ESPEN 2016 Abstract Submission

Topic: Nutritional assessment

DOES COMPLETING THE PG-SGA SHORT FORM IMPROVE PATIENT AWARENESS REGARDING MALNUTRITION RISK IN PATIENTS WITH HEAD AND NECK CANCER?

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Presentation Method: Oral or Poster presentation

Please indicate your professional occupation: Dietitian

The presenting author fulfills the above conditions and wants to apply for a travel award: No

Rationale: The Patient-Generated Subjective Global Assessment (PG-SGA; ©FD Ottery, 2005, 2006, 2015) is an instrument to assess malnutrition and its risk factors, of which the first four boxes, also known as PG-SGA Short Form (SF), are designed to be completed by the patient, and the worksheets by the professional. In this cross-sectional study, we explored whether completing the PG-SGA SF has a positive effect on patient awareness regarding malnutrition risk in patients with head and neck cancer.

Methods: Fifty-nine patients with head and neck cancer admitted to the University Medical Center Groningen completed the PG-SGA SF, and subsequently completed a questionnaire on understanding and awareness of malnutrition risk, using a 4-point Likert scale.

Results: 64% of the patients reported familiarity with and ability to describe the term 'malnutrition'. After completing the PG-SGA SF, of patients unable to describe the term malnutrition, 72% now reported understanding the term 'malnutrition' and 85% knowing the consequences of malnutrition. 58% were aware of future risk for malnutrition. 84% reported knowing the relation between nutrition-impact symptoms and future risk for malnutrition; 92% reported knowing that disease-related weight loss is not desirable; and 84% reported knowing that disease-related decrease in food intake may result in quick weight loss. Of all patients who completed the PG-SGA SF, 10% reported an intention and 20% a possible intention to change food and lifestyle habits. 70% reported no intention, primarily because they had changed their food habits already.

Conclusion: The results of our study indicate that completing the PG-SGA SF has a positive effect on patient awareness regarding malnutrition risk in patients with head and neck cancer, even in those patients who had already changed their food habits.

Disclosure of Interest: H. Jager-Wittenaar Other: Co-developer of the PG-SGA based Pt-Global app, F. Ottery Other: Copyright holder of the Patient-Generated Subjective Global Assessment (PG-SGA), co-owner and co-developer of the PG-SGA based Pt-Global app, H. de Bats: None Declared, D. Gort-van Dijk: None Declared, B. van der Laan: None Declared, J. Roodenburg: None Declared