

P2.100: Establishing Pathways to Improve Care for Cancer-related Sarcopenia (EPICCS)

DEAKIN INSTITUTE FOR
**PHYSICAL ACTIVITY
& NUTRITION**

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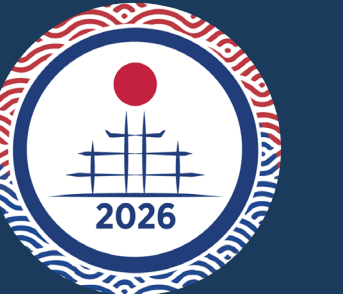
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An evidence-based stepwise approach to develop a valid screening tool for cancer-related muscle loss and integrate it into practice and policy

BACKGROUND

Cancer-related muscle loss is common, clinically important and under-recognized

50% of people with lung cancer have low muscle mass

Cancer-related muscle loss is associated with reduced capacity to tolerate treatment and worse survival

Assessment of muscle mass is not feasible for all patients across most healthcare settings

There is a critical need for appropriate screening

1

DEVELOPMENT & VALIDATION OF M-SCREEN



SCOPING REVIEW

Twenty predictors of cancer-related muscle loss identified from 292 studies.



DELPHI SURVEY

Sixteen predictors reached consensus as critical to include in the tool, were operationalised into questions, and refined for optimal readability by consumers and health professionals.

16 potential screening questions developed



VALIDATION

Validation of the tool against computed tomography-defined muscle mass from 608 people with cancer to determine the set of questions with optimal discrimination properties to detect low muscle mass (M-Screen).

Questions validated against CT muscle mass



SYSTEMATIC REVIEW



CO-DESIGN

Implementation strategies effective for implementing supportive care screening identified from 41 studies. Screening and referral pathways to evidence-based care and implementation strategies developed to support integration into clinical care.

Screening and referral pathways codesigned

M-Screen will be the **first tool for cancer-related low muscle mass screening** globally and is expected to transform care for cancer-related muscle loss through early identification and referral to evidence-based care.

2

EMBED WITHIN HEALTH SERVICES

STEPPED WEDGE TRIAL

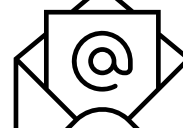
Impact of the tool on access to care, workforce and cost effectiveness will be evaluated.

3

EMBED WITHIN NATIONAL ONCOLOGY GUIDELINES

NATIONAL GUIDELINES

The M-Screen will be embedded into the national nutrition and oncology guidelines.

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Funded by the Medical Research Future Fund | READ MORE:

