

San Francisco Bay Area Chapter

The Power of Yum!! Food and Nutrition Information for Oncology Patients and Nurses

Project Goal/Target Audience:

Thirty to fifty, combination of patients, families and oncology nurses.

Project Overview:

The Power of Yum!! is an innovative experiential educational program with a chef, an oncology dietician/nutritionist, and an oncology advanced practice nurse. Content includes the cancer healthy diet, treatment or disease symptoms ameliorated by food and/or fluids with a review of what is already available on the ONS PEP cards, what healthy food looks and tastes like and how to easily prepare it. Discussion with the professional staff will include how to use the appropriate PEP cards in their practices, how to incorporate this helpful information into office visits or treatment visits and how to keep up on timely and accurate nutritional information for their patients and families.

Expected Outcomes:

Upon completion of this program, patients and families will be able to identify components of a "Cancer healthy diet", identify nutritional interventions that may be helpful with their symptoms, describe their nutritional support team and how to overhaul their pantries in order to make healthier choices during and after cancer treatment. The professional participants will achieve all of the above as well as identify strategies for incorporating any new information into their respective practices and describe methods for increasing the use of ONS PEP cards in the office or at the chair-side of patients receiving treatment. An evaluation of the day will be completed by all the participants. In addition, the professionals could be surveyed at 3 and 6 months to assess the endurance of the new knowledge or use of the PEP cards.