

WAGO 2025 ANNUAL MEETING

ORAL ABSTRACT



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Objectives

Malnutrition accounts for 20% of cancer-related deaths. This study evaluates if the patient-generated subjective global assessment (PG-SGA) short form is an appropriate screening tool to identify patients at risk for nutrition deficits upon initial consultation for gynecologic malignancy. The assessment includes questions about weight, food intake, symptoms, and functional status, calculating a score from 0-36. A score ≥ 9 indicates a critical need for intervention. This study examines the malnutrition risk in patients with gynecologic malignancies at our institution, assesses score impact on cancer-directed therapy outcomes, and identifies areas for intervention.

Methods

Patients completed the PG-SGA short form at initial consultation with gynecologic oncology in an outpatient setting. A retrospective cohort study was conducted from January 2023 to September 2024. Patients with gynecologic malignancies were included in the final analysis. Demographics and clinical data were abstracted. Descriptive analyses were performed for continuous and categorical variables, and independent t-tests and Chi-Square analyses measured outcome associations.

Results

A total of 742 patients completed the PG-SGA short form, with 447 meeting the inclusion criteria. Of these, 193 (43.2%) had a gynecologic malignancy and 254 (56.8%) had benign conditions. A score ≥ 9 was found in 30.6% of malignancy patients versus 27.2% of benign cases ($p=0.43$). Among malignancy patients, 119 underwent primary surgery and 72 had primary chemotherapy, with 2 electing no treatment. Primary chemotherapy patients were more likely to have a score ≥ 9 (47.2% vs. 21.0%, $p=0.0001$) and higher unplanned hospitalization rates (64.7% vs. 37.8%). They were also more often identified as malnourished (61.8% vs. 12.0%, $p=0.0001$) and referred to a dietitian (61.8% vs. 28.0%, $p=0.01$).

Conclusions

Patients seen by gynecologic oncology are at risk for malnutrition, with cancer patients at higher risk. The PG-SGA short form is a validated outpatient screening tool that enables early intervention through a multidisciplinary team to improve therapy outcomes. Based on risk assessment from initial form completion, a dietitian referral is an appropriate intervention to address patient concerns and prevent adverse outcomes.