



VCMC

Victorian Cancer Malnutrition Collaborative



## Reducing the cancer malnutrition burden: highlights of state-wide collaborations in Victoria

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**BACKGROUND:** Cancer malnutrition is common and associated with poor outcomes. The Victorian Cancer Malnutrition Collaborative (VCMC) program of work is a state-wide collaboration between Peter Mac, Victorian state government, Victorian health services and other interested parties.

**AIM:** VCMC projects aimed to increase understanding and knowledge, and promote strategies for action in order to address cancer malnutrition.

**METHOD:** VCMC projects consisted of repeat biennial malnutrition point prevalence studies (PPS), local health service and state-wide projects developing/evaluating resources for patients and health professionals, targeted clinical redesign/implementation projects and system-wide improvements.

### 2012

Development of a Malnutrition in cancer consumer resource housed on CCV website

Cancer malnutrition health professional survey  
Indicated that awareness and knowledge of cancer malnutrition was generally poor and education was required for the health sector

Victorian Admitted Episode Dataset (VAED) analysis of malnutrition coding for cancer inpatients  
Analysis indicated only 7% were coded compared to 57% of inpatients found to be malnourished in the PPS

Nutrition health service managers/organisations  
Indicated wide variation in nutrition practices and governance within cancer services

Biennial cancer malnutrition point prevalence study (PPS) state-wide results



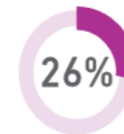
patients malnourished  
(n=1693)

### 2014

17 local projects completed across 15 health services  
Focused on areas of need identified from the PPS results and improved a variety of clinical and organisational outcomes

Development of the Malnutrition in Cancer eLearning program  
A free, online resource housed on the EviQ website that includes targeted modules for health professionals working with cancer patients

Development of the Malnutrition Governance Toolkit  
An education and quality resource for health services with tips and examples of system-wide practice improvements and quality and safety KPIs/audits for nutrition cancer services.



patients malnourished  
(n=1913)

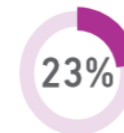
### 2016

Rollout, implementation and evaluation of the Cancer Malnutrition in Cancer eLearning program and the Malnutrition Governance Toolkit (2 projects)  
The eLearning program was evaluated and shown to be an effective platform to improve and sustain clinician knowledge and practice related to malnutrition. The toolkit was found to be supportive in improving clinical governance of cancer malnutrition care and benchmarking of malnutrition indicators commenced.

Working with culturally and linguistically diverse (CALD) populations  
Investigations were undertaken to improve methods for malnutrition identification in CALD populations

Sustainable PPS methodology utilising REDCap  
This was established, piloted and embedded as standard for the biennial cancer malnutrition PPS

Evaluation of patient food service models  
An investigation was undertaken to evaluate patient food service models that best support improving nutrition care in hospitals



patients malnourished  
(n=1351)

### 2018

Cancer malnutrition: feeding everyone from hospital to home project  
The project expanded the program of work beyond health services into primary and community care – highlighting education and practice needs within this sector and promoted the value of cancer malnutrition as a state-wide indicator and as an important quality and safety issue

**RESULTS:** The past 8 years of work has:

- Identified the extent of cancer malnutrition in health services & other service gaps
- Developed and evaluated sustainable resources for consumers and clinicians
- Completed >22 local health service and >8 targeted state-wide projects
- Improved clinical pathways of care
- Highlighted clinical practice and education needs regarding cancer malnutrition in the primary care and community sector.

Cancer malnutrition PPS were conducted biennially and have demonstrated a state-wide reduction in malnutrition prevalence from 31% to 23% in 2016.

**SIGNIFICANCE OF THE FINDINGS:** A state-wide collaboration continues and has led to measurable improvements in patient and organisational outcomes, reduced variation through sharing/delivering best practice nutrition approaches, and improved multidisciplinary awareness of cancer malnutrition.

**KEY LINKS:** <https://www2.health.vic.gov.au/about/health-strategies/cancer-care/cancer-projects/investigating-practices-relating-to-malnutrition-in-victorian-cancer-services>  
<https://education.eviq.org.au/courses/malnutrition-in-cancer>

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