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
Phase I
Literature review

Phase II
Exploratory work

Phase III
- Develop MAWE and exploratory trial
- Develop support for family management and ? trial

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) v7289-v7293
Weight loss and anorexia are problems for:

- clinicians
- patients
- families


Involuntary weight loss: a problem for patients
<table>
<thead>
<tr>
<th></th>
<th>n (%)</th>
<th>95%CI</th>
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<tbody>
<tr>
<td>Weight loss (n=199)</td>
<td>156 (79%)</td>
<td>73%-85%</td>
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<tr>
<td>Eating less (n=199)</td>
<td>151 (76%)</td>
<td>70%-82%</td>
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<tr>
<td>Concern about weight loss or eating less (n=199)</td>
<td>87 (52%)</td>
<td>44%-60%</td>
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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)

- Breaking through the weight loss taboo
- Telling healing stories
- Managing conflict
- Eating well
- Support for self-action
Design: An exploratory trial to develop and test the Macmillan Approach to Weight Loss and Eating Difficulties

STAGE I (6 months)  STAGE II (22 months)

STUDY SITE ONE
STAGE I: PILOT

STUDY SITE TWO
NURSE CONTROLS
Recruitment and data collection

STUDY SITE ONE
STAGE II: NURSES IMPLEMENT MAWE
Recruitment and data collection

RANDOMISATION
Study sites assigned (or not) to MAWE

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)

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)
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

Introduction:

Introduction to the e-programme
Question:

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