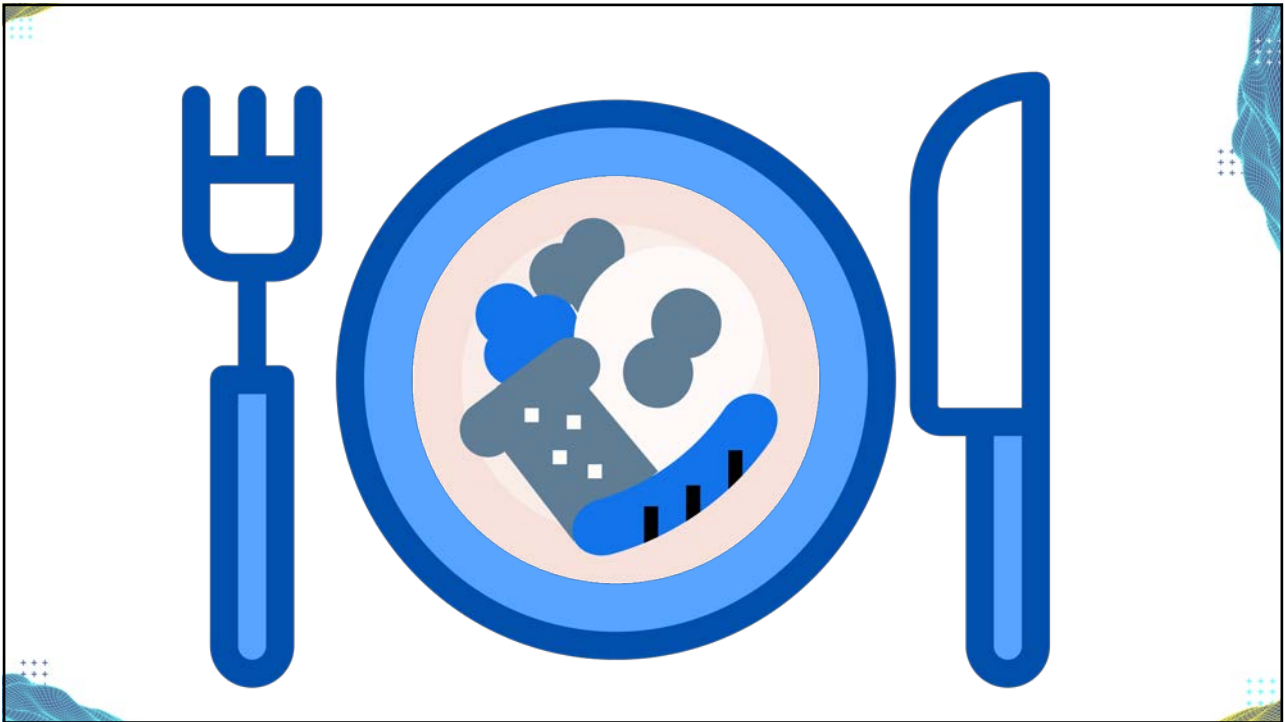
Individualized dietary advice

- >1 gP/kg/day
- 25-30 kcal/kg

HOW DO THESE
RECOMMENDATIONS
TRANSLATE INTO *FOOD*?

HOW CAN WE *MOTIVATE*
THE PATIENT TO MEET
REQUIREMENTS?





ESMO GOOD SCIENCE
BETTER MEDICINE
BEST PRACTICE

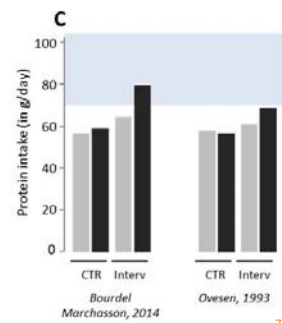
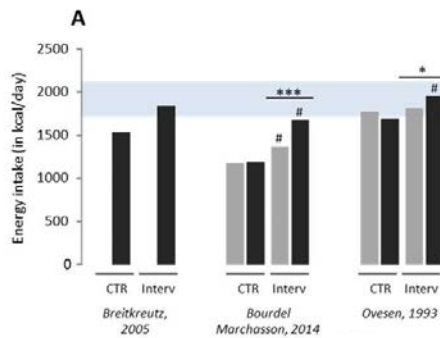
Annals of Oncology 29: 1141–1153, 2018
doi:10.1093/annonc/mdy114
Published online 18 April 2018

REVIEW

Systematic review and meta-analysis of the evidence for oral nutritional intervention on nutritional and clinical outcomes during chemo(radio)therapy: current evidence and guidance for design of future trials

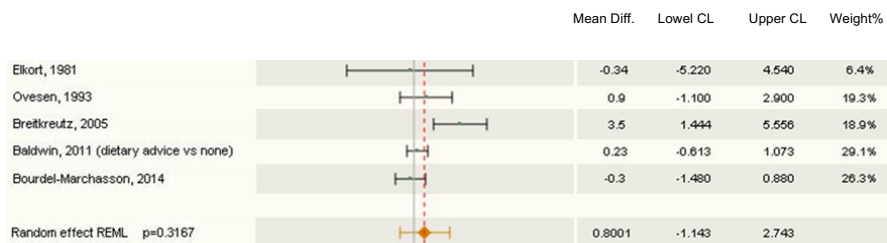
M. A. E. de van der Schueren^{1,2*}, A. Laviano³, H. Blanchard⁴, M. Jourdan⁴, J. Arends⁵ & V. E. Baracos⁶

UNPUBLISHED DATA, USED TO UNDERSTAND THE ANN ONCOL SYSTEMATIC REVIEW OUTCOMES



DIETARY COUNSELLING /ONS ~ WEIGHT

Control vs Intervention patients



EFFORT TRIAL

Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial

Philipp Schuetz, Rebecca Fehr, Valerie Baechli, Martina Geiser, Manuela Deiss, Flomona Gomes, Alexander Kutz, Pascal Tribolet, Thomas Bregenzer, Nina Braun, Claus Hoess, Vojtech Pavlicek, Sarah Schmid, Stefan Biltz, Sarah Sigrist, Michael Brändle, Carmen Benz, Christoph Henzen, Silvia Mattmann, Robert Thomann, Claudia Brand, Jonas Rutishauser, Drahomir Aujesky, Nicolas Rodondi, Jacques Donzé, Zeno Stanga*, Beat Mueller*

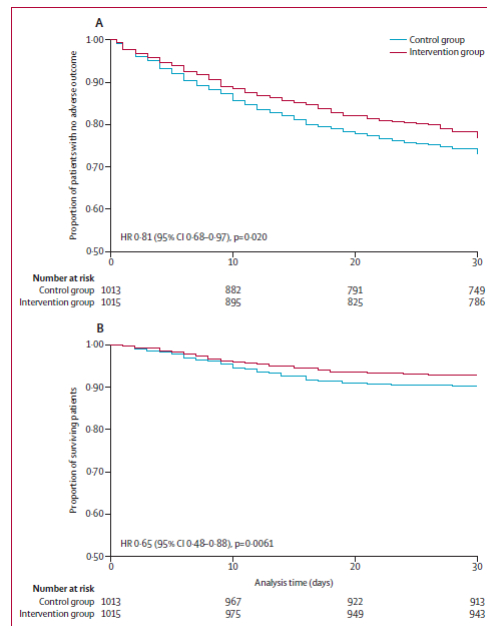
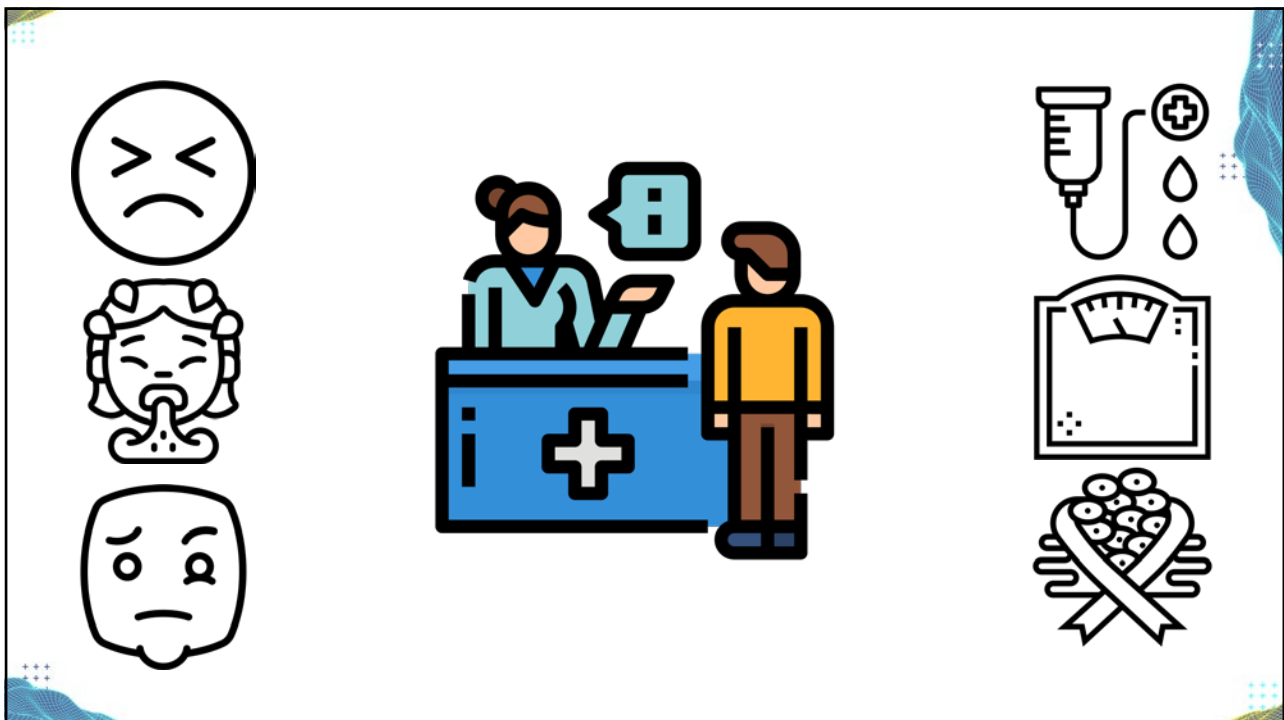
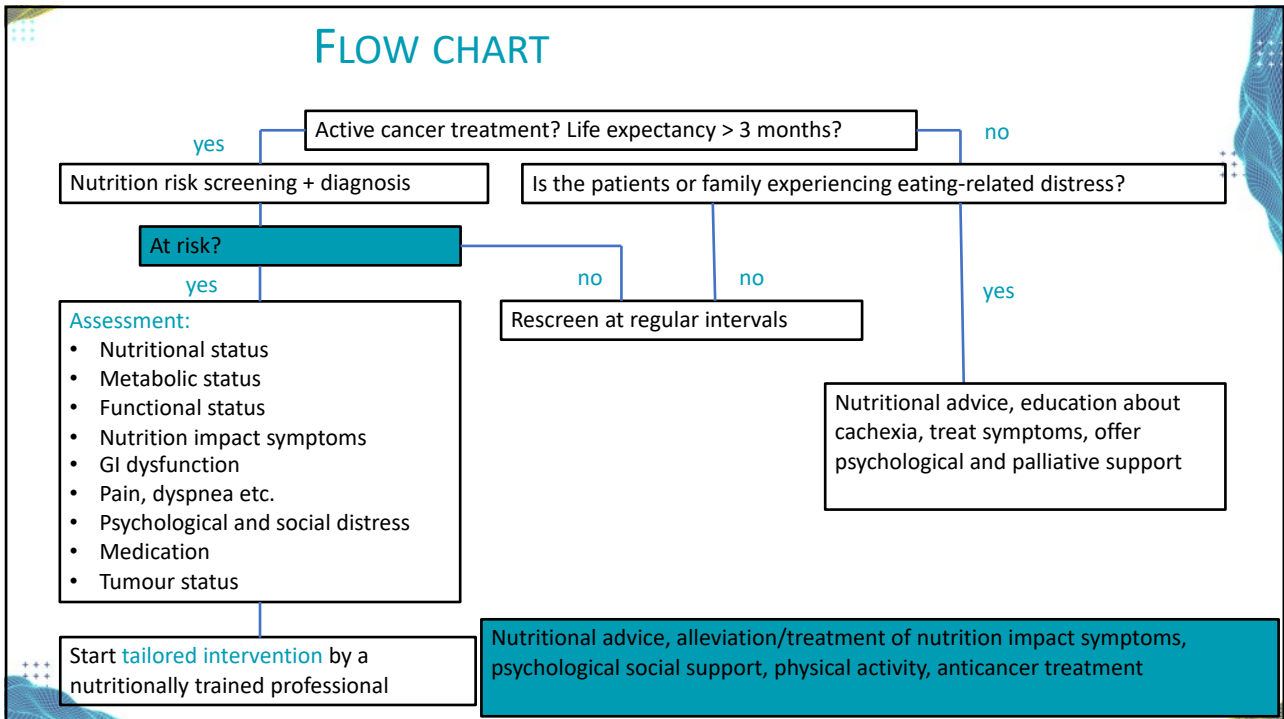


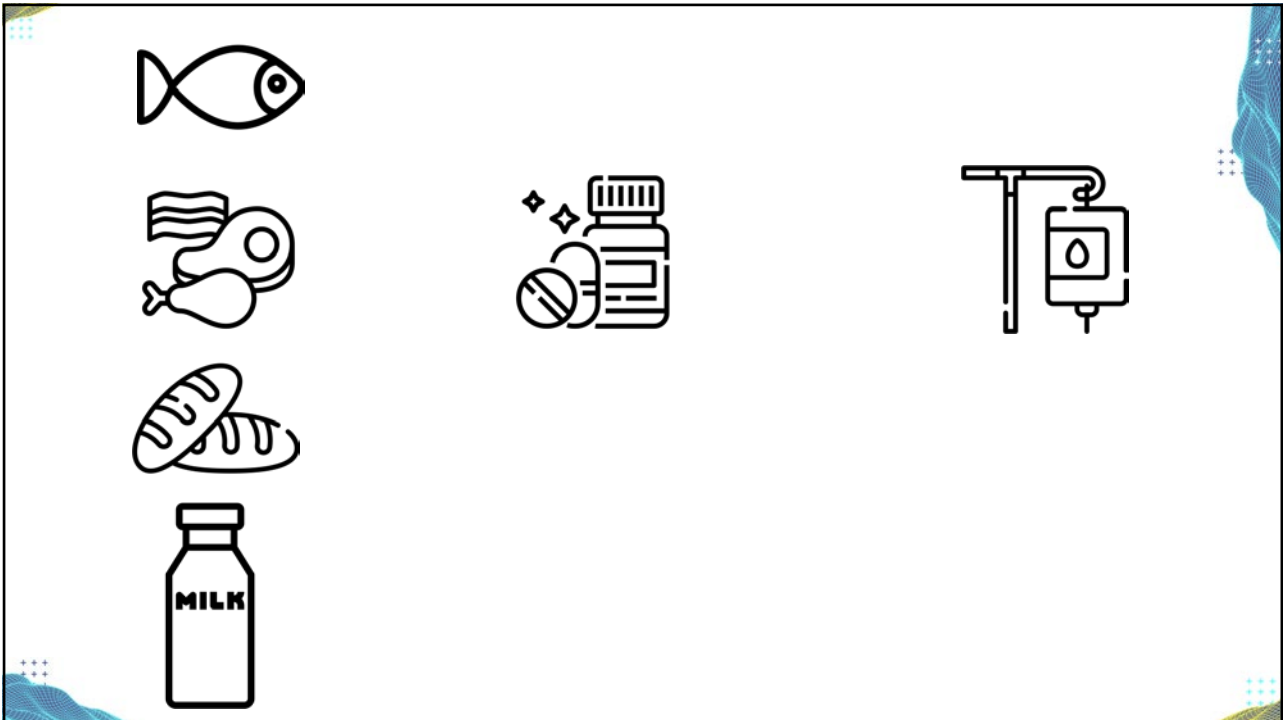
Figure 4: Kaplan-Meier estimates of the cumulative incidence of the primary endpoint and all-cause mortality (A) Time to the first event of the composite primary endpoint (log-rank p value=0.035). (B) Time to death (log-rank p value=0.031).

Lancet 2019

THE ROLE OF THE DIETITIAN







EFAD | The European Federation of the Associations of Dietitians




TRANSLATION FROM SCIENCE TO PRACTICE

TRANSLATION FROM SCIENCE TO PATIENTS

INVOLVING DIETITIANS IN GUIDELINES DEVELOPMENT



ESPEN
European Society for Clinical Nutrition and Metabolism



INVOLVE DIETITIANS IN DELIVERY
AND OPTIMISING NUTRITION
CARE OF CANCER PATIENTS

IMPLEMENTATION OF
GUIDELINES AT THE
WARD AND AT HOME

IMPROVE EDUCATION

EXPECTATIONS

- PROVEN EFFECTIVENESS OF DIETARY INTERVENTIONS IN ONCOLOGY
- IMPROVED PATIENT CENTERED OUTCOMES
- BETTER IMPLEMENTATION OF GUIDELINES IN PRACTICE
- OPTIMAL NUTRITIONAL CARE FOR ALL!