

# Expert design thinking workshops to analyse users' perceived applicability of NUTRI-ONCOCARE algorithm to prevent and treat malnutrition in cancer patients under routine clinical practice conditions in Spain: the ALLIANCE study.

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**Supplementary table 1: Tumor committee**

| <b>Question</b>  | <b>Solution</b>   | <b>Punctuation<br/>(1-5)*</b>   |
|--|---|---------------------------------|
| <b>When?</b>   | At diagnosis  | 4.92                            |
|  | Throughout the course of the disease  | 3.50                            |
|  | With each change in treatment   | 3.17                            |
|  | According to the protocol of each pathology   | 3.08                            |
|  | According to the protocol of each site  | 2.92                            |
|  | Weekly  | 2.17                            |
| <b>Opportunities</b>   | <i>To introduce a specific section for the tumor committee to include nutritional risk assessment</i> | 4.67                            |
|  | <i>To obtain support from hospital managers</i>   | 4.42                            |
|  | <i>To define criteria suggesting the need for nutritional follow-up</i>                               | 4.42                            |
|  | <i>To select a tumor review coordinator with prior knowledge of patients</i>                          | 4.08                            |
|  | <i>To develop an electronic information system for remote access</i>                                  | 4.08                            |
|  | <i>Time</i>   | 4.25                            |
|  | <i>Inclusion of nutritional evaluation as a tumor committee objective</i>                             | 4.17                            |
|  | Organisation of people according to tumour type   | 3.75                            |
|  | Professionalisation   | 3.75                            |
|  | Real-time update without having to wait for the next call for proposals                               | 3.67                            |
|  | Acknowledgement   | 3.50                            |
|  | Training and career incentives  | 3.25                            |
|  | Nurse participation   | 3.00                            |
|  | <b>Barriers</b>   | <i>High assistance workload</i> |
| <i>Lack of time</i>  |   | 4.42                            |
| <i>Limited time for the tumor committee to review each individual case</i> |   | 4.42                            |
| <i>Participation of nutrition experts in tumor committees</i>              |   | 4.50                            |
| <i>Difficulty in the presence of nutrition in all the committees</i>       |   | 4.42                            |
| Coinciding with the service's own clinical sessions                        |   | 4.00                            |
| Lack of professionalism of the committees                                  |   | 3.17                            |
| Fluent communication   |   | 3.00                            |

\*Each item was evaluated by participants using a 5-point Likert Scale. Selected items were those which received a score  $\geq 4$ .

**Supplementary table 2: Prompt nutritional screening**

| <b>Question</b> | <b>Solution</b>  | <b>Punctuation<br/>(1-5)*</b> |
|-----------------|--|-------------------------------|
| Opportunities   | <i>Site-specific protocols defining responsibilities and scope</i> | 4.67                          |
|                 | <i>Digitize the screening and provide training in HC</i>           | 4.50                          |
|                 | <i>Training</i>  | 4.17                          |
|                 | Create a referral protocol   | 3.92                          |
|                 | Inclusion in the specific committee guide                          | 3.83                          |

|          |   |      |
|----------|---|------|
|          | Onco-nutrition coordination   | 3.75 |
|          | Malnutrition strategy at national or autonomous community level per contract                              | 3.67 |
|          | Nutrition unit and oncology service.  | 3.50 |
|          | Nutrition-trained staff available for screening   | 3.50 |
|          | Residents should rotate between the two specialties (oncology/nutrition)                                  | 3.00 |
| When?    | <i>At diagnosis</i>   | 4.50 |
|          | <i>At first visit and in every visit thereafter in oncology or any other clinical specialty</i>           | 4.67 |
|          | <i>Throughout tumor evolution/type of tumor</i>   | 4.17 |
|          | At the beginning or each chemotherapy cycle   | 3.83 |
|          | At each hospital admission  | 3.83 |
|          | Each time the patient receive treatment   | 3.75 |
|          | Depending on nutritional risk   | 3.75 |
| How?     | <i>With a validated nutritional screening tool included in the malnutrition protocol of each hospital</i> | 4.75 |
|          | <i>Inclusion in patients' medical history</i>   | 4.75 |
|          | <i>Collect the result in an electronic record template</i>  | 4.67 |
|          | <i>No more than 2 to 3 minutes</i>  | 4.50 |
|          | Tool including weight loss, BMI and nutritional intake assessments  | 4.00 |
|          | Minimum: weighing to measure weight loss over time and ingestion.   | 3.2  |
|          | In an agile way   | 3.75 |
|          | Weight, height and analytical values  | 3.17 |
| Barriers | <i>Lack of awareness among hospital managers</i>  | 4.50 |
|          | <i>Lack of staff</i>  | 4.25 |
|          | <i>Motivation</i>   | 4.42 |
|          | <i>Lack of a protocol</i>   | 4.17 |
|          | <i>Malnutrition consequences visibility</i>   | 4.17 |
|          | Lack of coordination between services   | 3.92 |
|          | Oncologists may not know screening tools  | 3.83 |
|          | Computerised system   | 3.67 |
|          | Lack of practice  | 3.58 |
|          | No perceived utility  | 3.25 |

\*Each item was evaluated by participants using a 5-point Likert Scale. Selected items were those which received a score  $\geq 4$ .

**Supplementary table 3: Assessment, diagnosis and nutritional intervention**

| <b>Question</b> | <b>Solution</b>  | <b>Punctuation<br/>(1-5)*</b> |
|-----------------|--|-------------------------------|
| What?           | <i>Nutritional intervention, therapy, and exercise</i>   | 4.75                          |
|                 | <i>GLIM (Global Leadership Initiative on Malnutrition) criteria use and muscle mass tests (at least dynamometry)</i> | 4.33                          |
|                 | <i>Comprehensive nutritional assessment</i>  | 4.08                          |
|                 | Adapted to each type of tumour   | 3.67                          |
|                 | Risk of malnutrition   | 3.67                          |
|                 | Morphofunctional assessment  | 3.67                          |
| Opportunities   | <i>Specific protocols according to the resources of each site</i>  | 4.75                          |
|                 | <i>Algorithms easily applied to clinical practice</i>  | 4.42                          |
|                 | <i>Number of staff</i>   | 4.25                          |
|                 | <i>Lead nutrition experts</i>  | 4.08                          |
|                 | <i>Easy referral systems</i>   | 4.08                          |
| When?           | Patients at nutritional risk   | 4.75                          |
|                 | Throughout the course of the disease   | 4.17                          |
|                 | Already malnourished patients  | 4.00                          |
|                 | In the first assessment  | 3.83                          |
|                 | According to the specific situation of each patient  | 3.75                          |
| How?            | <i>Nutritional intervention according to nutritional intake and intestinal tract functionality (EN, ONS, TPN)</i>    | 4.50                          |
|                 | <i>Functional tests as SSPB (Summary of safety and probable benefit)</i>   | 4.17                          |
|                 | <i>Comprehensive nutritional assessment</i>  | 4.17                          |
|                 | Validated questionnaires, weight and analytical evolution  | 4.00                          |
|                 | Muscle mass and function with dynamometry  | 4.00                          |
|                 | Nutritional history and morphofunctional nutritional assessment  | 4.00                          |
|                 | Hand dynamometry   | 3.83                          |
|                 | Assessment of medical history  | 3.83                          |
|                 | At the doctor's office   | 3.75                          |
|                 | Integral composition assessment  | 3.58                          |
|                 | Adapted to the patient's risk  | 3.50                          |
|                 | Technical measures such as impedance   | 3.25                          |
|                 | Regular visits   | 3.25                          |
|                 | Analysis of albumin and pre-albumin, PCR   | 3.17                          |
|                 | Classic tools and muscle echo  | 2.92                          |
| Barriers        | Time and staff   | 4.42                          |
|                 | Without proper screening there is no possible intervention   | 4.42                          |
|                 | Lack of specific training in small hospitals   | 4.25                          |
|                 | Availability of an expert for all cancer patients  | 4.00                          |
|                 | Lack of awareness and economic provision   | 3.92                          |
|                 | Lack of allocation of responsibilities   | 3.83                          |

\*Each item was evaluated by participants using a 5-point Likert Scale. Selected items were those which received a score  $\geq 4$ . EN: Enteral Nutrition; ONS: Oral Nutritional Supplements; TPN: Total Parenteral Nutrition.



**Supplementary table 4: Hospital nutritional protocol**

| <b>Question</b> | <b>Solution</b>  | <b>Punctuation<br/>(1-5)*</b> |
|-----------------|--|-------------------------------|
| What?           | Including screening, intervention and nutritional follow-up                                    | 4.92                          |
|                 | To define the specific protocol to be used in each site according to patients' characteristics | 4.67                          |
|                 | To define inclusion and exclusion criteria   | 4.50                          |
|                 | Clear algorithms   | 4.33                          |
|                 | Define which committees to participate in  | 4.08                          |
| Opportunities   | Nutrition units or nutrition committees in hospitals   | 4.75                          |
|                 | Support from hospital managers   | 4.50                          |
|                 | Availability of committee and protocol   | 4.50                          |
|                 | Coordination between oncology and nutrition experts mediate by a responsible                   | 4.17                          |
|                 | Strategies supported by medical societies and the administration                               | 4.17                          |
|                 | Easily accessible document in committee and consultation                                       | 3.75                          |
|                 | Physical presence of nutrition consultation in the oncology area                               | 3.58                          |
|                 | Lack of referral to nutrition  | 3.17                          |
| When?           | From the beginning, together with the screening and intervention                               | 4.75                          |
|                 | Throughout the process   | 4.50                          |
|                 | Until the end of treatment and afterwards  | 4.33                          |
|                 | From diagnosis   | 4.33                          |
|                 | When nutritional risk is present   | 3.67                          |
| How?            | In a multidisciplinary way within the competences  | 4.58                          |
|                 | Referral and nutritional assessment of tumours at high nutritional risk                        | 4.58                          |
|                 | Consensus with all specialists involved in the patient's treatment                             | 4.33                          |
|                 | Screening for low-risk tumours, filtering out patients   | 4.25                          |
|                 | Presentation to the committee, discussion, approval and implementation                         | 4.17                          |
|                 | With a pre-established adaptation protocol in each hospital                                    | 4.00                          |
|                 | Ease of prescribing dietary supplements  | 3.58                          |
| Barriers        | Lack of awareness  | 3.58                          |
|                 | Difficulty in prescribing nutritional supplements  | 3.50                          |
|                 | Bureaucracy  | 3.25                          |
|                 | Feeling that we are all experts without being experts  | 3.25                          |

*\*Each item was evaluated by participants using a 5-point Likert Scale. Selected items were those which received a score  $\geq 4$ .*

**Supplementary table 5: Nutritional follow-up**

| <b>Question</b> | <b>Solution</b>  | <b>Punctuation<br/>(1-5)*</b> |
|-----------------|--|-------------------------------|
| What?           | Weigh control, tolerability and effectiveness of prescribed treatment                  | 4.75                          |
|                 | Nutritional screening and nutritional evaluation when pathological                     | 4.42                          |
|                 | Review nutritional parameters  | 4.08                          |
|                 | Changes in nutritional intervention objectives   | 4.08                          |
| Opportunities   | Patient weight in each visit   | 4.58                          |
|                 | Involve patients and their caregivers  | 4.75                          |
|                 | Morphofunctional evaluation  | 4.58                          |
|                 | Early monitoring   | 4.58                          |
|                 | Easy communication between the patient and the person responsible of his/her follow-up | 4.50                          |
|                 | Indicated via alerts in medical records  | 4.00                          |
|                 | Interspersing face-to-face consultation with telephone consultation                    | 4.00                          |
|                 | Providing a unique event   | 4.00                          |
|                 | Electronic consultation with primary care  | 3.92                          |
|                 | On-demand access to nutrition specialist or nurse                                      | 3.83                          |
| When?           | Throughout the disease   | 4.92                          |
|                 | At the beginning of systemic treatment   | 4.17                          |
|                 | In each oncology visit   | 4.00                          |
|                 | In each cycle  | 3.92                          |
|                 | Depending on oncologic treatment   | 3.83                          |
|                 | According to baseline risk and need for support  | 3.75                          |
| How?            | Weigh, adherence, and treatment tolerance  | 4.75                          |
|                 | Nutritional evaluation and intervention  | 4.08                          |
|                 | It can be established according to patient groups (surgical risk).                     | 3.92                          |
|                 | With protocol agreed by committee  | 3.83                          |
| Barriers        | High workload  | 4.67                          |
|                 | Lack of time   | 4.33                          |
|                 | Lack of awareness  | 3.83                          |
|                 | Significant improvement or worsening causes leading to loss of follow-up               | 3.58                          |
|                 | Thinking that the nutritional monitoring is being done by another specialist           | 3.25                          |

*\*Each item was evaluated by participants using a 5-point Likert Scale. Selected items were those which received a score  $\geq 4$ .*