

### Oncology Case Study:

A 16 year old male is admitted to the hospital with a new cancer diagnosis of AML. At baseline, his BMI is at the 25<sup>th</sup> percentile for age. He is active in school sports and eats a variety of foods when feeling well. At diagnosis, his BMI has decreased to the 10<sup>th</sup> percentile for age and he has lost 5% of his body weight over the past two weeks due to decreased appetite and generally not feeling well.

The medical team consults the dietitian due to the patient's poor oral intake and weight loss. What would you recommend as your initial intervention or education?

**Suggested answers: high calorie diet education, oral nutrition supplements, education on small frequent meals or methods for increasing calories**

The dietitian follows this patient during his stay and starting chemotherapy. His weight continues to slowly trend down and he has now lost 8% of his body weight. What might you recommend as your next intervention?

**Suggested answers: enteral nutrition support, could also note appetite stimulant**

Eventually, enteral nutrition is brought up to help support the patient's oral intake. However, the patient and family are not on board with having an NG tube placed. How would you approach discussing enteral nutrition with this patient and why this is important?

**Suggested answers: counseling on importance of adequate nutrition during therapy, motivational interviewing, collaborative discussions with medical team, RD and family, education on NGT placement and feeding process to reduce patient anxiety**

With aggressive nutrition intervention, the patient's weight stabilizes. Unfortunately, he now develops persistent diarrhea and abdominal pain/distention related to his treatment. What recommendations might you make for nutrition support at this point?

**Suggested answers: parenteral nutrition support in the setting of malnutrition and EN intolerance, could also consider formula change to peptide/elemental formula depending on severity of diarrhea and expected length of symptoms**