

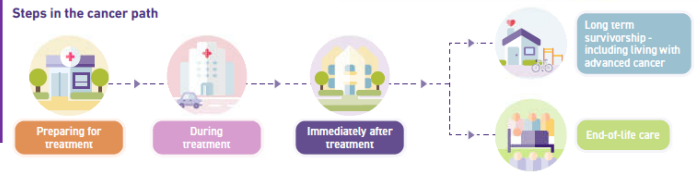
Nutrition and cancer: are you looking for answers?

Your nutrition prescription











<ENTER PT DETAILS OR INSERT BRADMAR HERE>
 pt details [3 ID's name, address, DOB]

Date:










Nutrition needs vary throughout the cancer path - this nutrition prescription contains information relevant to you and your current stage of the cancer path, to support you in managing your own nutrition care needs.

<p>Diagnosis:</p>	<input type="checkbox"/> Other relevant health conditions (e.g. diabetes);
<p>Treatments:</p> 	<input type="checkbox"/> Surgery Chemotherapy <input type="checkbox"/> Radiotherapy <input type="checkbox"/> Stem cell transplant <input type="checkbox"/> Oral <input type="checkbox"/> Intravenous (drip) <input type="checkbox"/> Immunotherapy <input type="checkbox"/> Hormone therapy <input type="checkbox"/> Best supportive care <input type="checkbox"/> Other;
<p>Nutrition related issues:</p>   	<p>Treating nutrition issues can help make eating and drinking easier, maintain your strength, help you feel well and reduce the risk of malnutrition. My nutrition issues include the following ✓;</p> <input type="checkbox"/> Weight loss <input type="checkbox"/> Poor appetite <input type="checkbox"/> Nausea <input type="checkbox"/> Vomiting <input type="checkbox"/> Weight gain <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Constipation <input type="checkbox"/> Dry mouth <input type="checkbox"/> Sore mouth <input type="checkbox"/> Swallowing difficulties <input type="checkbox"/> Taste &/or smell changes <input type="checkbox"/> Anxiety &/or low mood <input type="checkbox"/> Poor dexterity <input type="checkbox"/> Neutropenia <input type="checkbox"/> Feeling full quickly <input type="checkbox"/> Other;
<p>Things I can do to manage my nutrition issues:</p>    	<p>Actions I can take to manage my nutrition issues include the following ✓ options;</p> <input type="checkbox"/> Weigh myself weekly – aiming to keep my weight stable at [___ - ___] to prevent muscle loss <input type="checkbox"/> Monitor my weight – aiming for a healthy weight around [___ - ___] to prevent muscle loss <input type="checkbox"/> Prioritise small frequent food and drink <input type="checkbox"/> Drink my nutritional supplements (_____) <input type="checkbox"/> Take my medications as prescribed <input type="checkbox"/> Give myself fluids via my feeding tube <input type="checkbox"/> Make every mouthful count – maximise the nutritional content or modify the food texture to make it easier to swallow <input type="checkbox"/> Complete the ‘Nutrition Transitions’ package available on The CanEAT pathway website <input type="checkbox"/> Eat a healthy, balanced diet (once all my treatment related nutrition issues are well managed) <input type="checkbox"/> Review the resources provided by my health professionals <input type="checkbox"/> Keep as active as possible <input type="checkbox"/> Read about good nutrition – visit The CanEAT pathway and look at the resources

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<p>Nutrition management plan:</p> 	<p>Recommendations from my dietitian; <i>[[free text for e.g.</i></p> <ul style="list-style-type: none"> - Recommended diet (<i>Nil orally, HEHP (nourishing) diet</i>), - Nutritional supplement prescription - Acknowledge additional health conditions (<i>diabetes, MS</i>) and/or cultural or religious issues, special dietary requirement, that might impact nutrition recommendations] - Addition of date of rec's and suggested timeframe to maintain dietary rec's (<i>eg: until symptoms resolve / weight stable etc...</i>) <p>The diet that is appropriate for you now may not be what is appropriate later on once you've finished treatment – it all depends where you are in the cancer path!</p>								
<p>Things I should look out for:</p>   <p>TIP! Check any symptoms of concern with your GP</p>	<p>It's important to monitor how you are feeling and recognize any new changes – things you should specifically watch for include the following;</p> <table border="1" data-bbox="336 853 1516 1003"> <tr> <td>Weight changes</td> <td>Abdominal pain</td> <td>Nausea</td> <td>Vomiting</td> </tr> <tr> <td>Appetite changes</td> <td>Bowel changes</td> <td>Swallowing changes</td> <td>Mouth changes</td> </tr> </table> <p>Are you finding it hard to self-manage your nutrition issues? Are you struggling to regularly follow your dietitian's recommendations? If so, it's best to get specific nutrition advice – talk to your doctor or cancer nurse about finding a dietitian.</p>  <p>Check out the 'finding a dietitian' factsheet for further details (www.petermac.org/CanEATpathway).</p>	Weight changes	Abdominal pain	Nausea	Vomiting	Appetite changes	Bowel changes	Swallowing changes	Mouth changes
Weight changes	Abdominal pain	Nausea	Vomiting						
Appetite changes	Bowel changes	Swallowing changes	Mouth changes						
<p>Nutrition follow-up plan:</p> 	<p>At particular times within your cancer path, you can expect to have the support of a specialised team that will guide you to achieve your nutrition goals. After initial treatment, nutrition care will often occur outside the hospital.</p> <p>My nutrition follow-up support will include the following ✓;</p> <ul style="list-style-type: none"> <input type="checkbox"/> My GP <input type="checkbox"/> Community dietitian <input type="checkbox"/> Hospital dietitian <p>Contact details: <i><clinician adds name + contact phone number></i></p>  <p>Bring this nutrition prescription with you to any nutrition follow-up appointments</p>								
<p>Where I can go to seek further assistance:</p> 	<p>It's important for you to know how to find support through a dietitian, doctor or health professional both within and outside of a hospital.</p> <p>For further information visit The CanEAT pathway for people with cancer and their carers – a guide to optimal cancer nutrition care www.petermac.org/CanEAT pathway. It includes links to freely available resources, regardless of where you are on the cancer path.</p>								

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