Poster #3 | Partnering for weight management: improving education for endometrial cancer patients

Allyson Jang, MD, UCSF Medical Center

Topic: Endometrial

Objectives
To increase patient education on the association of obesity and endometrial cancer, while determining the feasibility of referral to a medical weight management clinic (WMC).

Methods
This quality improvement project was initiated by the Division of Gynecologic Oncology at a single academic institution. Eligible patients had a body mass index (BMI) >30 kg/m2 and underwent surgical treatment for early-stage grade 1-2 endometrioid adenocarcinoma or hyperplasia. Our intervention consisted of an educational session for our providers led by the director of our institution’s WMC. Additionally, a series of patient-centered online educational videos were developed using direct consultation with patients and survey input from eligible candidates. Subjects were offered expedited referral to the WMC for weight loss counseling. The primary outcome was the proportion of patients who were offered education on weight loss. Secondary outcomes included referrals to the WMC, retention in their program, and change in weight in subsequent follow-up visits.

Results
Between July 2021-February 2022, 34 patients were eligible for this intervention (Table 1). 28 patients (82%) received education from our clinic providers during their initial postoperative visit. Of patients who answered our survey about the online educational videos, 4/4 patients responded that the videos were easily understood and 75% reported they were happy to have access to the educational videos. 23 (82%) requested a referral to the WMC. Of those referred, 4 subjects have had at least 1 visit. Seven patients were unable to obtain insurance approval for a WMC visit. With a median follow-up of 2 months, it is too early to see a significant weight loss outcome.

Conclusions
We have identified the initial postoperative visit after a likely curative hysterectomy for women with endometrial neoplasm and obesity as a prime opportunity to provide education on the importance of weight loss. Prior to this intervention, our documented education rate of patients on weight management was zero percent. We learned that patients appreciated this education and were interested in active management through referral to our WMC. Further investigation will be conducted to assess system and individual barriers to patient follow up in the WMC and long-term benefit of this education program.

Abstract Table or Graph
MKMEANZC-1240775-1-ANY(1).pdf