

When the diagnosis is “Cancer” what more information do doctor’s need to decide further treatment planning?

Decision on further treatment (curative vs palliative) is based on locoregional staging, nutritional depletion and performance status of the patient

SUGGESTED INVESTIGATIONS FOR LOCO REGIONAL STAGING & FITNESS

- USG abdomen
- CT chest / abdomen with oral & IV contrast
- CXRPA
- HPE of tumor; SOS LCA & immunohistochemistry
- Hemogram, LFT with PT & albumin, BUL s creat
- Cardiac evaluation & PFTs SOS

| SGA | NUTRITIONAL SCORE | A | B | C |
|---------------------------------------|--------------------------|------------|--------------|-----------------|
| History | | | | |
| Weight change | | | | |
| Loss in 6 months: kg (%loss) | | < 5% | 5-10 % | >10% |
| Change in 2 weeks | | gained | lost | lost |
| Diet | | normal | suboptimal | hypocal liquids |
| Recent GI symptoms | | | | |
| nausea | | | | |
| vomiting | | | | |
| diarrhea | | | | |
| anorexia | | | | |
| Functional capacity (work) | | suboptimal | ambulatory | bedridden |
| Effect of disease on nutrition | | low stress | mod stress | severe stress |
| Examination | | | | |
| | | | < subcut fat | muscle wasting |
| | | | Triceps | |
| | | | chest | quadriceps |
| | | | | Deltoid |
| | | | | Ankle edema |
| | | | | ascites |

GUAGING THE PERFORMANCE STATUS OF THE PATIENT

KARNOFSKY SCORE

- 100% - normal, no complaints, no signs of disease
- 90% - capable of normal activity, few symptoms or signs of disease
- 80% - normal activity with some difficulty, some symptoms or signs
- 70% - caring for self, not capable of normal activity or work
- 60% - requiring some help, can take care of most personal requirements
- 50% - requires help often, requires frequent medical care
- 40% - disabled, requires special care and help
- 30% - severely disabled, hospital admission indicated but no risk of death
- 20% - very ill, urgently requiring admission, requires supportive measures or treatment
- 10% - moribund, rapidly progressive fatal disease processes
- 0% - death

ECOG SCORE

- 0 - Asymptomatic
- 1 - Symptomatic but completely ambulatory
- 2 - Symptomatic, <50% in bed during the day
- 3 - Symptomatic, >50% in bed, but not bedbound
- 4 - Bedbound
- 5 - Death