

CHECK, DECIDE, INITIATE

A nurse-led pathway for nutrition support in people with cancer



NUTRITION IS EVERYONE'S BUSINESS

For patients with cancer

UP TO
80%

experience malnutrition risk at some point during treatment^{1,2}

UP TO
60%

are affected by sarcopenia (↓ muscle mass & strength) – often hidden by normal/high BMI^{3,4}

Malnutrition and Sarcopenia can impact treatment tolerance and outcomes

67%
higher risk

of interrupted chemotherapy treatment^{5,6}

5x
higher risk

of early cessation of chemotherapy^{5,6}

ACT EARLY: Oral nutritional supplement support makes a difference

What to ask your patients



Have they:

- Lost weight without trying?
- Been eating less or having trouble eating?
- Experienced decreased appetite or interest in food?

NO

Recheck at next visit

- Provide education brochure (scan QR code at bottom of page).

YES

Referral to Dietitian (or Doctor) if available





- Commence Oral Nutritional Supplements (ONS) based on patient preference
- Provide education brochure (scan QR code at bottom of page).

How to buy

You can conveniently order our products online from a range of medical distributors.



Scan the QR code to view the full list.

High Protein Fortification Powder	Small Volume, High Protein & High Energy	Clear Fluid & Fat Free	
			
SUSTAGEN® Hospital Formula 840g	RESOURCE® ULTRA+ 125mL	RESOURCE® ULTRA Clear Fruit Beverage 200mL	RESOURCE® Fruit Flavoured Beverage 237mL
Flavours Vanilla Chocolate Strawberry Coffee Banana Caramel Neutral Neutral 3kg	Flavours Strawberry Coffee	Flavours Apple Orange	Flavours Orange Peach Wildberry

Nestlé Health Science encourages nurses to initiate ONS early in patients with cancer to support timely nutritional intervention and make a meaningful impact on outcomes. Early ONS initiation does not replace dietitian-led care but can play an important role while awaiting further assessment. If able, formal malnutrition risk screening should still be undertaken, with the Malnutrition Screening Tool (MST) recognised as a gold standard for identifying patients at risk. Where available, a comprehensive nutrition assessment is ideally conducted by an Accredited Practising Dietitian, who is best placed to develop and implement a more robust nutrition intervention plan. An MST tool can be accessed online.



Scan the QR code to download brochure.



**MY CANCER
MY NUTRITION**

*Empower better days
along their journey*



Nestlé Health Science products can be purchased through a range of Medical Distributors nationally and delivered to your door. You will find additional distributors online.



Scan the QR code to view the full list.

National Distributors	Phone
Independence Australia	1300 788 855
Surgical House	08 9381 4199
Bright Sky	1300 886 601
Day & Night Healthcare	1300 872 224
Paragon Care	1300 369 559
Atlas McNeil Healthcare	1800 888 541



References: 1. Ravasco P. Nutrition in Cancer Patients. *J Clin Med.* 2019 Aug 14;8(8):1211. 2. Marshall KM, et al. *Clinical Nutrition* 2019; 38(2): 644-51. 3. Prado C M, et al. *J Cachexia Sarcopenia Muscle.* 2020;11(2):366-380. 4. Baracos VE, et al. *Ann Oncol.* 2018;29(Suppl 2):ii1-ii9. 5. Caillet et al. *Clin Nutr.* 2017 Dec; 36(6):1473-1482. 6. Klute et al. *Eur J Cancer.* 2016 Aug; 63:189-200.

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle. RESOURCE® ULTRA+, RESOURCE® ULTRA Clear Fruit Flavoured Beverage and RESOURCE® Fruit Flavoured Beverage are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision.

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