



REPORT

Cachexia and Nutrition in Advanced Cancer Patients: a Multidisciplinary Approach

Chairs: M.S. Aapro, CH – J. Herrstedt, DK – F. Strasser, CH

13-14 March 2015 Barcelona, Spain

The Conference “Cachexia and Nutrition in Advanced Cancer Patients: a Multidisciplinary Approach” was held for the first time with the support of **ESMO**, the European Society for Medical Oncology (www.esmo.org), under the auspices of the **EAPC**, the European Association for Palliative Care (www.eapcnet.eu) and **MASCC**, the Multinational Association of Supporting Care in Cancer (www.mascc.org).

Cachexia and other nutritional problems are very frequent throughout the whole trajectory of advanced cancer patients, from diagnosis of incurable disease, during multimodal anticancer treatment and end-of-life.

They impact negatively both response to and toxicity of anticancer treatment, impair quality of life including, but not limited to, physical function and emotional distress, reduce survival, and increase burden to family members.

Continuous monitoring of nutritional issues by multidisciplinary teams with a sentinel role of oncologists and oncology nurses allows early and focused interventions, taking advantage both of new emerging drugs tackling central mechanisms of cancer cachexia and multimodal treatments, such as physical activity, nutritional counselling, emotional support and others. Embedding excellent clinical care in a state-of-art educational environment both for professionals and patients is of paramount importance, as is integrated clinical research which will further improve many relevant outcomes.

This conference focuses on multidisciplinary care of advanced cancer patients, integrating novel pharmacological and other therapeutic opportunities.

AIMS AND OBJECTIVES

The conference programme has been designed for medical oncologists, oncology nursing, health professionals, palliative care specialists, nutrition specialists, pathologists, patient advocates, radiation oncologists, physiotherapists.

Learning objectives

- Understand the importance of detection and assessment of malnutrition, cancer cachexia and symptoms interfering with nutritional intake.
- Learn about the impact of cancer cachexia on treatment effect, cancer treatment toxicity, and quality of life.
- Learn about cachexia prevention, multimodal treatment options and the importance of best supportive care.
- Discuss the importance of food and body image in society and culture.

ACCREDITATION

The Accreditation Council of Oncology in Europe (ACOE) and the European Accreditation Council for Continuing Medical Education (EACCME) have acknowledged the quality of the scientific programme and its educational value. The Conference "Cachexia and Nutrition in Advanced Cancer Patients: a Multidisciplinary Approach" has been assigned **11 European Continuing Medical Education Credits** (ECMEC).

Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME credit to AMA credit can be found at www.amaassn.org/go/internationalcme.

Furthermore, the meeting has been accredited with **8 ESMO-MORA** points Category 1. www.esmo.org

ACKNOWLEDGEMENTS

ESO wishes to express its appreciation to **Fresenius, Kabi** and **Helsinn** for their support and participation in this important initiative.

ESO thanks the EAPC and MASCC for the collaboration in promoting the Conference.

PROGRAMME

Friday, 13 March

9:00-10:30	Sponsored Satellite Symposium	
10:30-11:00	Coffee break	
11:00-11:30	Opening session and welcome	
11:00	Welcome to Barcelona – translational cachexia research	J.M. Argilés, ES
11:06	Relevance of poor performance status in oncology	S. Kaasa, NO
11:14	Demand for nutritional and anti-cachexia interventions	M. Aapro, CH
11:22	Patient-centered personalized advanced cancer care	F. Strasser, CH
11:30 – 13:00	Advanced cancer patients at risk for malnutrition and cachexia	Chairs: S. Kaasa, NO – A. Schols, NL
11:30	Genetics of cachexia	N. Johns, UK
11:45	High risk groups for malnutrition and cachexia	P. Ravasco, PT
12:00	Effect of palliative cancer care on malnutrition and cachexia	S. Kaasa, NO
12:15	Adverse effects of anticancer drugs on nutritional intake	M. Aapro, CH
12:30	Anticancer drug toxicity on muscle mass and function	S. Antoun, FR
12:45 DISCUSSION		
13:00 - 14:00	Poster session and standing lunch in poster area	
14:00 – 15:30	Educational symposium Integration of nutrition and cachexia care in patient treatment trajectories	Chairs: D. Blum, CH - T. Skeidvoll, NO
14:00	Identification of cancer patients at risk for malnutrition in daily oncology practice	K. Fearon, UK
14:20	Role of multi-professional guidelines in changing practice	J. Arends, DE
14:40	Nutrition and cachexia in integrated oncology and palliative care	F. Strasser, CH
15:00 DISCUSSION		
15:30-16:00	Coffee break	
16:00 – 17:30	Impact of malnutrition and cachexia on anticancer treatment practice	Chairs: S. Antoun, FR – N. Johns, UK
16:00	Routine sarcopenia-monitoring in cancer radiology	C. Prado, CA
16:15	Sarcopenia and multimodal/surgical anticancer treatment outcomes	F. Creamer, UK
16:30		
16:45	Combined impact of sarcopenia and cachexia on survival	V. Baracos, CA
17:00	Cachexia-based anticancer treatment practice tool	D. Blum, CH
	Abstract presentation	
17:15 DISCUSSION		
17:30-19:00	Sponsored Satellite symposium	
19:00 – 20:00	Welcome reception	

Saturday, 14 March

09:00 – 10:30	Integration of published new anti-cachexia drugs in advanced cancer care	Chairs: K. Fearon, UK – F. Strasser, CH
9:00	Impact of effective anticancer treatment on cachexia	J. Herrstedt, DK
9:15	Anamorelin	K. Fearon, UK
9:30	Anti-myostatin	F. Strasser, CH
9:45	SARMs	V. Baracos, CA
	Abstract presentation	
10:15 DISCUSSION		
10:30-11:00	Coffee break	
11:00 – 12:10	Cachexia in supportive and palliative oncological rehabilitation	Chairs: V. Baracos, CA – A. Wilcock, UK
11:00	Emerging evidence for multimodal cachexia management	B. Laird, UK
11:20	Physical activity interventions	M. Maddocks, UK
11:40	Modern individualized re-habilitation for advanced cancer	L. Oldervoll, NO
12:00 DISCUSSION		
12:10 – 13:30	Educational symposium Patient-centred personalized nutrition and cachexia management	Chairs: J. Arends, DE – P. Ravasco, PT
12:10	Clinical characterisation of cachectic patients	I. Gioulbasanis, GR
12:30	Individualized nutrition interventions	P.Ravasco, PT
12:50	Nutritional phenotyping lung cancer patients	A. Schols, NL
13:10 DISCUSSION		
13:30 – 14:30	Poster session and standing lunch in poster area	
14:30 – 15:30	Debate on parenteral nutrition in advanced cachectic cancer patients	Chairs: I. Gioulbasanis, GR - J. Hopkinson, UK
14:30	Setting the scene: evidence from literature and survey	R. Simanek, AT
14:45	Pro parenteral nutrition	F. Bozzetti, IT
15:00	Con parenteral nutrition	J. Arends, DE
15:15 DISCUSSION		
15:30 – 17:00	Vulnerable patients: refractory cachexia, old and frail, poor performance status	Chairs: B. Laird – J. Arends, DE
15:30	Eating-related distress of patients and family members	J.Hopkinson, UK
15:45	Physical activity interventions in palliative intention	A. Wilcock, UK
16:00	Multimodal management of old, multi-morbid patients	M. Aapro, CH
16:15	Pharmacological symptom relief in refractory cachexia	T. Skeidvoll Solheim, NO
16:30	Nutritional counselling in palliative intention	J.Reid, UK
16:45 DISCUSSION		
17:00-17:15	Coffee break	
17:15 – 17:45	Development of the nutrition and cachexia field in oncology	Chairs: M. Aapro, CH – J. Herrstedt, DK - F. Strasser, CH
17:15	Integrating cachexia staging and outcomes in EORTC trials	U. Wedding, DE
17:30	DISCUSSION	
17:45	Closing remarks	

EVENT EVALUATION AND PARTICIPANTS STATISTICS

General
The conference is an opportunity for the latest updates on the field of cachexia and nutrition.
A) Strongly agree: 22
B) Agree: 8
C) Neutral: 0
D) Disagree: 0
Please indicate to what degree you agree with the following statement: The conference was conceived to develop the understanding and treatment of cachexia and nutrition in advanced cancer patients.
A) Strongly agree: 19
B) Agree: 11
C) Neutral: 0
D) Disagree: 0
Please give an overall rating for the quality of the education offered at this meeting.
A) Excellent: 21
B) Good: 9
C) Fair: 0
D) Poor: 0

Content
Please indicate to what degree you agree with the following statement: The information was useful and relevant to your work and practice techniques
A) Strongly agree: 10
B) Agree: 18
C) Neutral: 2
D) Disagree: 0
E) Strongly disagree: 0
Please indicate to what degree you agree with the following statement: The presented information was well balanced and supported with adequate evidence
A) Strongly agree: 12
B) Agree: 13
C) Neutral: 5
D) Disagree: 0
E) Strongly disagree: 0
Please indicate to what degree you agree with the following statement: The programme allowed adequate time for discussion and questions
A) Strongly agree: 8
B) Agree: 16
C) Neutral: 6
D) Disagree: 0
E) Strongly disagree: 0
Did you feel that the event contained material designed to promote (commercially)?
A) No: 16
B) Not really: 12
C) A little: 1
D) Yes: 1

Organisation
How would you rate the facilities and venue for the purposes of this meeting?
A) Excellent: 17
B) Good: 7
C) Fair: 6
D) Poor: 0
E) Very Poor: 0
How would you rate the management and organisation of this meeting?
A) Excellent: 16
B) Good: 13
C) Fair: 1
D) Poor: 0
E) Very Poor: 0
How did you finance your participation?
A) Personally: 5
B) Hospital grant: 8
C) Industry: 12
D) Other: 5
How did you find out about the event?
A) ESO mailing: 6
B) Ad in journal: 1
C) Internet: 14
D) Word of mouth: 8
E) Social Media: 1

Information about you
Gender
Female: 19
Male: 11
Date of birth
Under 35: 8
35-45: 6
Over 45: 16
Country
United Kingdom: 6
Germany: 5
Romania: 3
Czech Republic: 2
France: 2
Norway: 2
Portugal: 2
Sweden: 2
The Netherlands: 2
Canada: 1
Hungary: 1
OTHER: 1
Spain: 1

Speciality
ONCOLOGY: 6
MEDICAL ONCOLOGY: 4
PALLIATIVE CARE: 3
CHEMOTHERAPY: 2
MEDICINE: 2
OTHER: 2
PNEUMOLOGY: 2
PULMONOLOGY: 2
CLINICAL ONCOLOGY: 1
GERIATRICS: 1
NURSING: 1
ONCO-HAEMATOLOGY: 1
PAEDIATRIC: 1
STUDENT: 1
SURGERY: 1

Main Field
ONCOLOGY: 6
CLINICAL ONCOLOGY: 5
PALLIATIVE MEDICINE: 4
LUNG: 2
NURSING: 2
PULMONOLOGY: 2
SUPPORTIVE CARE: 2
BREAST: 1
GASTROINTESTINAL: 1
GENERAL: 1
GERIATRIC ONCOLOGY: 1
HEAD & NECK: 1
OTHER: 1
PUBLIC HEALTH: 1

Evaluation Faculty	Scoring (1-4)
Average score speakers	3.35 (2.93 - 3.63)

SUMMARY

The Conference brought together over 150 participants from 26 different countries worldwide. The conference included various professionals, both clinical and research people caring for incurable cancer patients.

The following topics seem to have reached the audience well: showing the relevance of the problem in cancer care, its impact and epidemiology, guidance on how to assess the problem in routine care, how to implement it in the management and the value of guidelines, discussions on new drugs and their integration in current care, discussions on multi-modal care, patient characteristics, prediction of response to interventions including also vulnerable patients, and finally discussions on how to integrate cancer and nutrition in routine cancer care and raise research questions.

Participants appreciated the high level of this event and the broad opportunities for discussion with the faculty during sessions. The evaluation of the participants opinion (questionnaire focussing on programme objectives, programme organisation, course organisation, facilities, and faculty) indicated that the Conference met the needs of the participants on most of the items and highlighted the necessity of such an event.

The European School of Oncology (ESO) is an independent organisation. It recognises that the industrial partners are crucial for the delivery of best cancer care and fosters the continuation of the dialogue and identification of synergies. It restrains, however, the influence of marketing and strives to maintain its independence from the sponsors with whom it interacts with a neutral approach. Since its inauguration in 1982, ESO has been promoting cancer education in Europe and abroad. The original idea of the school is to fight against cancer in optimising training and updating competence of physicians and health care workers dealing with cancer patients in providing them with a comprehensive understanding of oncology - covering all aspects from epidemiology, screening, primary and secondary prevention, molecular-biology, diagnostic procedures, interdisciplinary treatment modalities, rehabilitation, palliative care, to psycho-oncological skills and promoting the importance of controlled randomised trials in clinical oncology. ESO's mission is reflected in its motto "Learning to Care", which stresses the concept of studying and learning and also of caring for the patient in a global sense. By improving the skills of all health professionals dealing with cancer patients, ESO shortens the length of time needed to transfer knowledge from advanced research centres to daily practice, combining advanced technology with humanism in care.

Daniela Mengato
ESO Managing Coordinator

The European School of Oncology would like to heartedly thank all faculty members, for having granted their expertise and dedication in providing this programme and making the Cachexia Conference a great success.