

# 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.

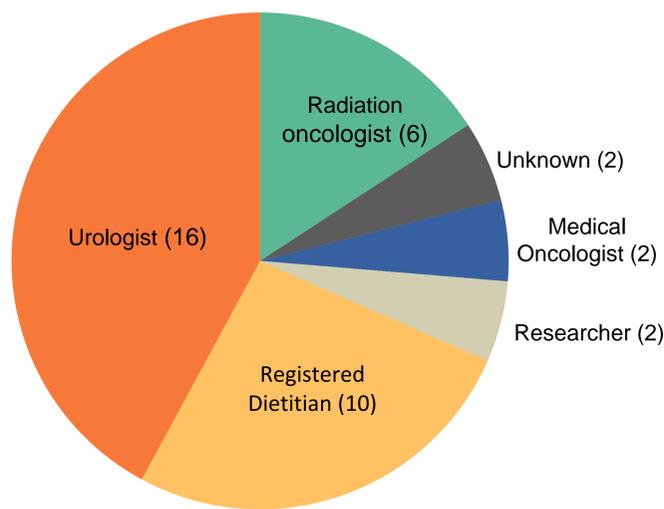
**The objective of this analysis was to understand health care professionals' (HCPs) perspectives on nutrition services for men with PC and inform nutrition programs.**

## 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.



**Figure 1: Survey response by healthcare profession (38)**

## 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).

The majority of HCP reported that nutrition services should be delivered through:

- Consecutive group education sessions (66%)
- Online resources (66%)
- Individual consults with a Registered Dietitian (50%)

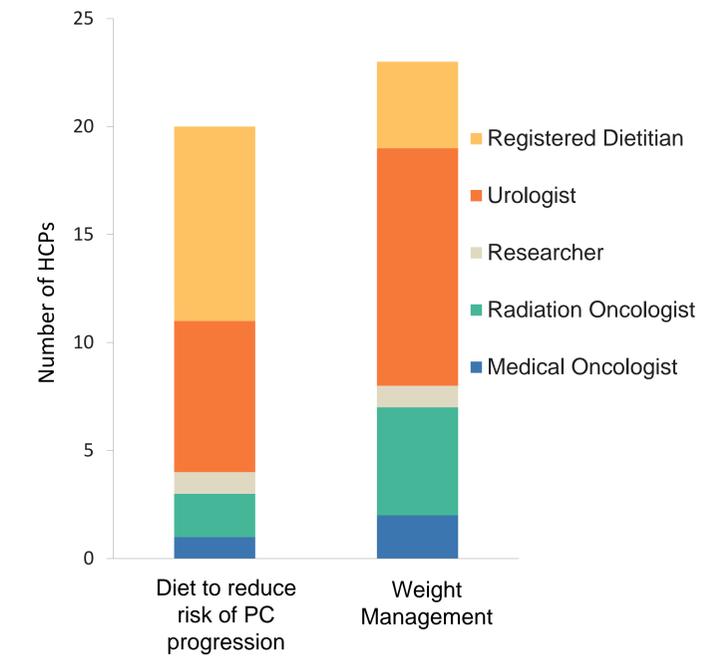
## Results, cont'd

Most (75%) urologists, radiation oncologists and medical oncologists responded that weight management should be the focus for nutrition services (Figure 3).

However, 90% of Dietitians responded that nutrition for reducing the risk of PC progression should be the focus (Figure 3).

The main themes that arose from the qualitative data suggested that nutrition services should be:

- 1) Available in different forms to facilitate individual needs and learning styles
- 2) Adapted based on cultural and community settings



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

## Summary & Conclusions

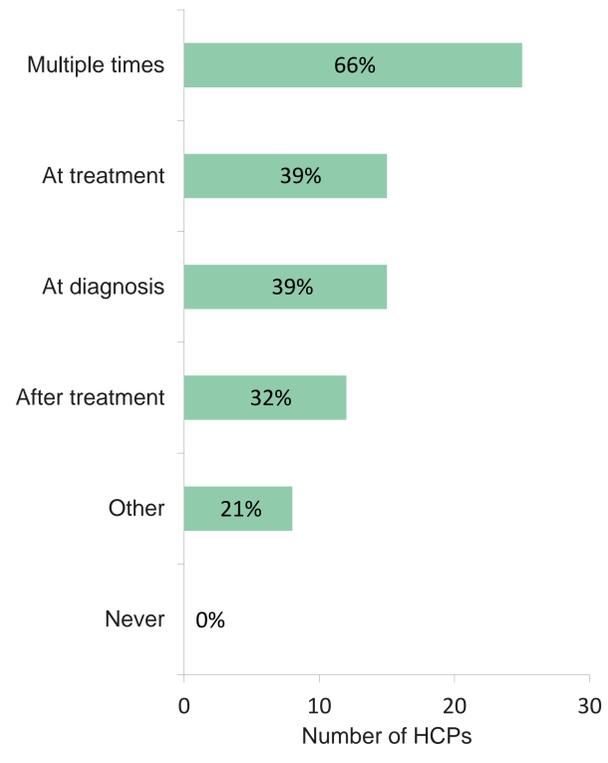
This study shows that HCPs believe there is a need for nutrition services for men with PC. However, these patients do not meet the criteria for these services within the current health care system that prioritizes patients who meet the criteria for malnutrition, not for those who are overweight.

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.

## Acknowledgements

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