

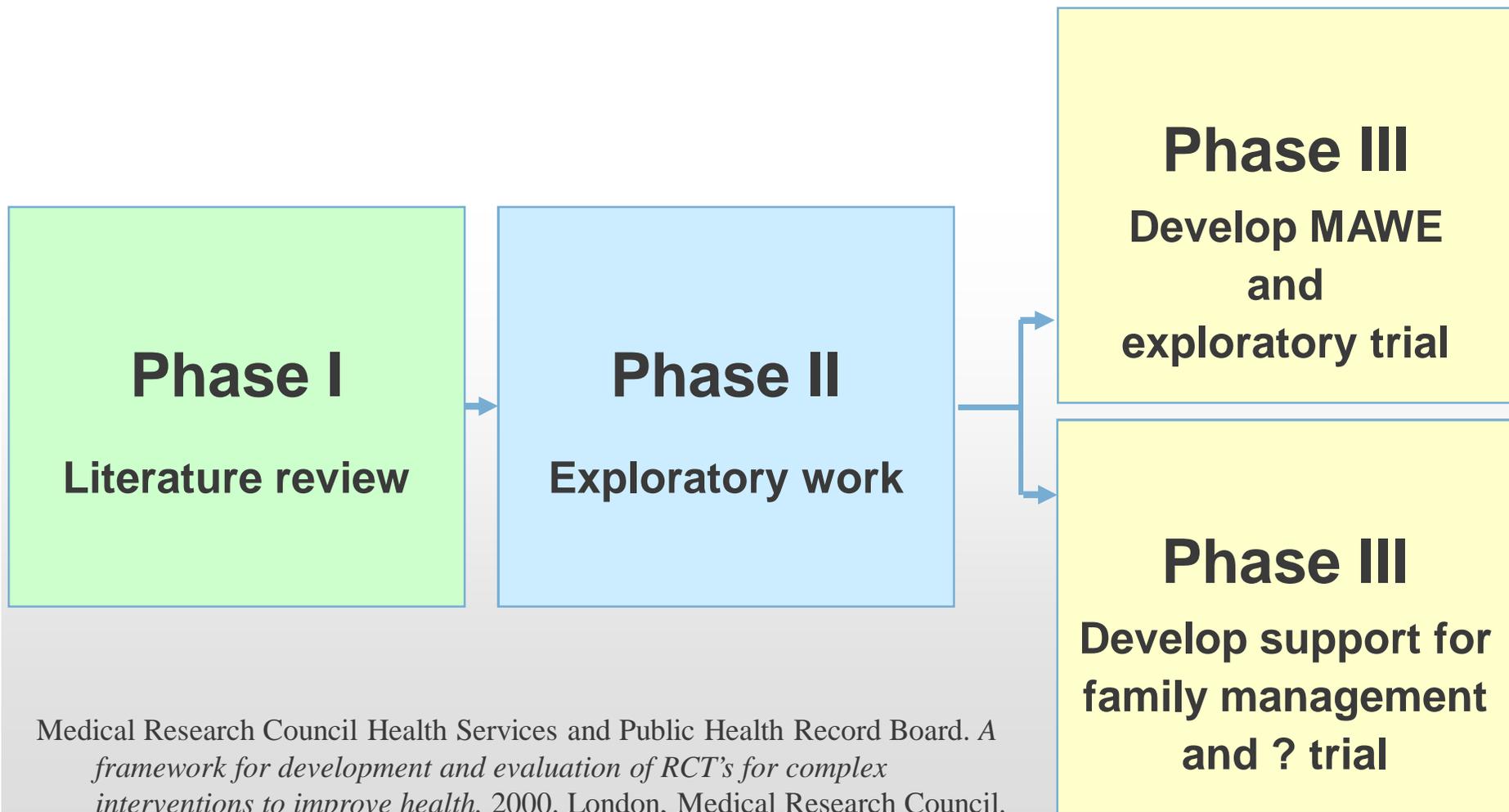
The psychosocial consequences of involuntary loss of weight

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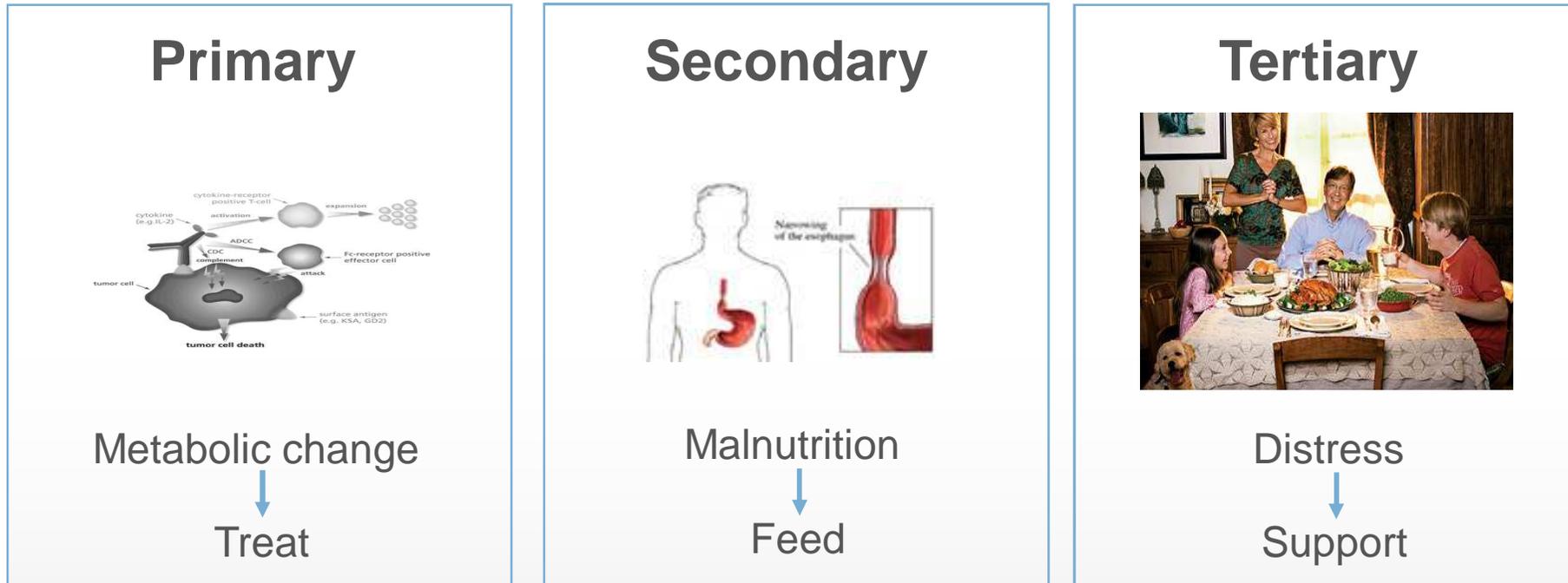
Macmillan weight and eating studies

Helping people with advanced cancer and
their families live with the symptoms of
cancer cachexia syndrome





Cancer cachexia syndrome



Psychosocial intervention can augment pharmacological and nutritional intervention

Hopkinson JB; Wright DNM; Foster C (2008) Management of anorexia and weight loss. Annals of Oncology. 19(7) vii289-vii293

Weight loss and anorexia are problems for:

- **clinicians**
- **patients**
- **families**

Hopkinson J.B. et al. (2006) The prevalence of concern about weight loss and change in eating habits in people with advanced cancer. *JPSM*. 32(4) 322-331.
Hopkinson J.B. et al. (2006) The experience of weight loss in people with advanced cancer. *JAN*. 54(3) 304-312.
Hopkinson J.B. (2007) How people with advanced cancer manage change in eating habits. *JAN*. 59(5) 454-462.

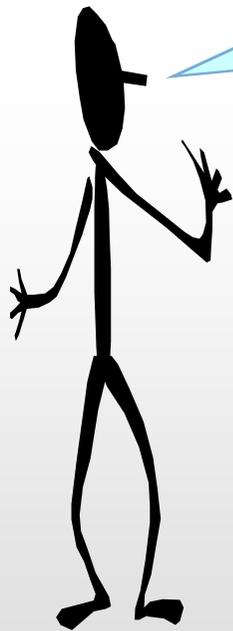
Involuntary weight loss: a problem for patients



Number and percentage of participants reporting weight loss, eating less and concern about the symptoms		
	n (%)	95%CI
Weight loss (n=199)	156 (79%)	73%-85%
Eating less (n=199)	151 (76%)	70%-82%
Concern about weight loss or eating less (n=199)	87 (52%)	44%-60%

Hopkinson J.B.; MacDonald J.; Wright D.N.M.; Corner J.L. (2006) The prevalence of concern about weight loss and change in eating habits in people with advanced cancer. *Journal of Pain and Symptom Management*. 32(4) 322-331

Visible weight loss

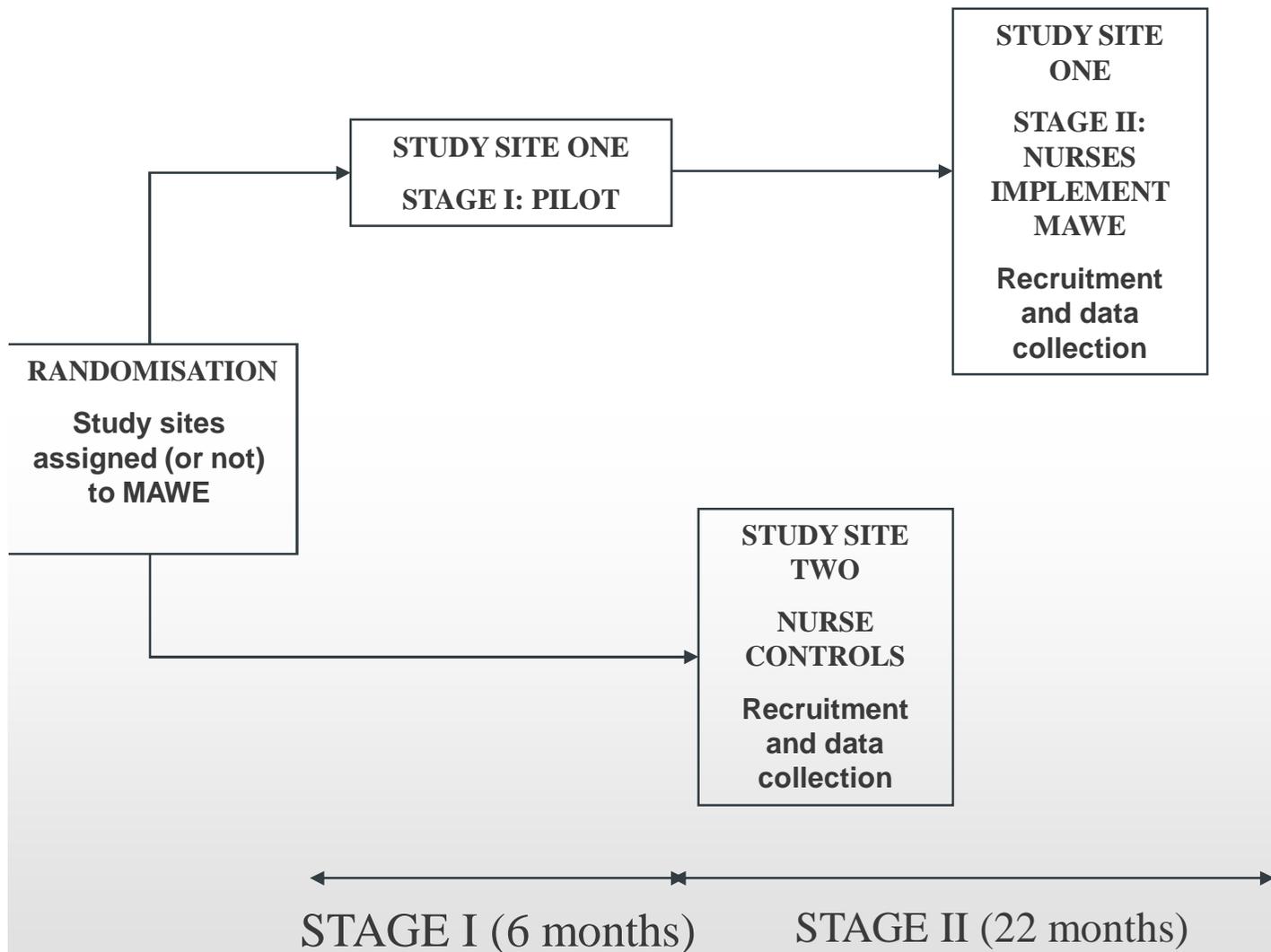


You can see you're losing weight fast...Your clothes aren't fitting you any more. You know the cancer's taking over. It may be inside I'm giving up (Steven)

The Macmillan Approach to Weight and Eating (MAWE)

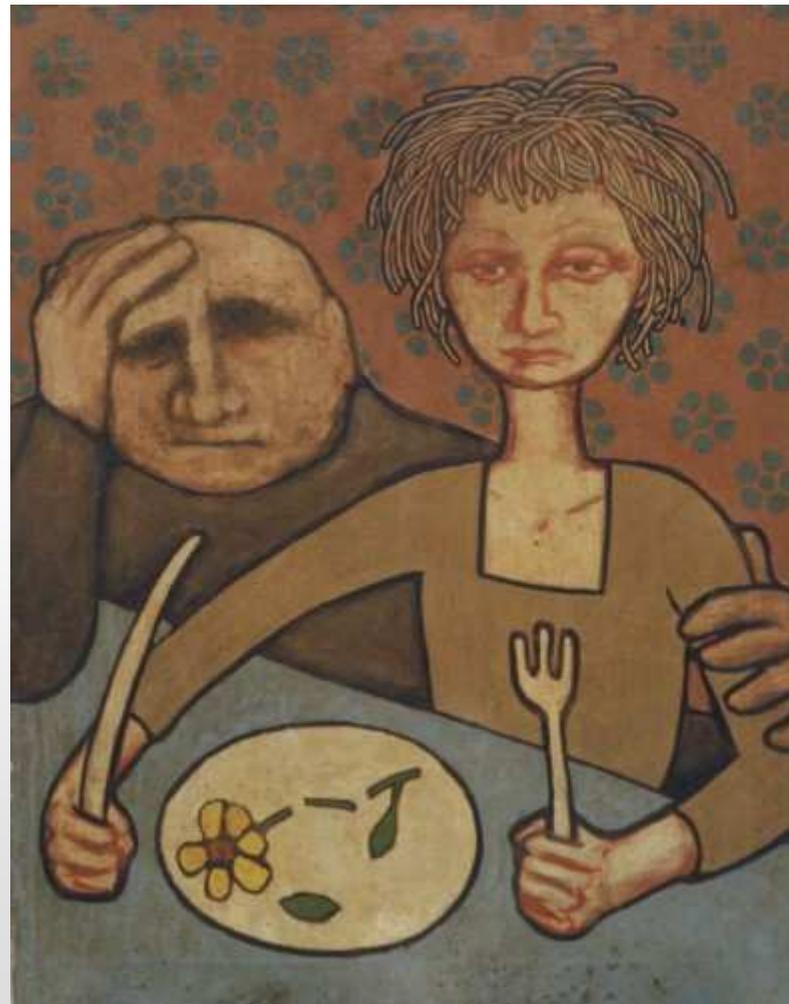


Design: An exploratory trial to develop and test the Macmillan Approach to Weight Loss and Eating Difficulties



Hopkinson JB, Fenlon D, Nicholls P, Wright D, Okamoto I, Roffe L, Foster C (In press) Helping people live with advanced cancer: An exploratory cluster randomised trial to investigate the effectiveness of the 'Macmillan Approach to Weight loss and Eating difficulties' (MAWE). Macmillan Cancer Support.

Involuntary weight loss: a problem for families



I'm out of my depth.
(Paula's husband)

I don't know if I'm doing the
right thing. (Jack's wife)

Hopkinson JB (2008) Carers' influence on diets of people with advanced cancer.
Nursing Times 104(12).

I do go into battle sometimes
....He'll eat sweet biscuits, cakes,
you name it, but when it comes to
actual meals, even things he used
to be passionate about, he just
won't eat. (William's wife)

Course: Weight Loss and Eating - Windows Internet Explorer

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Course: Weight Loss and Eating

WE ARE MACMILLAN. CANCER SUPPORT **MACMILLAN LEARN ZONE** You are logged in as [Jane Hopkinson](#) (Logout)

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Cancer News

Content outline

MACMILLAN APPROACH TO WEIGHT LOSS & EATING (MAWE)

This e-programme has been developed as result of the findings of exploratory studies conducted in 2003 about the experience of weight loss and eating difficulties in people with advanced cancer. The studies highlighted the need for a new approach to help people with advanced cancer to manage their weight loss and eating related concerns.

The main purpose of this programme is to explore this new approach and how it can help patients and their families by supporting self-management.

It is primarily aimed at specialist nurses involved in the care of patients with advanced cancer in the community, but may well be of interest to any healthcare professional working with people living with cancer.

Acknowledgements

- [Thank you to...](#)

Introduction:

- [Introduction to the e-programme](#)



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start Pictures Zurich 14.2.2009_Ja... Course: Weight Loss ... EN 22:25

Question:

What is appropriate nutritional care for people affected by advanced cancer?