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PREVALENCE AND CHARACTERISTICS OF RISK FOR MALNUTRITION IN PATIENTS WITH NEWLY DIAGNOSED HEAD AND NECK CANCER

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If you think another topic than the one selected at first would suit your abstract, please choose below.: Nutrition and cancer

Presentation Method: Oral or Poster presentation

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Rationale: Prevalence of malnutrition in patients with head and neck cancer (HNC) ranges from 15%>55%, as assessed by weight loss. However, knowledge on the prevalence of malnutrition operationalized as multidimensional construct is lacking. Therefore, we aimed to assess prevalence and characteristics of malnutrition risk by the Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF) in patients with newly diagnosed HNC.

Methods: Between August 2015 and January 2017, malnutrition risk was assessed by PG-SGA SF in 236 newly diagnosed HNC outpatients. The PG-SGA SF includes four Boxes. Box 1 addresses history of weight loss; Box 2 changes in food intake; Box 3 nutrition impact symptoms (NIS); and Box 4 activities and function. 'Medium risk' was defined as 4-8 points, and 'high risk' as ≥ 9 points. PG-SGA ≥ 9 points indicates critical need for interventions.

Results: In total, 25.8% (61/236) of the patients were at medium risk for malnutrition, and 11.0 % (26/236) were at high risk. Overall, median total point score was 2 (IQR: 0.0-5.75), and 7 (IQR: 5.0-9.0) in patients at medium/high malnutrition risk. In patients at medium/high risk, highest score was on Box 3 (median 4; IQR: 2.0-5.0), mainly due to pain in the mouth or throat area (76.7%; 66/86), difficulties with swallowing (38.3%; 33/86), and lack of appetite (25.6%; 22/86). Median scores on Box 1, 2 and 4 were 1. Mean weight loss in all patients was 1.3% in the last month and 2.9% in the last 6 months. In patients with malnutrition risk, mean weight loss was 3.1% and 5.9%, respectively.

Conclusion: Our findings show that a substantial proportion of newly diagnosed HNC patients (36.8%) are at medium/high risk for malnutrition, which is mainly related to specific NIS. These findings demonstrate that interdisciplinary symptom management and nutritional intervention are indicated in this patient population.

Disclosure of Interest: L. ter Beek: None Declared, L. Bras: None Declared, J. Roodenburg: None Declared, C. van der Schans: None Declared, F. Ottery Other: Developer of the PG-SGA, co-developer of the PG-SGA based Pt-Global app, G. Halmos: None Declared, H. Jager-Wittenaar Other: Co-developer of the PG-SGA based Pt-Global app

Keywords: PG-SGA, risk for malnutrition