

# CASE 4: MALNUTRITION AND CANCER



## Meet Mr Robertson

**Case 4** addresses malnutrition in the context of Mr Robertson, a 75-year-old retiree, who has metastatic prostate cancer and numerous chronic conditions.

Mr Robertson has not seen a dietitian for nine years. He has made many positive changes to manage his weight and help with blood pressure and glycemic control. Mr Robertson is suffering from a diminished appetite and his clothes are getting looser. His diet has changed significantly from the last consultation. He reports a feeling of fatigue and as a result has not been participating in his regular exercise.

## PATIENT INFORMATION

<b>AGE:</b>	75 years old
<b>WEIGHT:</b>	77 kg
<b>HEIGHT:</b>	175 cm
<b>BMI:</b>	25.10 kg/m <sup>2</sup>
<b>PA:</b>	Sedentary

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Malnutrition
- » Causes & Risk Factors of Malnutrition
- » Malnutrition Screening
- » Screening for Malnutrition in Oncology Patients
- » Assessment/Monitoring & Evaluation for Malnutrition
- » Nutrition Diagnosis of Malnutrition
- » Nutrition Intervention for Malnutrition
- » Cachexia

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Resources

- » Conversations with Healthcare Providers – Videos

#### Story

- » Talk with Mr Robertson – Videos

#### Diet History

## ACTIVITIES

- 4.1** Completing Nutrition Analysis
- 4.2** Evaluating Food Servings
- 4.3** Plotting BMI Trends
- 4.4** Assessing Biochemical Data, Medical Tests and Procedures
- 4.5** Malnutrition Screening Assessment
- 4.6** Energy and Protein Needs (Comparative Standards)
- 4.7** Assessing Knowledge, Beliefs & Attitudes
- 4.8** Summarising Nutrition Assessment
- 4.9** Evaluating Existing Nutrition Diagnoses
- 4.10** Creating an Initial List of Nutrition Diagnoses
- 4.11** Developing PES Statements
- 4.12** Formulating a Nutrition Prescription & Aims
- 4.13** Creating an Initial List of Nutrition Interventions
- 4.14** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 4.15** Formulating Specific Behavioural-Change Targets
- 4.16** Creating a Plan for Nutrition Monitoring & Evaluation
- 4.17** Nutrition Progress Note
- 4.18** Hallway Conversation with Mr Robertson's Physician

