



NUTRICARE

5A's Model Pocket Guide



1. ASK Provider: Ask patient to complete nutrition assessment (PG-SGA) at outpatient visits.



2. ADVISE Provider: Advise patient to follow evidence-based nutrition recommendations using a Nutrition Prescription.



3. ASSESS Provider: Refer patient to nutritionist (RD) to Assess patient's individual nutritional needs.



4. ASSIST Provider: Distribute Nutrition Toolkit to patient. Nutritionist (RD): Assist patient to set up personalized nutritional goals.



5. ARRANGE Provider: Refer patient to nutritionist (RD) for nutrition counseling and home delivery of Medically Tailored Meals. Provider: Arrange follow-up visits.



NUTRITION GOALS FOR ONCOLOGY PATIENTS

During Treatment

- Food safety
- Maintain adequate nutritional status
- Maintain body weight and functional status
- Improve treatment tolerance, decrease infection, and enhance recovery

During Survivorship

- Improve health and quality of life
- Decrease risk of recurrence, comorbidities, and death

PROVIDERS' ROLE IN IMPROVING NUTRITION OF ONCOLOGY PATIENTS

- Screen and treat for malnutrition
- Identify treatment regimens that impact nutrition
- Evaluate patient compliance with medications and symptom management strategies
- Assess weight change and malnutrition as part of clinical visits
- Assess food and fluid intake quantitatively and qualitatively
- Advise patients on healthy eating as “part of treatment”
- Encourage light activity to maintain muscle strength

