

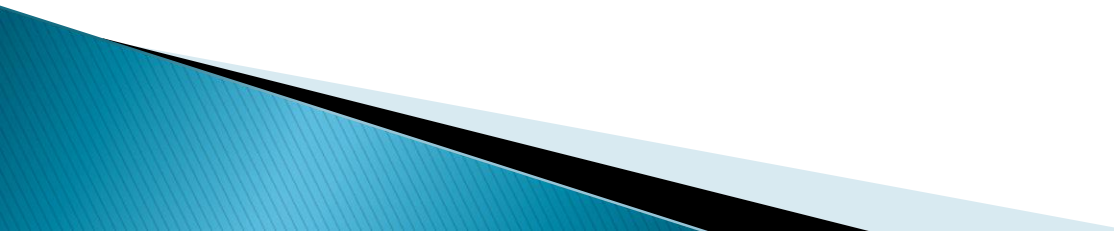


NETs, nutrition and covid-19



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Introduction

- ▶ Who am I?
 - ▶ Recap of causes of diarrhoea
 - ▶ What does covid-19 mean for NET patients and nutrition?
 - ▶ Patient feedback questionnaire results
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Chronic diarrhoea

Defined as:

‘The persistent alteration from the norm with stool consistency between types 5 and 7 on the Bristol stool chart and increased frequency greater than 4 weeks' duration.’

BSG, 2018



What is causing my diarrhoea?

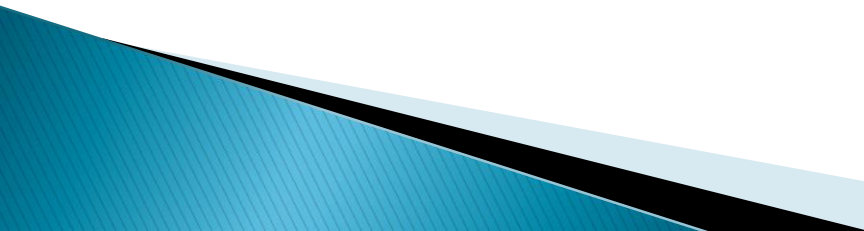
Possible cause	Likely symptoms
Carcinoid diarrhoea NB must have carcinoid syndrome	Frequent stool Usually type 5–6 Usually brown in colour Often abdominal pain Worse with large/fatty meals, alcohol, spicy food or specific food triggers
Malabsorption diarrhoea NB patients having octreotide/lanreotide OR pancreas surgery OR pancreatic NET	Frequent stool Usually type 5–6 Yellow/cream stools and can look oily Stools will often float, be frothy and smelly Could be some abdominal pain and burping after eating Worse with fattier foods

Possible cause	Likely symptoms
<p>Bile acid malabsorption diarrhoea</p> <p>NB more likely if surgery to remove end of small bowel and/or gallbladder removed</p>	<p>Very frequent stool, often soon after eating</p> <p>Can be type 5–7</p> <p>Can be brown/yellow/orange</p> <p>Opening bowels overnight</p> <p>Burning around anus when bowels open</p> <p>Sudden urgency to open bowels</p> <p>Bloating and abdominal pain</p> <p>Worse with fattier foods</p>
<p>Small intestine bacterial overgrowth</p> <p>NB more likely if right hemicolectomy or Whipple’s</p>	<p>More frequent stools</p> <p>Usually type 5–6</p> <p>Wind and bloating</p> <p>Abdominal gurgling</p>
<p>Short bowel diarrhoea</p> <p>NB will have had significant amount of small bowel removed</p>	<p>Frequent stool</p> <p>Can be type 5–7</p> <p>Weight loss</p> <p>Tiredness</p> <p>Usually brown in colour</p>

Covid-19 dietary issues

Access to food

Tips

- ▶ Buy long life foods e.g. UHT milk, dry goods, tinned goods
 - ▶ Buy frozen or freeze on day of purchase e.g. fruit and veg, meat, fish, bread
 - ▶ Ask friends and family for help
 - ▶ Use national or local services
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Covid-19 dietary issues

Weight gain

NOTE Only a concern if your BMI is over 30kg/m² (obese).

Tips to help keep your weight stable

- ▶ Having 5 portions of fruit and vegetables per day
- ▶ Checking your portion size at meals hasn't increased
- ▶ Cutting down on unhealthy snacks such as biscuits, cake, chocolate, sweets, ice cream
- ▶ Choose a healthy dessert e.g. fruit
- ▶ Reduce the amount of fat spreads and oils that you use

It is also important to exercise, this should be tailored to you but could include:

- ▶ Exercises within the house e.g. going up and down the stairs, using light arm weights, doing the housework.
- ▶ Exercise in the garden e.g. walking, gardening
- ▶ Walks or bike rides outside avoiding other people

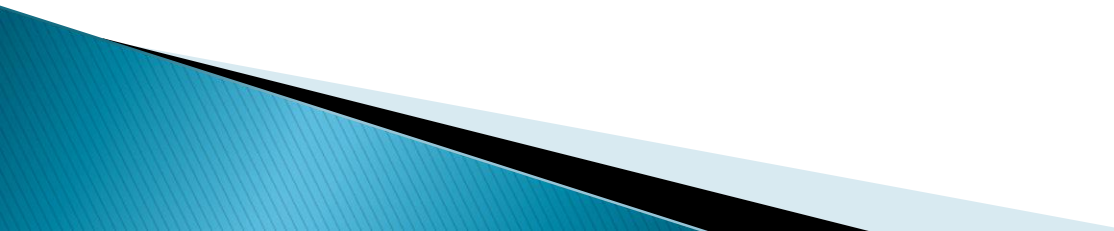
Covid-19 dietary issues

Nutritional supplements

- ▶ Boosting your immune system?
- ▶ Vitamin C or zinc supplements?
- ▶ Vitamin D?

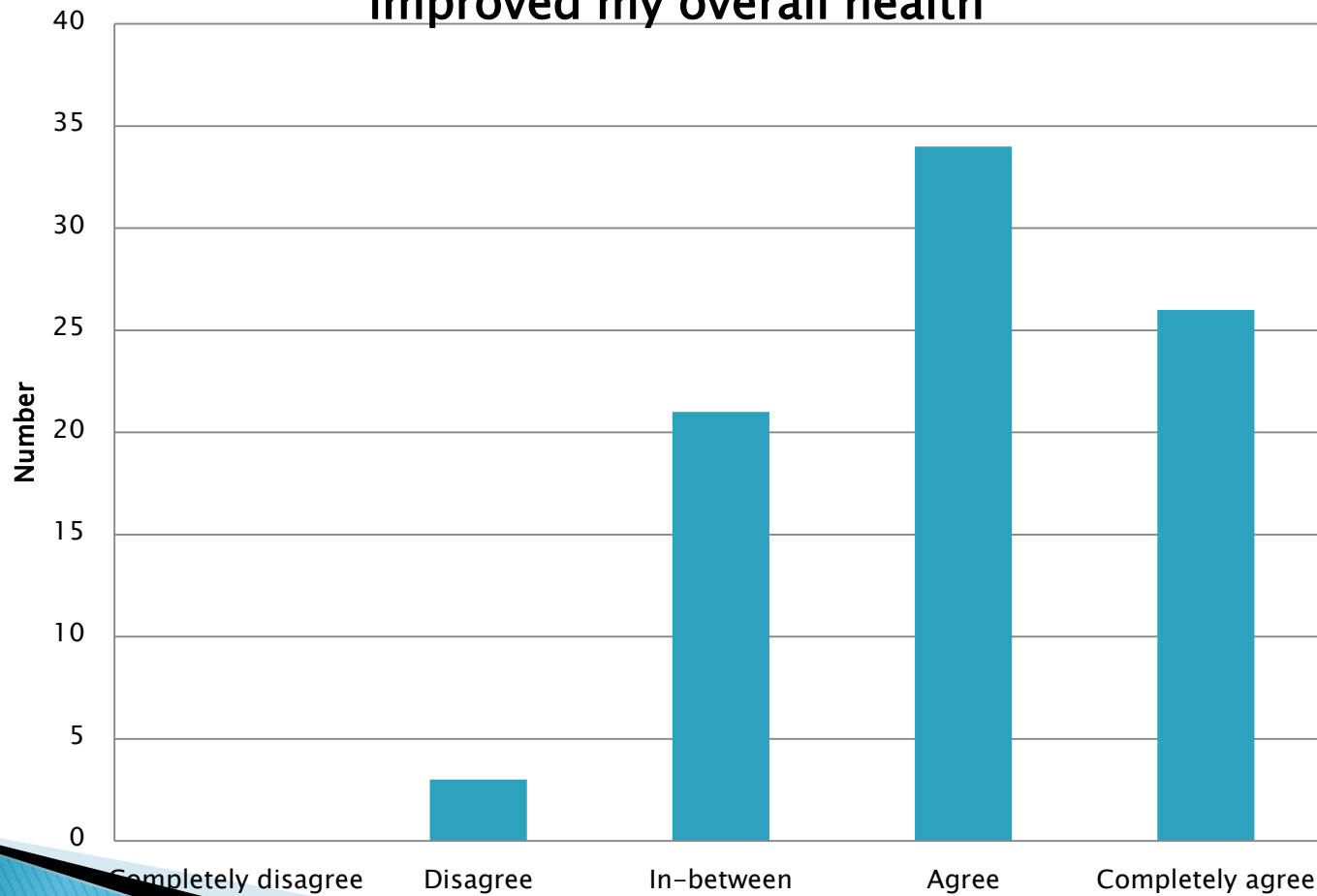


Patient satisfaction survey

- ▶ Confidential questionnaire was sent to all patients who'd had dietetic contact from June 2019 – August 2020.
 - ▶ Patients were given one month to complete and return the questionnaire.
 - ▶ A total of 90/145 questionnaires were returned, giving a 62% response rate
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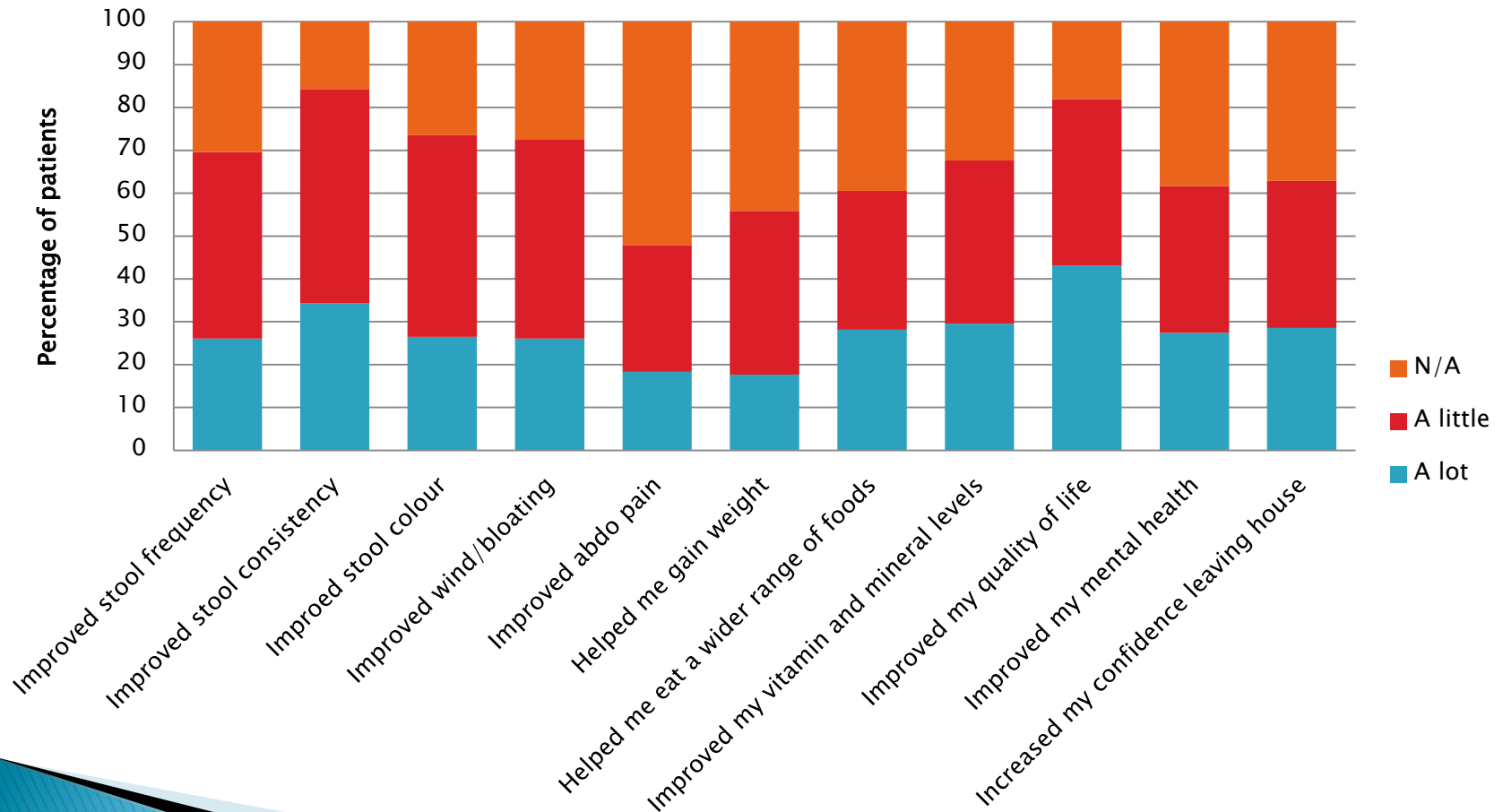
Patient satisfaction survey

The care I received from the NET dietitian improved my overall health



Patient satisfaction survey

In what way did the dietitians care improve your health?

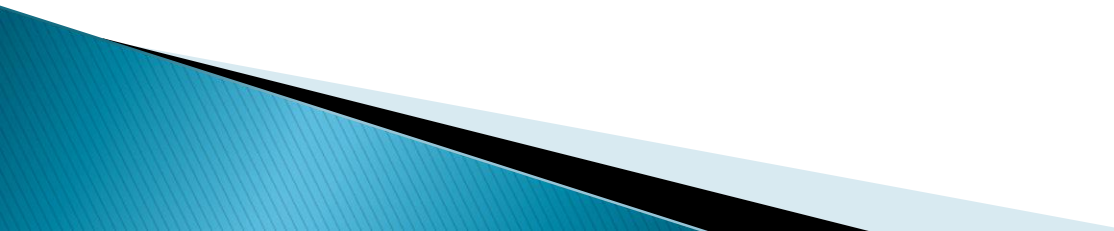


Patient satisfaction survey

- ▶ ‘The knowledge has made such a difference as my health is very complicated. She is patient and empathetic to my needs and is always on the end of the phone. I don't know what I would have done without her at times.’
- ▶ ‘Brilliant in thinking through my problems and helping me make changes to my diet and gut health which have had a significant impact on my health and wellbeing.’
- ▶ ‘Very responsive to email and phone calls. Helpful in explaining symptoms in a way no-one previously had and suggesting experimenting with dosage of medications. Overall very supportive and helpful.’
- ▶ ‘Identified a potential diagnosis which no one else had thought of in 8 years!’
- ▶ ‘Ruth is empathetic, knowledgeable, and professional. Her input reversed the weight loss caused by the cancer and this has remained stable since.’

Patient satisfaction survey

Recommendations to the NET dietitian service based on questionnaire results

- ▶ Offer more video appointments
 - ▶ Attend NET clinics to find patients needing dietetic advice
 - ▶ Always tailor advice to patient
 - ▶ Advice on symptom control
 - ▶ Awareness of impact on mental and physical health
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How to contact me

- ▶ NET dietitian contact details

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- ▶ Ask your NET nurse or doctor to refer to the NET dietitian