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Retrospective evaluation of weight loss in Maine Medical Center Cancer Institute (MMCCI) patients receiving radiation treatment for head and neck cancer

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Project: Retrospective evaluation of weight loss in Maine Medical Center Cancer Institute (MMCCI) patients receiving radiation treatment for head and neck cancer.

Last Updated: 7.12.2019

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Team Members: Radiation Oncology Team Members

Problem/Impact Statement:

When head and neck cancer patients undergo treatment, including surgery, chemotherapy, and radiation therapy, weight loss is an expected side effect. Without proper nutrition throughout any of these treatments, it can become severe, needing medical intervention. One such option is a percutaneous endoscopic gastrostomy (PEG) tube to help mitigate further weight loss. As a part of each head and neck cancer patient's consultation, radiation oncologists at Maine Medical Center's Cancer Institute (MMCCI) discuss PEG tube placement options. This retrospective evaluation compiles MMCCI specific head and neck cancer patient data over a two year period.

Scope:

In Scope: Head and neck cancer patients treat with radiation therapy at MMCCI from July 2016-July 2018
 Out of Scope: Other oncology patients treated with radiation therapy at MMCCI from July 2016-July 2018

Goal/Objective:

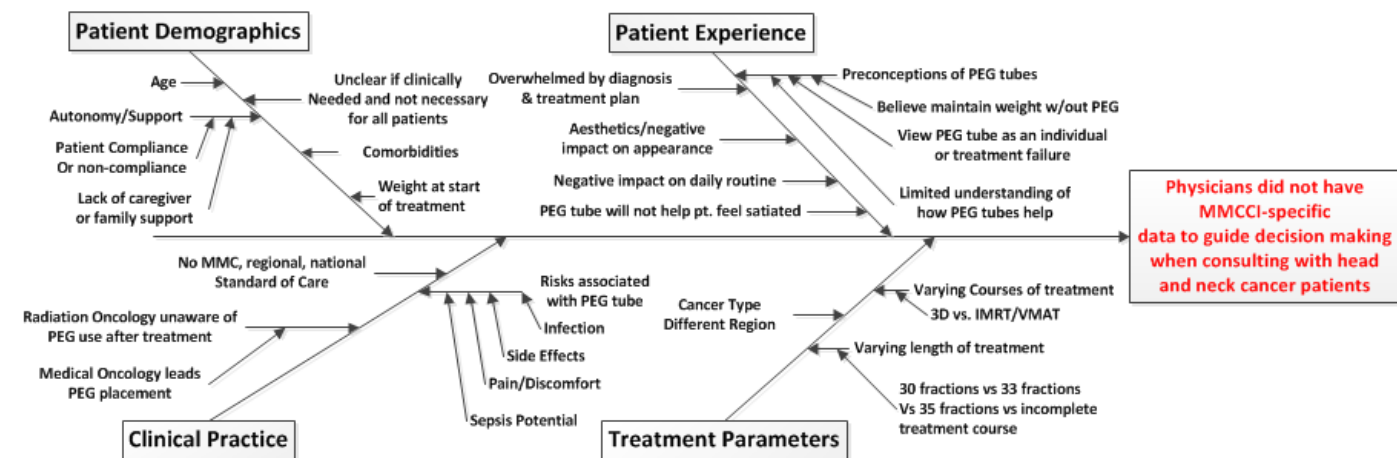
Goal: To offer MMCCI specific data to head and neck patients during radiation oncology consultation conversations regarding PEG tube placement.

Baseline Metrics/Current State:

Current PEG Tube Placement Discussion Timeline



Root Cause Analysis:



Without a standard, MMC needed to gather the information required to have informed, personalized conversations about PEG tubes, to facilitate best outcomes

Countermeasures

Action	Owner	Complete
Define patient population to be studied (n=156)	Dr. Johnson	9/7/2018
Create data collection system to study population	Jessica/David	10/5/2018
Synthesize head and neck data on spreadsheet	Jessica/David	11/2/2018
Share raw data with Dr. Johnson (Primary Investigator)	Jessica/David	11/30/2018
Analyze raw data per the Primary Investigator's instruction, to identify variables	Jessica/David	12/28/2018
Integrate findings into patient conversations	Dr. Johnson	ongoing

Outcomes

Variables Considered by Physicians:

- Patient Sex
- Age Range
- T-stage
- Number of treatments
- Total dose (cGy)
- Concurrent Chemo
- Unilateral vs. Bilateral neck
- Weight loss
- Average Weight loss
- Smoking Status
- Mean Larynx dose
- PEG Placement Duration
- PEG Refusals

What PEG Tube Placement Means to Patients:

- Shared informed decision making
- Personal choice
- Life saver
- Personal autonomy
- Invasive
- Surgical procedure
- Potential hospitalization
- Individual needs
- Temporary
- Lack of oral satisfaction while using PEG
- Nutrition
- Something new to learn
- Risk vs benefit
- Loss of taste
- Weight loss mitigation

We anticipate the data may show patterns and commonalities that can be used in future head and neck cancer consultations to help guide decision making.

Next Steps

Findings will be discussed with MMCCI radiation oncologist group:
 - Incorporate findings into MD/patient discussions during consultations and weekly on-treatment visits.

Plan

Do

Study

Act