Improving Awareness, Identification, and Management of Sarcopenic Obesity in Cancer Survivors: An Evidence-Based Toolbox

Sarah Lindsey, DNP, APN, ACNS-BC, AOCNS®, Kim Schafer Astroth, PhD, RN, and Pankaj Kumar, MD

Background: Sarcopenic obesity, the dual condition of decreased muscle mass with increased fat mass, can affect morbidity, mortality, and quality of life in adult cancer survivors.

Objectives: The purpose of this project was to determine the effects of the use of an educational toolbox on advanced practice nurses’ (APNs’) confidence in identifying and managing adult cancer survivors at risk for sarcopenic obesity.

Methods: APNs in an outpatient practice who care for adult cancer survivors received an educational toolbox with strategies to identify and manage adult cancer survivors at risk for sarcopenic obesity.

Findings: APNs reported being more confident in their ability to identify adult patients with cancer at risk for sarcopenic obesity and in their ability to manage these patients compared to prior to the intervention. Educational resources provided an effective tool for identifying and managing patients at risk for sarcopenic obesity.