Nutrition services for men with prostate cancer: a health professional survey

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Background
Nutrition is a key part of prostate cancer (PC) survivorship for management of PC treatment side effects and overall health. The Prostate Cancer Supportive Care (PCSC) Program is one of only a few PC survivorship programs in Canada that provide nutrition support as part of standard care.

Objective
To understand health care professionals’ (HCPs) perspectives on nutrition services for men with PC and inform nutrition programs.

Methods
• Purposive sampling was used to identify HCPs involved with PC care in British Columbia. An online survey was administered to HCPs
• HCPs that were approached include urologists, radiation oncologists, medical oncologists, registered dietitians and researchers.
• Summary of percent agreement for each question and across professions was analyzed and qualitative data was summarized thematically.

Survey Questions
1. What is your impression of the demand for nutritional support among prostate cancer patient?
2. When do you think nutrition information and services should be provided to prostate cancer patients?
3. What type of content do you think should be the focus of nutrition services provided to prostate cancer patients and their partners?
4. What mode of delivery do you think is best to provide nutrition information to meet the need of prostate cancer patients?

Results
• Of the 56 HCPs invited to participate in the survey, 38 (68%) responded (Figure 1).
• The majority of HCPs (61%) agreed that men with PC require more nutritional support.
• HCPs indicated nutrition services should be offered multiple times throughout survivorship (Figure 2).

Results, continued

Figure 1: Survey response by healthcare profession (38)

Figure 2: Percent agreement of HCP opinion on timing of nutrition services

Figure 3: The most popular suggestions for the focus of nutrition services by profession

Summary & Conclusions
• This study shows that HCPs believe there is a need for nutrition services for men with PC. However, these patients do not meet the criteria for these services within the current health care system that prioritizes patients who meet the criteria for malnutrition, not for those who are overweight.
• Special consideration should be given to how nutrition services are delivered and when they are offered.
• These results will inform the development of additional resources for men with PC to support their nutritional needs through the PCSC Program.

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