

Centre universitaire de santé McGill
McGill University Health Centre
Montreal, Quebec Canada

Does Malnutrition Contribute to the Cancer Patients Distress

Shafia Amdouni, Bruno Gagnon & Martin Chasen

Cancer Nutrition Rehabilitation Program
Royal Victoria Hospital Site
McGill University Health Center (MUHC)
Montreal, Quebec, Canada
<http://www.mcgill.ca/cnr>

Amdouni, Gagnon & Chasen
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Background

- ▶ 31% to 87% of patients experience malnutrition and weight loss
- ▶ Consequences of malnutrition:
 - ↓ response & tolerance to treatments
 - ↑ risk of complications
 - ↑ health care costs
 - ↓ QOL
 - ↓ survival
- ▶ 35% to 45% experience distress
- ▶ Definition of distress

Objective & Method

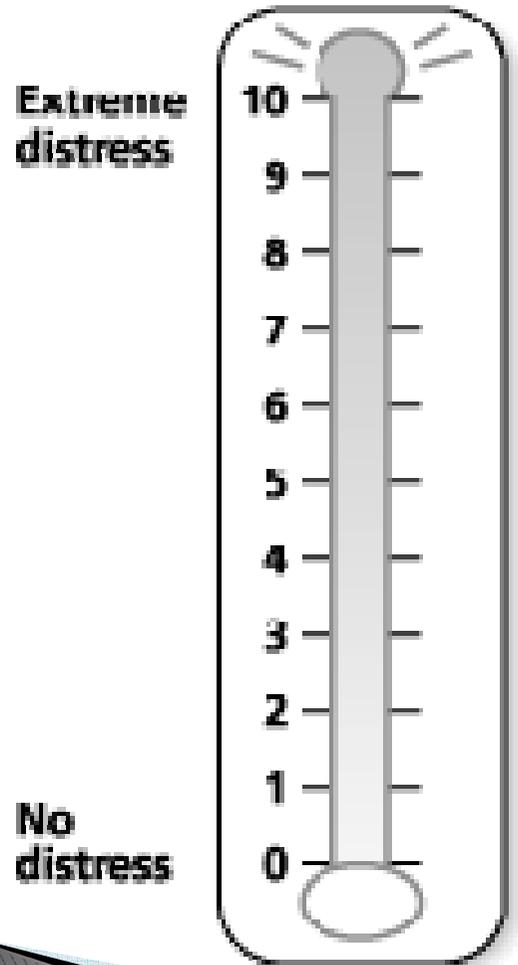
- ▶ **OBJECTIVE:** To explore the relationship between malnutrition and psychological distress

- ▶ **METHOD:**
 - 213 patients evaluated in a Cancer Nutrition Rehabilitation Program (CNRP) from Oct 2006 to Sept 2008
 - Patient Generated-Subjective Global Assessment (PG-SGA)
 - Distress Thermometer (DT)
 - PG-SGA was correlated with the DT

Patient Generated-Subjective Global Assessment (PG-SGA)

▶ <u>Part 1</u> (patient-self assessment)	<u>Score</u>
◦ Weight change	0-5
◦ Change in food intake	0-4
◦ Symptoms affecting food intake	0-24
◦ Activity level	0-3
▶ <u>Part 2</u> (clinical nutritionist assessment)	
◦ Assessment of metabolic demand	0-12
◦ Other health conditions	1-6
◦ Physical findings	0-3
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▶ Total score of the 2 parts	1-57
▶ Nutritional status	
• Well-nourished or anabolic	SGA-A
• Moderate or suspected malnutrition	SGA-B
• Severely malnourished	SGA-C

Distress Thermometer (DT)



- Problem checklist
 - Physical problems (which include eating, nausea, diarrhea...)
 - Family/relationships
 - Emotional problems
 - Spiritual/religious concerns
 - Information problems
 - Practical problems
 - Other problems

National Comprehensive Cancer Network

RESULTS

Table 1. Correlation of the DT vs the total PG-SGA score and weight loss

	Total PG-SGA score	Weight loss
Distress thermometer	$r=0.17$ $p<0.01$	$r=0.19$ $p<0.01$

RESULTS

Table 2. Mean difference of distress across nutritional status

Nutritional Status	DT
(A) Well-nourished	3.6 2.4
(B) Moderately malnourished or suspected malnutrition	4.2 2.3
(C) Severely malnourished	4.6 2.6

$p=0.07$

$p=0.04$

T-Test

CONCLUSION

Psychological distress is correlated to weight loss and nutritional status

- ☑ Evaluation of the nutrition status should be included in the evaluation of distress experienced by cancer patients
- ☑ In order to promote clinical rehabilitation, it is important to provide nutrition therapy and guidelines to patients including psychological therapy and counselling