

Does completing the PG-SGA Short Form improve patient awareness regarding malnutrition risk in patients with head and neck cancer?

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Aim

In this cross-sectional study, we explored whether completing the Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF; © FD Ottery) has a positive effect on patient awareness regarding malnutrition risk in patients with head and neck cancer.

Background

The Patient-Generated Subjective Global Assessment (PG-SGA; ©FD Ottery, 2005, 2006, 2015) is an instrument to assess malnutrition and its risk factors.^{1,2}

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.

Results

Of all patients, 64% reported ability to describe the term 'malnutrition'. Of patients initially unable to describe the term 'malnutrition', 72% reported understanding the term 'malnutrition' and 57%* knowing the consequences of malnutrition, after having completed the PG-SGA SF.

Of all patients who completed the PG-SGA SF, 10% reported an intention and 20% a possible intention to change food and lifestyle habits, but of patients initially not familiar with the term 'malnutrition', this intention was 24%.

Results of the effect of completing the PG-SGA SF on patient awareness regarding malnutrition risk are shown in Figure 1.

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.

Methods

- 59 patients with head and neck cancer, admitted to the University Medical Center Groningen, The Netherlands
- After completing the Dutch version of the PG-SGA SF, v3.7 (based on ©FD Ottery, 2005, 2006), patients completed a questionnaire on understanding and awareness of malnutrition risk, using a 4-point Likert scale and multiple choice questions

References

1. Ottery FD. Definition of standardized nutritional assessment and interventional pathways in oncology. *Nutrition* 1996;12(1 Suppl):S15-9
2. www.pt-global.org

* Updated data from time of abstract submission

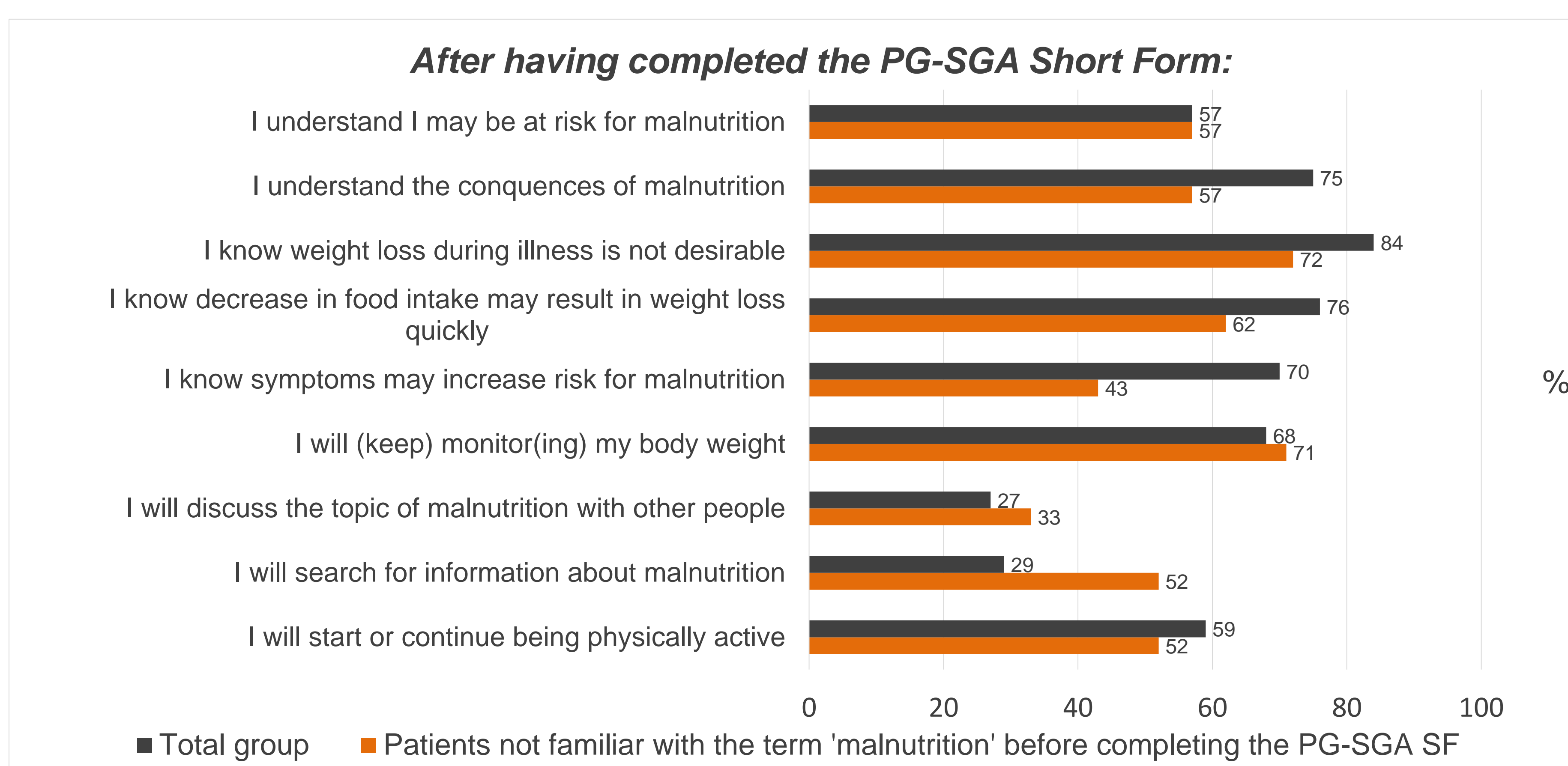


Figure 1. Effect of completing PG-SGA SF on patient awareness

