

Study: More Dietitians Needed in Cancer Centers to Help Patients Stay Well-Nourished Throughout Treatment and Beyond

Nutritional counseling optimizes cancer care, yet there's an average of about one dietitian for every 2,300 patients nationally

Ohio State University Comprehensive Cancer Center -
Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

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Package Length: 1:50	Content provided by: Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

NEWS PACKAGE



SUGGESTED TEASE	TEAMS OF MEDICAL PROFESSIONALS COME TOGETHER IN CANCER CENTERS TO GIVE PATIENTS THE BEST CHANCE OF SURVIVAL. BUT A NEW STUDY FINDS THAT A CRITICAL PART OF A CANCER CARE TEAM IS OFTEN MISSING. THE SPECIALIST THAT EVERY CANCER PATIENT SHOULD SEE, COMING UP.
ANCHOR LEAD	KEEPING CANCER PATIENTS AS HEALTHY AND AS STRONG AS POSSIBLE IS IMPERATIVE TO FIGHTING THE DISEASE. GOOD NUTRITION CAN GO A LONG WAY TOWARD IMPROVING TREATMENT TOLERANCE, PREVENTING HOSPITAL ADMISSIONS AND HELPING PATIENTS COMPLETE THEIR TREATMENT. BUT A NEW STUDY ¹ SHOWS FAR TOO MANY CANCER PATIENTS NEVER HAVE THE OPPORTUNITY TO SEE A REGISTERED DIETITIAN. BARB CONSIGLIO HAS THE DETAILS ON A NEW STUDY THAT EXPLORES THIS GAP IN CANCER CARE AND HOW TO ADDRESS IT.
(PACKAGE START) ----- CG: Courtesy: Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute :00 - :03 Shots of Tina playing with granddaughter	(Nats - Sound) :02
CG: Tina Gump Benefitted from nutritional counseling	NOT LONG AGO, TINA GUMP'S LEUKEMIA TREATMENTS WOULD HAVE KEPT HER FROM BABYSITTING HER GRANDDAUGHTER. :05 <i>"I was battling this weight gain, this fatigue where every morning it was a struggle to get out of bed."</i> :06 TINA TURNED A CORNER AFTER CONSULTING

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<p>Shots of Tina with dietitian</p>	<p>WITH A REGISTERED DIETITIAN NUTRITIONIST. MANY OF THE SIDE EFFECTS OF CANCER TREATMENTS CAN BE ADDRESSED WITH A PERSONALIZED NUTRITION PLAN, BUT THERE ARE SIMPLY NOT ENOUGH DIETITIANS TO GO AROUND. :13</p>
<p>CG: Colleen Spees, PhD, RD Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute</p>	<p><i>“Up to 80% of patients are malnourished at some point. And we are not providing access to appropriate nutritional counseling.” :10</i></p>
<p>Shots of Spees in hospital kitchen with chef</p> <p>Graphic: Dietician to Patient Ratio is Outpatient Cancer Centers 1:2,308</p>	<p>COLLEEN SPEES, A DIETITIAN AND RESEARCHER AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER - JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, LED A STUDY THAT FOUND THERE IS ONLY ABOUT ONE DIETITIAN FOR EVERY TWENTY-THREE HUNDRED PATIENTS IN OUTPATIENT CANCER CENTERS, MAKING IT IMPOSSIBLE TO SEE EVERY PATIENT.</p>
<p>Shots of cancer patient in treatment</p>	<p>THAT MEANS A PROFESSIONAL OFTEN ISN'T CALLED TO INTERVENE UNTIL A PATIENT IS SEVERELY MALNOURISHED, WHICH CAN LEAD TO HOSPITAL ADMISSIONS AND INTERRUPTIONS IN TREATMENT. :21</p>
<p>Colleen Spees (CG'd earlier)</p>	<p><i>“It is so critically important that these patients are identified and identified very early and dietitians are uniquely trained to be able to do that.” :10</i></p>
<p>Shots of Spees conducting remote consultation</p>	<p>SPEES IS NOW LEADING A NEW CLINICAL TRIAL TO ADDRESS THE SHORTAGE OF DIETITIANS, PROVIDING LUNG CANCER PATIENTS WITH MEDICALLY-TAILORED MEALS DELIVERED STRAIGHT TO THEIR DOORS. :08</p>
<p>Colleen Spees (CG'd earlier)</p>	<p><i>“Combined with that intervention, we're going to be providing remote access to dietitians who are trained in oncology specifically for patients who have lung cancer.” :11</i></p>
<p>Shots of Tina with dietitian</p>	<p>IT WAS THIS ONE-ON-ONE APPROACH THAT WORKED FOR TINA, WHO FOUND THE RIGHT DIET AND EXERCISE ROUTINE THAT MADE ALL THE DIFFERENCE. :07</p>
<p>Tina Gump (CG'd earlier)</p>	<p><i>“The scale started moving, the energy increased, and my days now are fabulous compared to what they were the past several years.” :07</i></p> <p>AT THE OHIO STATE UNIVERSITY</p>

<p>Shots of Tina playing with granddaughter</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>COMPREHENSIVE CANCER CENTER - JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, THIS IS BARB CONSIGLIO REPORTING. :06</p> <hr/> <p>EXPERTS SAY THE OPTIMAL DIETITIAN TO PATIENT RATIO NEEDS TO BE ABOUT ONE TO ONE HUNDRED AND TWENTY TO GIVE COMPREHENSIVE CARE TO EVERY CANCER PATENT. IF THE MEAL DELIVERY AND REMOTE COUNSELING METHOD USED IN THE NEW CLINICAL TRIAL IS SUCCESSFUL, IT COULD HELP DIETITIANS CONSULT MORE PATIENTS AND BE USED AS A MODEL TO BRING THIS VITAL CARE TO CANCER PATIENTS ACROSS THE COUNTRY.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Nutritional counseling is vital to keeping cancer patients strong throughout treatment. But a new study by @OSUCCC_James finds registered dietitians are severely understaffed in outpatient cancer centers, making it impossible to see every patient. http://bit.ly/2w1BQz0</p> <hr/> <p>80% of cancer patients experience malnutrition, yet most don't receive adequate nutritional counseling. A new study by OSUCCC-James Cancer Hospital and Solove Research Institute finds this is because registered dietitians are significantly understaffed in outpatient cancer centers, with about one RD to every 2,300 patients, making it impossible for them to give personalized care to see every patient. http://bit.ly/2w1BQz0</p>
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EXTRA BITES

<p>CG: Colleen Spees, PhD, RD Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital and Richard J. Solove Research Institute</p>	<p>Spees says they help people modify their behaviors to fight cancer: <i>"We don't tell them what to do. We try to support them in their goals and in helping them to identify modifiable behaviors that they're willing to address that can help them in the long term to fight cancer."</i> :15</p> <p>Spees says the ratio of dietitians to patients should be 1:120: <i>"A staffing ratio of 1:120, going through active treatment has shown to be effective in reducing malnutrition toxicities, improving quality of life, and decreasing hospital readmissions."</i> :16</p>
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CG: Colleen Spees, PhD, RD
Ohio State University Comprehensive
Cancer Center - Arthur G. James Cancer
Hospital and Richard J. Solove Research
Institute

Spees says dietitians are uniquely qualified to help patients:
“Dietitians are uniquely trained, not just in pathophysiology of cancer and not just in medical nutrition therapy, but they’re also trained in things like motivational interviewing and behavioral types of things so that they really have the time, the energy and the expertise to address behaviors.” :21

CG: Tina Gump
Benefitted from nutritional
counseling

Tina says nutrition is often overlooked among cancer patients:
“I can understand why in the beginning people aren’t thinking about getting nutritional counseling because when you have cancer it’s overwhelming and your first thoughts are treatment and it just was never tied in with the nutrition part of it.” :13

Tina says feeling better allowed her to live a more social life:
“I was able to start exercising, to start feeling better. So when you start feeling better, then you’re able to become more sociable, you’re not just staying in your house all day without interactions from people.” :11

Tina says she used a food journal to develop a plan with her dietitian:
“We would look at my food journal and she would analyze it for me and then make recommendations of things that I needed to add or eliminate and follow through on that.” :11

References

¹*Inadequate Nutrition Coverage in Outpatient Cancer Centers: Results of a National Survey*,
Hindawi Journal of Oncology, Nov. 22, 2019. Online: <https://doi.org/10.1155/2019/7462940>

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