

Tumor Type

Lower Malnutrition Risk: 0 Points

- Breast
- Bladder
- Cervical
- Endometrial
- Melanoma (non-metastatic)
- Non-melanoma skin
- Prostate
- Testicular
- Thyroid
- Other

Moderate Malnutrition Risk: 3 Points

- Bile duct and/or gallbladder
- Colon
- Myelodysplastic
- Non-Hodgkin's Lymphoma
- Other Gastrointestinal
- Other Hematopoietic
- Ovarian
- Renal

Higher Malnutrition Risk: 7 Points

- Any tumor type with metastatic disease
- Brain and Nervous System
- Esophageal
- Gastric
- Head and neck
- Liver
- Lung
- Pancreatic
- Rectal

Body Weight Status

Lower Malnutrition Risk: 0 Points

- Within 1 lb of usual adult body weight

Moderate Malnutrition Risk: 4 Points

- Between 1 to 5 lbs below usual adult body weight

Higher Malnutrition Risk: 7 Points

- More than 5 lbs below usual adult body weight

Symptoms and Side Effects

Lower Malnutrition Risk: 0 Points

- Fatigue or extreme tiredness
- No symptoms

Moderate Malnutrition Risk: 3 Points

- Altered sense of taste and smell
- Constipation
- Early satiety and/or lack of appetite
- Nausea (no vomiting)

Higher Malnutrition Risk: 5 Points

- Diarrhea
- Dry mouth and/or thick saliva
- Sore mouth and throat
- Vomiting

Planned Treatment Type

Lower Malnutrition Risk: 0 Points

- Surgery only
- Surgery plus radiation therapy to area *other than* brain, GI tract, head and neck, or pelvis

Moderate Malnutrition Risk: 2 Points

- Chemotherapy; low emetic potential
- Immunotherapy

Higher Malnutrition Risk: 4 Points

- Chemotherapy; moderate to high emetic potential
- Concurrent radiation and chemotherapy**
- Radiation therapy to the brain, GI tract, head and neck, or pelvis.

SCORE:

* This is not a validated nutrition assessment tool. This is to be used as a general guideline only. This does not replace consultation with a qualified nutrition professional.

** If planned treatment includes concurrent radiation and chemotherapy to the head and neck, placement of a PEG tube prior to initiation of treatment is required.

Scoring and Intervention

LESS THAN 5 POINTS:

Lower Malnutrition Risk

- Provide symptom management information
- If weight loss begins, discuss high protein, high calorie food choices, small frequent meals/snacks, and high calorie/protein nutritional supplement such as Resurgex Select, Boost, or Ensure
- Reassess every 2 to 3 weeks

5 - 7 POINTS:

Moderate Malnutrition Risk

- Provide symptom management information
- Discuss high calorie, high protein food choices and importance of small frequent meals/snacks
- If weight loss begins or continues initiate high calorie/protein nutritional supplement such as Resurgex Select, Boost, or Ensure
- Reassess every 1 to 2 weeks

MORE THAN 7 POINTS:

Higher Malnutrition Risk

- Provide symptom management information
- Immediately initiate high calorie/protein nutritional supplement such as Resurgex Select, Boost, or Ensure
- If weight loss continues, refer to dietitian for more aggressive nutrition support
- Reassess a minimum of once per week

For more information

on nutrition, recipes, tips, and ideas on healthy eating before, during, and after cancer treatment, please visit www.caring4cancer.com