

Integrating nutritional interventions into cancer care: a systematic review informed by implementation science

Shuang Liang¹, Niamh C Fanning², Amanda Landers², Helen Brown³, Catriona Rother⁴, Fong Fu², Guillaume Fontaine⁵⁻⁸, April Morrow¹, Natalie Taylor¹

¹Implementation to Impact (i2i), School of Population Health, Faculty of Medicine and Health, The University of New South Wales, Sydney, Australia ²Department of Medicine, University of Otago, Christchurch, New Zealand ³Nurse Maude Hospice Palliative Care Service, Nurse Maude Association, Christchurch, New Zealand ⁴Wellington Blood and Cancer Centre, Te Whatu Ora Capital, Wellington, New Zealand ⁵Methodological and Implementation Research, Ottawa Hospital Research Institute, Ottawa, ON, Canada ⁶Ingram School of Nursing, Faculty of Medicine and Health Sciences, McGill University, Montréal, Canada ⁷Centre for Clinical Epidemiology, Lady Davis Institute for Medical Research, Sir Mortimer B. Davis Jewish General Hospital, Montréal, Canada ⁸Kirby Institute, University of New South Wales, Sydney, NSW, Australia

INTRODUCTION

- Nutritional care is a critical component of oncology treatment, yet its integration into clinical practice remains limited
- Implementation science offers valuable frameworks to identify factors influencing the delivery of care, map key intervention components, and describe implementation outcomes.
- This review aimed to identify and synthesise the barriers, strategies, and outcomes in relation to implementation efforts related to evidence-based nutrition in cancer care.

METHODOLOGY

- A comprehensive search was conducted across 10 databases
- Search terms were designed to capture key concepts related to nutrition, cancer, and implementation.
- Implementation Science frameworks were used to code relevant data, these included the updated Consolidated Framework for Implementation Research (CFIR 2.0), Expert Recommendations for Implementing Change (ERIC), Theoretical Domains Framework (TDF), Behaviour Change Techniques (BCT), and Proctor's outcomes frameworks.
- CFIR-ERIC matching, TDF-BCT linkage tools were leveraged to assess alignment between current practice and existing evidence.

RESULTS

- 5,168 records identified
- 4,055 abstracts and 165 full texts were screened
- 38 articles from 31 unique studies met inclusion criteria, identifying a variety of nutrition interventions (**Figure 1**)
- The most frequently reported barriers were limited clinician awareness of nutritional care guidelines, along with resource constraints.
- A range implementation strategies and BCTs were identified, with a core group consistently applied across studies (**Figure 2**)

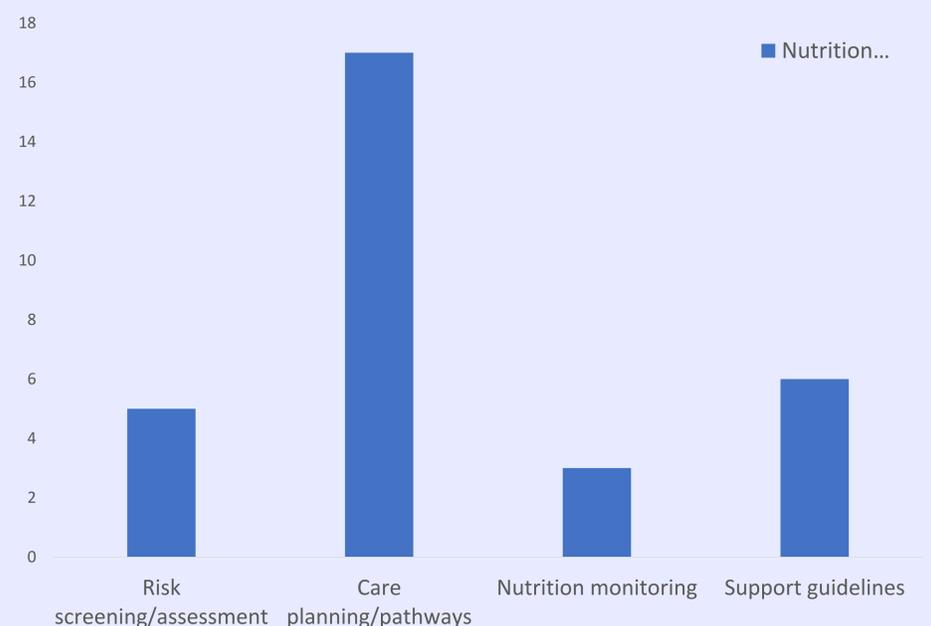


Figure 1: Distribution of different types of nutrition interventions identified

CONCLUSION

- Successful implementation appears to hinge on practical guidance, trusted communication, and contextual understanding
- Implementation science should guide future efforts, with further research warranted to determine the active ingredients that drive effective integration of nutritional care in oncology

**Unpublished data; manuscripts currently under review*

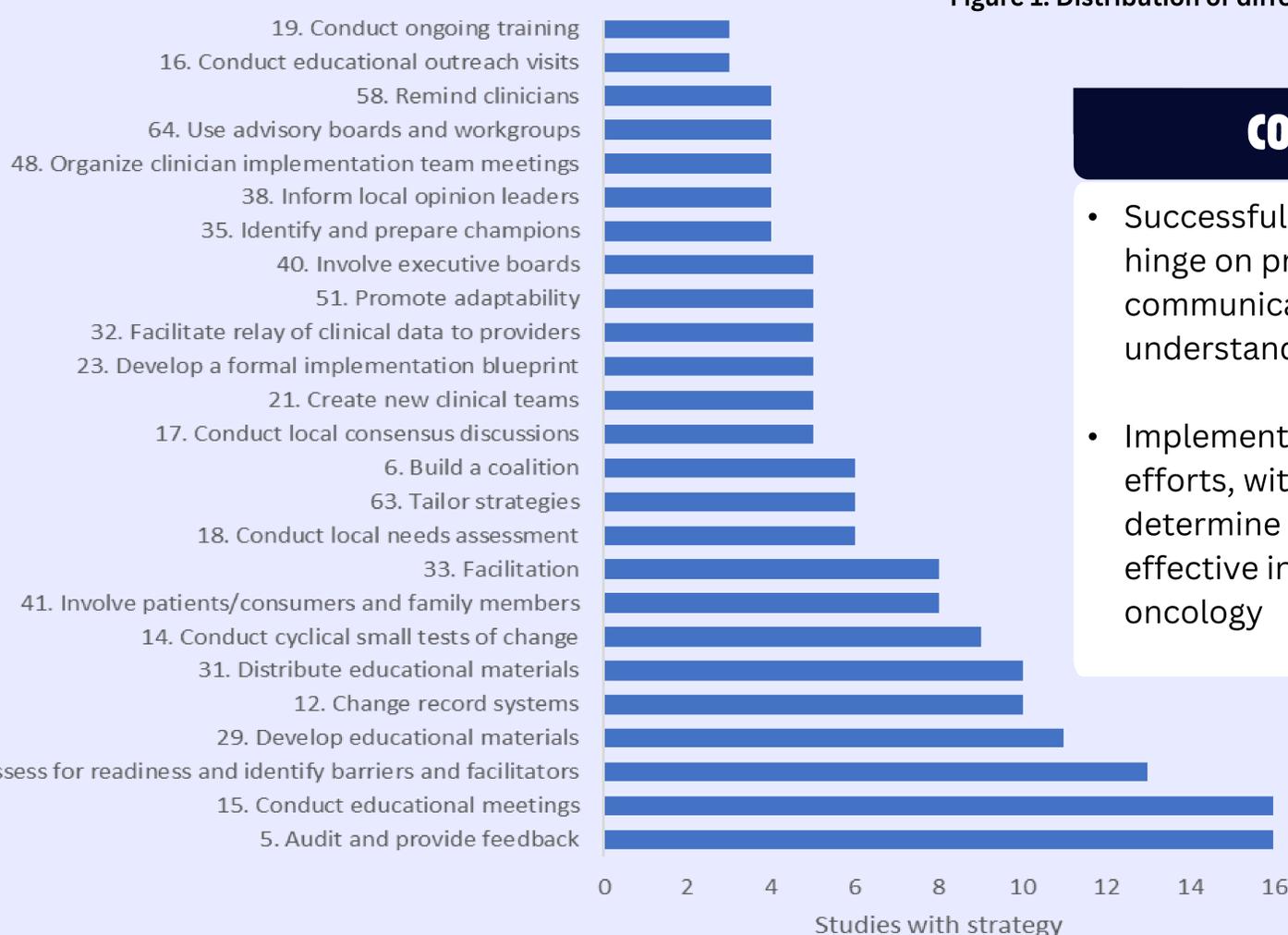


Figure 2: Implementation strategies frequently identified

✉ shuang.liang4@unsw.edu.au
✉ amanda.landiers@otago.ac.nz