

SACT and nutrition

Figure 1. Overview of cell division (Gabriel, 2007).

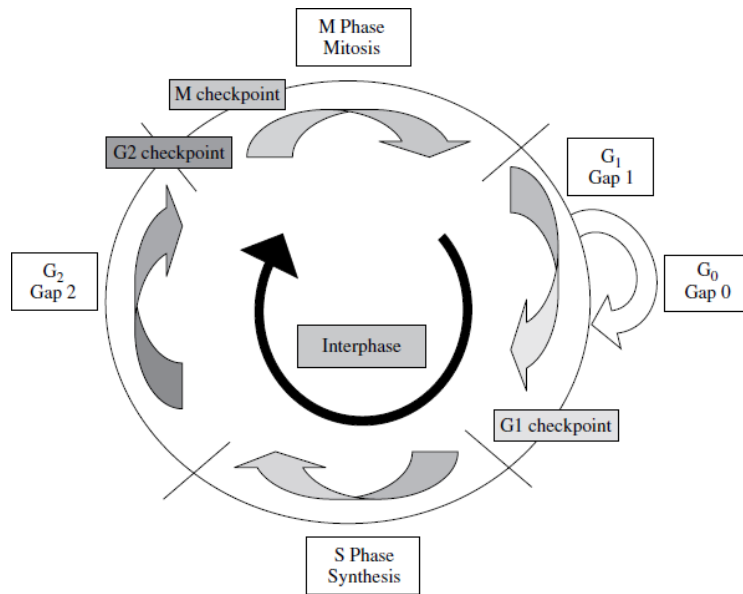


Figure 2. Physiopathology of cancer cachexia (Tuca et al., 2013)

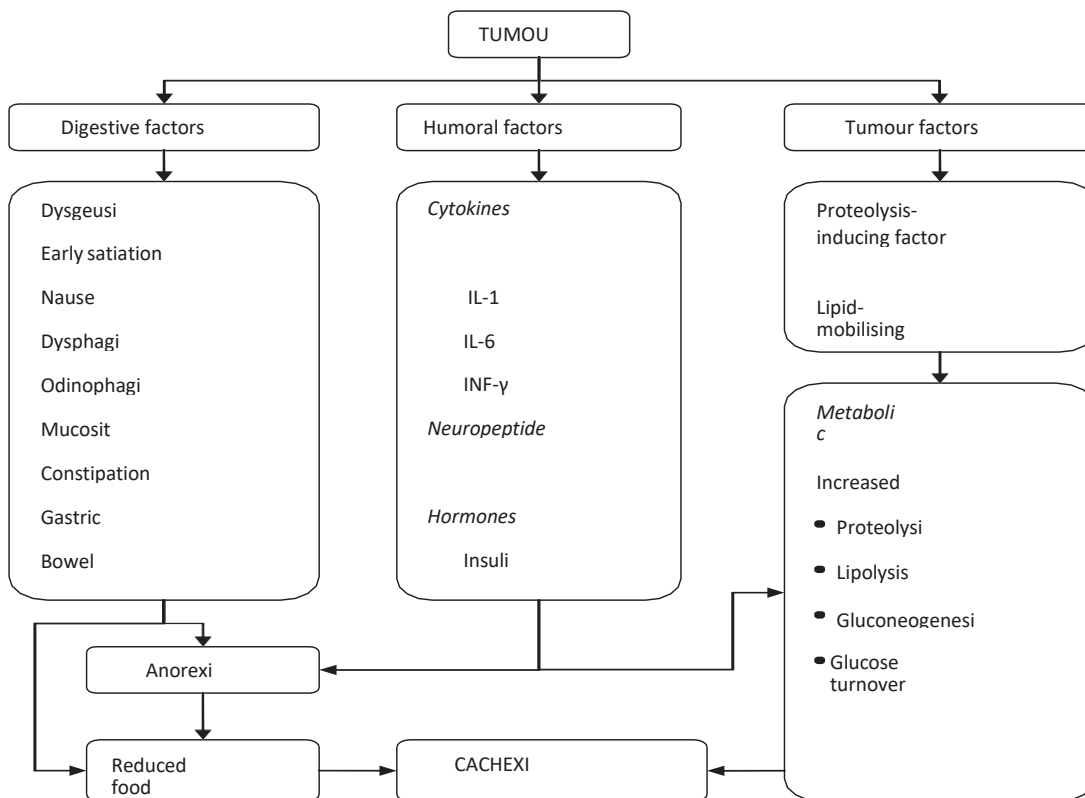


Figure 3. Malnutrition screening tool (Tappenden et al., 2013).

1. Have you lost weight recently without trying?		
No	0	
Unsure	2	
If Yes, how much weight (kg) have you lost?		
1 – 5	1	
6 – 10	2	
11 – 15	3	
> 15	4	
Unsure	2	Weight Loss Score: <input type="text"/>
2. Have you been eating poorly because of a decreased appetite?		
No	0	
Yes	1	Appetite Score: <input type="text"/>
Total MST Score (weight loss + appetite scores)		<input type="text"/>

Figures 4 and 5. PG-SGA scale (Fairview Health Services).

Patient-Generated Subjective
Global Assessment (PGSGA)



Please answer the questions below. Fill in the blanks and check the boxes that apply to you.

<p>1. Weight</p> <p>In summary of my current and recent weight:</p> <p>I currently weigh about _____ pounds.</p> <p>I am about _____ feet _____ inches tall.</p> <p>One month ago I weighed about _____ pounds.</p> <p>Six months ago I weighed about _____ pounds.</p> <p>During the past two weeks my weight has:</p> <p><input type="checkbox"/> decreased (1) <input type="checkbox"/> not changed (0) <input type="checkbox"/> increased (0)</p> <p style="text-align: right;">Box 1 <input type="text"/></p>	<p>2. Food intake: As compared to my normal intake, I would rate my food intake during the past month as:</p> <p><input type="checkbox"/> unchanged (0) <input type="checkbox"/> more than usual (0) <input type="checkbox"/> less than usual (1)</p> <p>I am now taking:</p> <p><input type="checkbox"/> normal food but less than normal amount (1)</p> <p><input type="checkbox"/> only liquids (3)</p> <p><input type="checkbox"/> only nutritional supplements (3)</p> <p><input type="checkbox"/> little solid food (2)</p> <p><input type="checkbox"/> very little of anything (4)</p> <p><input type="checkbox"/> only tube feedings or only nutrition by vein (0)</p> <p style="text-align: right;">Box 2 <input type="text"/></p>
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3. Symptoms: The following problems have kept me from eating enough during the past two weeks (check all that apply):

<input type="checkbox"/> no problems eating (0)	<input type="checkbox"/> dry mouth (1)
<input type="checkbox"/> no appetite, just do not feel like eating (3)	<input type="checkbox"/> food tastes funny or has no taste (1)
<input type="checkbox"/> nausea (feeling sick to my stomach) (1)	<input type="checkbox"/> smells bother me (1)
<input type="checkbox"/> vomiting (throwing up) (3)	<input type="checkbox"/> problems swallowing (2)
<input type="checkbox"/> constipated (hard stools) (1)	<input type="checkbox"/> feel full quickly (1)
<input type="checkbox"/> diarrhea (loose stools) (3)	<input type="checkbox"/> fatigue (1)
<input type="checkbox"/> mouth sores (2)	<input type="checkbox"/> pain; where? (3) _____
	<input type="checkbox"/> other* (1) _____

*Examples: depression, money, or dental problem

Box 3

4. Activities and function: Over the past month, I would rate my activity in general as:

normal with no limitations (0)

not my normal self, but able to be up and about with fairly normal activities (1)

not feeling up to most things, but in bed or chair less than half the day (2)

able to do little activity and spend most of the day in bed or chair (3)

pretty much bedridden, rarely out of bed (3)

Box 4

FOR PROVIDERS ONLY:

1. **Score the weight loss.** Use one month of weight data if available. Otherwise, use six months of data. Use points from the weight-loss chart to score weight change and add one extra point if patient has lost weight during the past 2 weeks.

Example: Previous Weight – Current Weight = Weight Loss in lbs.
 Weight Loss ÷ Previous Weight X 100 = Percent Weight Lost
 Example: 1 month ago: 150 lbs, Current weight: 135 lbs
 $150 - 135 = 15\text{lbs}$
 $15 \div 150 = 0.1 \times 100 = 10\%$ (Scores 4 points)

2. **Score the PGSGA.** Add up scores for each box 1–4. Enter the total of all scores in the box.

Patient signature _____

Date/Time _____

3. If score is 4 or higher, please make a referral to a dietitian.

Wt. loss 1 month (per cent)	Points	Wt. loss 6 months (per cent)
10 or greater	4	20 or greater
5 – 9.9	3	10 – 19.9
3 – 4.9	2	6 – 9.9
2 – 2.9	1	2 – 5.9
0 – 1.9	0	0 – 1.9

Score _____

Table 1. Nutritional status assessment methods (Barbosa-Silva, 2008).

Nutrition status assessment	
Subjective methods	- Physical examination (subcutaneous fat loss, muscle atrophy, ankles or sacrum oedema and ascites) - Medical history (food intake and weight changes, functional capacity modification, gastrointestinal symptoms)
Objective methods	- Anthropometric measurement (BMI, skinfold and upper arm muscle circumference) - Body composition estimation (BIA - bioelectrical impedance analysis) - Biomarkers (plasma levels of liver proteins as albumin, transferrin, and lymphocyte counts)