Evidence Based Practice Guidelines for the Nutritional Management of Adult Patients with Head and Neck Cancer: GUIDELINE FRAMEWORK

NUTRITION CARE PROCESS

Appropriate Access to Care
- Nutrition Screening
- Nutrition Assessment

Quality Nutrition Care
- Nutrition Diagnosis
- Nutrition Intervention
  - Establishing Goals
  - Nutrition Prescription
  - Implementation

Nutrition Monitoring & Evaluation
- Measure and Evaluate Outcomes
  - Intermediate
  - Clinical/Cost/Patient

CLINICAL QUESTIONS RELATED TO STAGE OF CARE PROCESS

NUTRITION SCREENING
1. What is the impact of a diagnosis of malnutrition at baseline on a patient’s treatment outcomes?
2. When should patients be screened and referred to the dietitian?
3. How should patients be screened and referred to the dietitian?

NUTRITION ASSESSMENT
4. How should nutritional status be assessed?

NUTRITION INTERVENTION
5. What is the impact of the dietitian providing nutrition intervention as part of a multidisciplinary team?
8. Does nutrition intervention improve outcomes? – Post treatment

Establishing Goals
9. What are the goals of nutrition intervention? – Pre treatment
10. What are the goals of nutrition intervention? – Surgery
11. What are the goals of nutrition intervention? – Radiotherapy and Chemotherapy

Nutrition Prescription
12. What is the nutrition prescription to meet these goals? – Surgery
13. What is the nutrition prescription to meet these goals? – Radiotherapy and Chemotherapy
14. What is the nutrition prescription to meet these goals? – Post treatment

Implementation – Pre treatment
15. Which patients should be identified for prophylactic enteral feeding?
16. What are the complications from gastrostomy tube placement and is there a preferred method of placement?

Implementation – Surgery
17. When or how should post operative tube feeding commence?
18. When or how should oral intake resume post total laryngectomy?

Implementation – Radiotherapy and Chemotherapy
19. What are the effective methods of implementation to ensure positive outcomes?
20. What are the impacts of new developing treatment regimens on nutritional status and outcomes?
21. What is the effect or benefit of vitamins or minerals during or post radiotherapy treatment?

Implementation – Palliative Care
22. What is the role for the dietitian in the management of patients with head and neck cancer requiring palliative care?

NUTRITION MONITORING & EVALUATION
23. What frequency and duration of nutrition follow up should patients receive pre, peri and post treatment?
24. What nutritional parameters need to be monitored?
25. What are the patient groups that may require long term nutrition support and monitoring?
26. What is the impact of patient adherence with dietary advice to their outcomes?
27. How should patients be nutritionally assisted in the transition to survivorship?

Figure 1: Framework for the development of Evidence-based practice guidelines for the nutritional management of patients with head and neck cancer (adapted from Lacey & Prichett 2003 and Hakel-Smith & Lewis 2004).