

## **Chapter Title:** Basic Oncology Nutrition

**Duration:** 2 Month

**Objective:** To provide foundational knowledge on the role of nutrition in cancer care, focusing on understanding the metabolic changes caused by cancer and introducing essential strategies for nutritional management.

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### **Program Outline:**

#### **Week 1: Foundations of Oncology Nutrition**

##### **Topic 1: Understanding Cancer and Its Impact on Nutrition**

- Overview of cancer development (carcinogenesis, tumor growth).
- Common types of cancer and their nutritional implications.
- Effects of cancer on metabolism (e.g., hypermetabolism, cachexia).

##### **Topic 2: The Role of Nutrition in Cancer Care**

- Importance of nutrition in cancer prevention, treatment, and survivorship.
  - Goals of nutritional support in oncology (e.g., maintaining weight, improving immunity, managing side effects).
  - Introduction to multidisciplinary care: collaboration with oncologists, dietitians, and caregivers.
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#### **Week 2: Nutritional Challenges in Oncology**

##### **Topic 1: Symptoms and Their Impact on Nutrition**

- Anorexia, nausea, vomiting, and early satiety.
- Dysphagia and oral complications (e.g., mucositis, xerostomia).

- Gastrointestinal symptoms (e.g., diarrhea, constipation).

## **Topic 2: Identifying Nutritional Needs**

- Screening tools for nutritional assessment (e.g., MUST, PG-SGA).
- Recognizing malnutrition and weight loss in cancer patients.
- Understanding individual energy, protein, and micronutrient requirements.

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## **Week 3: Diet During Cancer Treatment**

### **Topic 1: Diet Considerations During Chemotherapy and Radiotherapy**

- Dietary strategies to manage treatment side effects.
- Importance of adequate hydration and electrolyte balance.
- Foods to include and avoid during treatments.

### **Topic 2: Special Nutrition Support**

- Enteral nutrition: indications and formula selection.
- Parenteral nutrition: when and how it is used.
- Ethical considerations in artificial feeding.

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## **Week 4: Practical Skills in Oncology Nutrition**

### **Topic 1: Meal Planning for Oncology Patients**

- Creating nutrient-dense meals for reduced appetite.
- Modifying food texture and consistency for dysphagia.
- Incorporating cultural and personal preferences in meal plans.

### **Topic 2: Case Studies and Real-World Applications**

- Analyzing patient histories and nutritional challenges.
  - Designing personalized meal plans based on symptoms and treatment stages.
  - Developing problem-solving skills for unique patient scenarios.
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### Learning Outcomes:

1. Understand cancer's physiological effects and their implications for nutrition.
  2. Identify and address common nutritional challenges in oncology patients.
  3. Apply basic dietary strategies to manage treatment-related side effects.
  4. Design simple, effective meal plans tailored to cancer patients' needs.
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### Teaching Methodology:

- Interactive lectures with visual aids.
  - Group discussions on case scenarios.
  - Hands-on workshops for meal planning and nutritional assessments.
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### Assessment:

- Weekly quizzes to reinforce learning.
  - Practical assignments on meal planning and patient case studies.
  - End-of-month project: Develop a nutritional care plan for a hypothetical oncology patient.
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### Target Audience:

- Beginners in nutrition and dietetics.
- Healthcare students and professionals new to oncology nutrition.
- Caregivers seeking foundational knowledge on nutritional support for cancer patients.



**ONLINE CERTIFICATION IN NUTRITION**

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