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.

Team Members: Radiation Oncology Team Members

Countermeasures

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

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

- Incorporate findings into MD/patient discussions during consultations and weekly on-treatment visits.