19th Conference of the International Society of Geriatric Oncology

Integrative oncology – Leaving no one behind
Geriatric Evaluation Workshop
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Outline

• 7.00-7.10am Case Presentation (large group)
• 7.10-8.20am Break out stations (small groups)
• 8.20-8.30am (large group)
Case

• 84 y/o Male
• A.fib, CAD, DM, CHF (LVEF 40-45%), hypertension, hyperlipidemia, hypothyroidism
• Referred for a geriatric evaluation
• Dyspnea and cough x1 year
• No improvement with OTC medications
• Former smoker
Medications

- Novolog TID per sliding scale SC
- Glargine 20 units at night SC
- Omeprazole 40mg daily PO
- Levothyroxine 50 mcg daily PO
- Apixaban 5mg daily PO
Case Continued…

• CXR: Right UL airspace disease

• CT/PET scan: RUL lung mass, bone and liver mets

• EBUS biopsy: squamous cell carcinoma, PD-L1 expression 0%

• Met with medical oncologist to discuss chemotherapy treatment
Geriatric Assessment

- Small groups (5-10 people each group)
- 7 stations
- Approximately 10 minutes at each station
- Rotate through all 7 stations

1) Geriatric screening tools (e.g., VES-13, Geriatric 8)
   - Gábor Liposits, Carolina Uranga

2) Cognitive assessments (e.g., MOCA, MMSE, Mini-Cog)
   - Allison Magnuson, Martine Puts

3) Physical performance (e.g., SPPB, TUG, gait speed, etc.)
   - Mackenzi Pergolotti, Schroder Sattar

4) Chemotherapy toxicity calculators (e.g., CARG, CRASH, MAX2)
   - Nicolò Matteo Luca Battisti, Sukeshi Arora

5) Life expectancy calculators
   - Enrique Soto Perez de Celis, Nina Rosa Neuendorff

6) Social support and psychological Health (e.g., MOS, GAD)
   - Kristen Haase, Fábio Gomes

7) Medications and polypharmacy (e.g., BEERS)
   - Erika Ramsdale, Ginah Nightingale

**Functional status and nutritional status are also part of GA**
Geriatric Assessment Findings

1) Geriatric screening tools
   - VES-13: 7, G8: 8

2) Cognitive assessments
   - MOCA: 27

3) Physical performance
   - SPPB: 9

4) Chemotherapy toxicity calculators
   - 78% with polychemotherapy (full dose), 66% with monochemotherapy (full dose)

5) Life expectancy calculators
   - Estimated life expectancy (excluding lung cancer): 3.8-5.1 years

6) Social support and psychological Health (e.g., MOS, GAD)
   - Has a son (lives about 35km/22 miles away) and granddaughter (lives about 200km/125 miles away)
   - Both live a long distance away
   - No close friends in the area
   - GAD-15: 7

7) Medications and polypharmacy
   - High risk medications: None per BEERS
   - Polypharmacy: Yes
Functional status

Activities of daily living (requires assistance?)

• Eating: No
• Bathing: No
• Dressing: No
• Toileting: No
• Transferring: No
• Maintaining continence: No
Functional status

Activities of daily living (independent, requires assistance, or dependent?)

• Telephone use: independent
• Shopping: independent
• Food preparation: assistance
• Housekeeping: assistance
• Laundry: assistance
• Transportation: independent
• Taking medicine: independent
• Finance management: independent

Falls: None in the last 12 months
## Nutritional status (MNA)

<table>
<thead>
<tr>
<th>Screening</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?</td>
<td></td>
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<tr>
<td>0 = severe decrease in food intake</td>
<td></td>
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<tr>
<td>1 = moderate decrease in food intake</td>
<td></td>
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<tr>
<td>2 = no decrease in food intake</td>
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<tr>
<td>B Weight loss during the last 3 months</td>
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<tr>
<td>0 = weight loss greater than 3 kg (6.6 lbs)</td>
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<tr>
<td>1 = does not know</td>
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<tr>
<td>2 = weight loss between 1 and 3 kg (2.2 and 6.6 lbs)</td>
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<tr>
<td>3 = no weight loss</td>
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<td>C Mobility</td>
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<td>0 = bed or chair bound</td>
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<td>1 = able to get out of bed / chair but does not go out</td>
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<tr>
<td>2 = goes out</td>
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<tr>
<td>D Has suffered psychological stress or acute disease in the past 3 months?</td>
<td></td>
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<tr>
<td>0 = yes</td>
<td></td>
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<tr>
<td>2 = no</td>
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<tr>
<td>E Neuropsychological problems</td>
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<td>0 = severe dementia or depression</td>
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<td>1 = mild dementia</td>
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<td>2 = no psychological problems</td>
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<tr>
<td>F Body Mass Index (BMI) (weight in kg) / (height in m)^2</td>
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<tr>
<td>0 = BMI less than 19</td>
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<td>1 = BMI 19 to less than 21</td>
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<tr>
<td>2 = BMI 21 to less than 23</td>
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<tr>
<td>3 = BMI 23 or greater</td>
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### Screening score (max. 14 points)

<table>
<thead>
<tr>
<th>Points</th>
<th>Description</th>
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<tbody>
<tr>
<td>12-14 points:</td>
<td>Normal nutritional status</td>
</tr>
<tr>
<td>8-11 points:</td>
<td>At risk of malnutrition</td>
</tr>
<tr>
<td>0-7 points:</td>
<td>Malnourished</td>
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</table>

Score: **7**
Management

1) Vulnerable to frail
2) Risk for toxicity explained to the patient
3) Discussion of prognosis
4) Patient preference: wants to try treatment
5) Chemotherapy started: experienced diffuse body pain, hyperglycemia (due to dexamethasone given as pre-med), and drowsiness (diphenhydramine)
6) Ongoing discussion regarding forgoing vs. continuing treatment
7) Geriatric interventions (PT, OT, fall prevention, dietician, pharmacist – deprescribing, life-alert bracelet)