

Introduction to Nutrition and Cancer

Aim

This blended learning course is an interactive day that aims to link with The Macmillan Allied Health Professions Competence Framework for those working with people affected by cancer (Macmillan, 2017). And will increase the knowledge and skills in the nutritional care of adults living with and beyond cancer

Learning Outcomes

By the end of the course delegates will be able to:

- Describe the nutritional problems (physical and psychological) that occur in cancer prior to diagnosis and as a result of treatment
- State the features of cachexia and sarcopenia, describe how it differs from malnutrition and describe the impact on treatment
- State the methods of cancer treatment and the toxicities that impact on nutrition
- State the methods of dietetic management during cancer treatment
- Describe the factors that influence nutritional requirements
- Describe the dietary factors for cancer prevention
- Describe the diet and lifestyle factors for those living with and beyond cancer
- Describe the late effects of treatment experienced by people living with and beyond cancer and the relevance to diet and nutrition
- Describe nutritional management in palliative and End of Life care.
- Describe the nutritional needs of those with cancer, their families and carers

Programme:

9.00 - 9.30	Arrival and refreshments	12.45 - 1.30	Lunch
9.30 - 9.40	Welcome & introductions	1.30 - 2.00	Nutrition during palliative care / end of life (Case studies)
9.40 - 10.00	Context of the day & Ice breaker	2.00 - 2.30	Myth busters – addressing myths around diet and cancer, FAQ
10.00 -10.45	The impact of cancer and its treatment on nutritional and clinical outcomes	2.30 - 2.45	Break
10.45 - 11.00	Break	2.45 - 3.25	Introduction to late effects

11.00 - 11.45	Nutrition Assessment in Cancer	3.25 - 4.00	Living with and beyond cancer – lifestyle changes
11.45 - 12.45	Practical approaches to nutritional support	4.00 - 4.15	Summary and Close

More Information

Please direct queries to:

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