

Feeding the Head and Neck Oncology Patient

Teresa W. Johnson, DCN, RDN, FAND

Test Questions

1. Which category of head and neck cancer (HNC) is increasing to the greatest extent?
 - a) Nasopharyngeal
 - b) Laryngeal
 - c) Oral/oropharyngeal
 - d) Salivary gland
2. What percentage of HNC patients report weight loss, regardless of prophylactic or reactive enteral feeding approaches?
 - a. 60%
 - b. 40%
 - c. 30%
 - d. 20%
3. Identify the nutrition intervention(s) studied as important in the perioperative period for HNC patients?
 - a. Immunonutrition (IM) containing supplemental L-arginine
 - b. IM containing supplemental n-3 fatty acids from fish oil
 - c. M containing supplemental nucleotides
 - d. IM containing all three immunonutrients
4. Dr. Johnson's research studied HNC patients needing enteral feeding at the onset of chemoradiotherapy, and measured outcomes associated with a switch from commercial formula to commercially blenderized tube feeding (BTF) made with whole foods. What did she find over the course of 6-weeks?
 - a. Upward trend in weight
 - b. Improved Quality of Life scores
 - c. Decreased reports of vomiting, constipation, and diarrhea
 - d. All of the above
5. In a retrospective review, 37 tube fed patients with cancer had fewer inpatient and outpatient visits associated with the change to a commercial BTF made with whole foods. How much savings was the decrease in health care resource utilization equated to over 168 days (5.6 months)?
 - a. Nearly \$55,000
 - b. Almost \$90,000
 - c. Just over \$25,000
 - d. Nearly \$125,000

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