

Effects of a Culinary Medicine Class on Cancer- Related Fatigue Management

Abigail Knowles MCN, RD,LD Laurel Weaver MCN,RD, Milette Siler MBA-HC, RDN, LD, CCMS

0000-0001-6928-4740 and 0000-0002-6178-9899

Moncrief Cancer Institute, UT Southwestern Harold C. Simmons Comprehensive Cancer Center, UT Southwestern Medical Center

Introduction

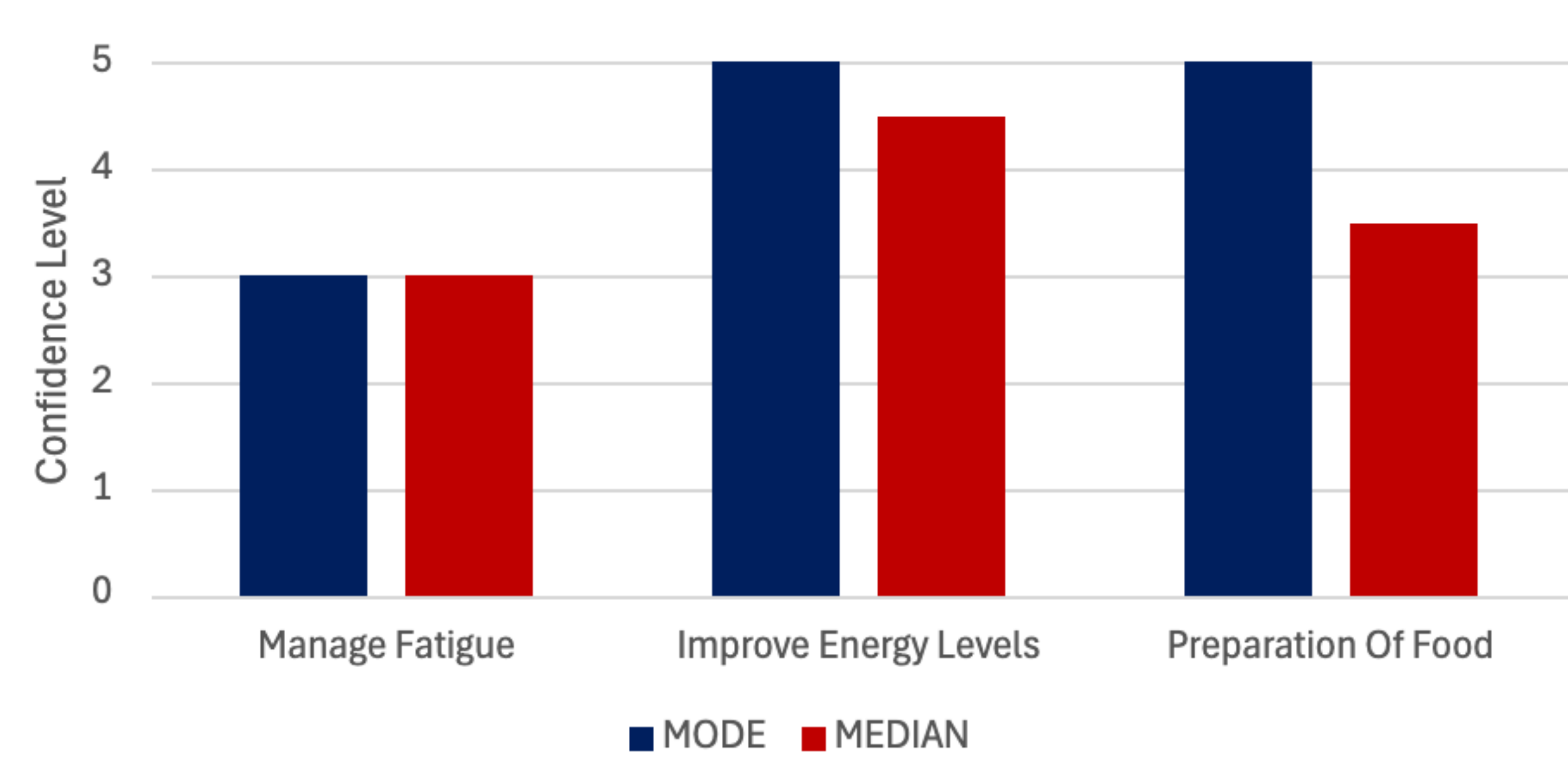
- NCCN defines cancer related fatigue (CRF) as “distressing, persistent, subjective sense of physical, emotional, and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning.”
- Current treatment for CRF is limited to lifestyle interventions. Recommendations are to increase exercise and to consume adequate calories, protein and fluid.
- Cancer patients face barriers to following these recommendations, including lack of practical cooking skill and time constraints.

Methods

- Cancer survivors and caregivers of cancer patients with CRF completed a free culinary medicine class at Moncrief Cancer Institute.
- A phone survey was administered four months after class completion that examined participants’ attitudes towards the class and management of CRF.

Results

Mode and Median of Participants' Confidence In CRF Management on a 5 Point Scale

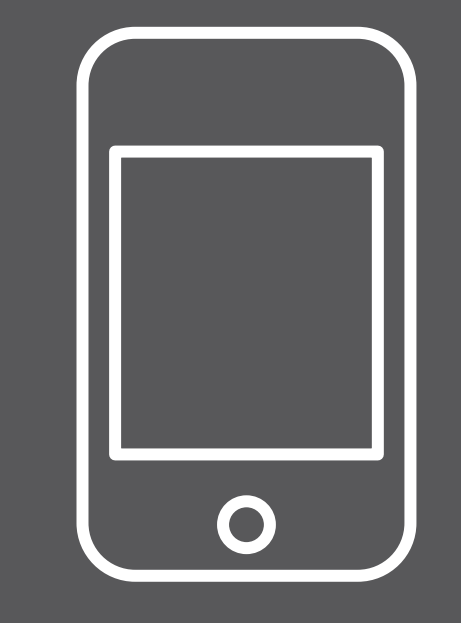


- Common themes related to the class included the desire to take a similar class again, the class was a good source of social support, and participants appreciated the introduction to new foods and cooking techniques. Barriers to implementation were limited time and energy.

Discussion

- Participants reported high enjoyment of the class and recipes, increased nutrition knowledge and increased confidence in strategies to manage fatigue.
- CRF has significant effects on quality of life and can create a barrier to necessary lifestyle changes. Further research is needed to determine the most effective behavior change strategies in CRF management.

After the completion of a one-time culinary medicine class, participants reported confidence in their ability to manage cancer-related fatigue.



Take a picture of the QR code for more information!



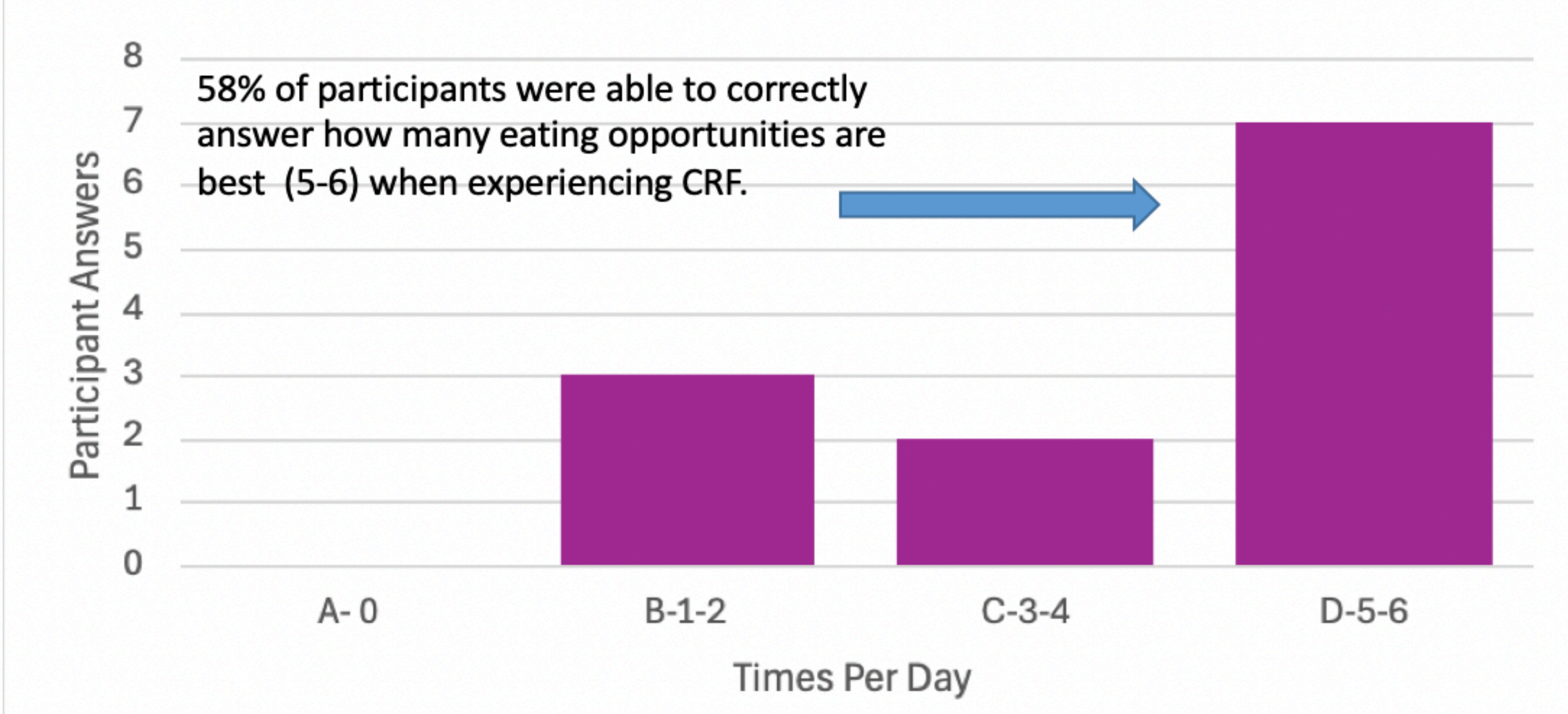
On average participants reported 82 minutes of exercise per week

Common protein sources listed were Meat, Eggs, Beans, and Nuts



During dietary recall most people reported eating 3 meals per day, and 3 sources of protein per day.

Participant Answers to "How Many Times Per Day Should a Person with CRF Eat?"



"I really enjoyed being introduced to different types of foods and getting the resources to try to incorporate those foods into my daily life."



Participant Responses to "How Many Cups of Fluid Does the Average Person Need per Day?"

