

Oral Therapy

SITUATION

64F “Jane Smith” presented with severe back pain found to have thoracic bone lesion consistent with metastatic disease.

- Investigations:
 - Biopsy confirms ER+/PR+/HER2 negative disease consistent with breast cancer
 - MRI: thoracic partial cord compression
 - Staging scans: bone only disease (other spinal lesions but nil at risk of compromise) and breast primary
- Treatment
 - Surgical decompression completed and discharged to home as was able to undertake self-care
 - Completed radiotherapy as an outpatient
 - First line metastatic breast cancer therapy started as outpatient
 - Letrozole tablet daily
 - Ribociclib (tablet 21 days of 28-day cycle)
 - Denosumab 120mg monthly injection delivered by GP
- Improvements:
 - Staging improving, cancer markers improving
- Side effects:
 - Joint aches, reduced mobility, reduced strength, muscle wasting, weight gain

WHAT care was provided? (Action)

- Sarcopenia screening
 - SARC-F = 5 (at risk of sarcopenia)
- Nutrition assessment and intervention
 - Recent weight gain related to hospitalisation, reduced mobility and capacity to exercise
 - PG-SGA 3 well-nourished (A)
 - Muscle mass assessed. ALM/height (m)² = 5 kg/m²
 - Educated on high protein diet to improve muscle mass
- Physical assessment and intervention
 - Muscle strength assessed. Hand grip strength = 14 kg
 - Muscle function assessed. Short physical performance battery = 5 pts
 - Individualised exercise prescription to improve muscle mass, strength and function
 - Sarcopenia diagnosed using EWGSOP2 diagnostic criteria
- Multidisciplinary Care
 - Referral to occupational therapy for fatigue management

<p>WHO delivered the care? (Actor)</p>	<ul style="list-style-type: none"> • Screening for sarcopenia – <i>Nurse specialist</i> • Nutrition assessment and intervention +/- sarc diagnosis – <i>Dietitian</i> • Physical assessment and intervention +/- sarc diagnosis – <i>Exercise physiologist</i>
<p>WHERE was care delivered? (Context)</p>	<p>Outpatient setting Private Cancer Centre</p>
<p>WHO received care? (Target)</p>	<p>Adult outpatient (≥18 years) undergoing oral therapy</p>
<p>WHEN was care provided? (Time)</p>	<ul style="list-style-type: none"> • Medical Oncology - <i>reviewed every 3 months in conjunction with scans</i> • Nutrition and exercise physiology – <i>fortnightly review over the course of 12 weeks</i>
<p>OUTCOMES</p>	<ul style="list-style-type: none"> • Weight gain stabilised • Muscle mass improved • Functional capacity increased • Participating in regular exercise 2-3 times per week