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Preface

The purpose of the *Academy of Nutrition and Dietetics Pocket Guide to the Nutrition Care Process and Cancer* is to integrate evidence-based nutrition and cancer recommendations into a concise, easy-to-use reference for dietetics practitioners providing nutrition care for patients diagnosed with cancer. This publication is not intended to replace in-depth oncology nutrition clinical guides, texts, or references.

The Academy's *Evidence-Based Practice: Oncology Toolkit* (1), the Nutrition Care Process Terminology (2), and the Evidence-Based Oncology Nutrition Practice Guidelines (ON EBNPG) from the Academy's Evidence Analysis Library (EAL) (3) serve as the foundation for the content of this pocket guide.

In addition, evidence-based guidelines and consensus-driven interventions from leading cancer and health organizations have been synthesized to help guide oncology nutrition practice. Information from the following organizations is included: the National Comprehensive Cancer Network (NCCN) (4), the American Cancer Society (ACS) (5,6), the World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) (7), the Oncology Nursing Society (ONS) (8), the US Department of Health and Human Services (9), and the American College of Sports Medicine (10).

Chapter 1 provides an overview of medical nutrition therapy (MNT) in cancer care that follows the Nutrition Care Process. It reviews the recommendations for MNT

encounters in the ambulatory setting from the Academy's *Evidence-Based Practice: Oncology Toolkit*.

Chapter 2 covers nutrition screening and the identification of malnutrition risk, and Chapters 3, 4, and 5 cover the first step of the NCP, Nutrition Assessment, where RDNs obtain, analyze, and interpret data to identify nutrition-related problems. More specifically, Chapter 3 provides information about each domain of nutrition assessment as it relates to cancer and includes the Oncology EBNPG recommendations pertaining to nutrition assessment; Chapter 4 includes evidence- and research-based guidance for determining the nutrition requirements for adults in the cancer care setting; and Chapter 5 addresses the use of nutrition assessment in patients with myelosuppression.

Chapter 6 reviews the second step of the NCP, nutrition diagnosis, and provides guidance for identifying and labeling a patient's specific nutrition-related problems that can be addressed through nutrition intervention. Examples of nutrition diagnoses and PES statements from the cancer care setting using a standardized format are provided. The ON EBNPG recommendation for developing nutrition diagnoses for adults with cancer is highlighted at the end of the chapter.

Chapter 7 and Appendixes A and B address the third step of the NCP, nutrition intervention. The chapter includes the ON EBNPG recommendations for developing nutrition prescriptions and guiding overall nutrition care for adults with cancer. Appendixes A and B provide RDNs with best practice- and evidence-informed guidance to implement the nutrition prescriptions and recommendations for patients receiving and/or recovering from cancer treatment.

Chapter 8 integrates recommendations from the Oncology EBNPG into the fourth step of the NCP, nutrition monitoring and evaluation, where RDNs monitor patients' progress and determine whether goals and/or expected outcomes are being met. Finally, Appendixes C and D provide lists of additional resources for RDNs, cancer survivors, and those who care for people with cancer.

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