Lung Cancer Nutritional Care Pathway

**ALL PATIENTS**
- Nutritionally screen at diagnosis with local or national tool e.g. ‘MUST’
- Identify barriers impacting on nutritional intake as part of a holistic needs assessment e.g. ‘Distress Thermometer’
- Consider:
  - Eating and drinking difficulties
  - Appetite loss
  - Early satiety
  - Nausea and other GI issues
  - Sore mouth or swallowing problems including pain
  - Impact of fatigue and breathlessness
- Encourage mouth care strategies

**LOW RISK**
- Offer a “Nutrition Starter Information Pack”
- Rescreen at next visit

**MEDIUM RISK**
As for low risk patients plus:
- Agree care plan with patient and carer
- Involve other members of the Multidisciplinary Team (MDT) if required e.g Speech and Language Therapist
- Optimise symptom control and nutritional intake e.g.
  - Food fortification advice and texture modified diet
  - Small and frequent meals/snacks/nourishing drinks
- Consider appropriate use of oral nutritional supplements (ONS) as per local guidelines e.g. 2 ONS** per day (range 1-3)**
- Monitor and review at next visit and/or consider Dietitian referral

**HIGH RISK**
As for low/medium risk patients plus:
- Refer to dietitian for assessment and treatment plan
- If food intake is insufficient (<50% of 3 meals per day) recommend:
  - ONS e.g. 2 ONS per day (range 1-3) alongside oral intake, 12 week duration, according to clinical condition/nutritional needs as per local guidelines
- Consider enteral tube feeding as appropriate
- Appropriate dietary advice if oesophageal stent is in situ
- Ongoing monitoring and review regularly:
  - Check compliance and adjust nutritional intervention as required to maximise intake

**ACTIVE SUPPORTIVE CARE**
- Optimise nutritional care
- Liaise with patient, family, carer, and MDT regarding ethics i.e. provision of nutrition as treatment/basic care
- Liaise with palliative care team as required

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* A nutrition starter pack for patients and carers, which gives them some basic nutritional support information has been developed in conjunction with the National Lung Cancer Forum for Nurses and is available via www.nlcfn.org.uk
** ONS: Oral Nutritional Supplement