Empowering Nurses Through nutrition education In Cancer carE: The ENTICE project

Dr Georgios Saltaouras, Alexandros Tsigkas, Dr Michael Georgoulis, Prof Liana Poulia, Prof Meropi Kontogianni
Contact (**Georgios Saltaouras**, Department of Nutrition and Dietetics, School of Health Sciences and Education, Harokopio University of Athens, Greece; **gsalt@hua.gr**)

Ελληνική Εταιρεία Ιατρικής/Κλινικής Διατροφής & Μεταβολισμού (GrESPEN)
ΑΠΟΚΛΕΙΣΤΙΚΟ ΑΝΑΓΝΩΡΙΣΜΕΝΟ ΜΕΛΟΣ ΤΗΣ ESPEN ΣΤΗΝ ΕΛΛΑΔΑ

Description of the initiative

Background / context

Nutritional support is vital in cancer care to prevent malnutrition, maintain muscle mass and improve clinical and patient reported outcomes. However, knowledge of and confidence in providing nutrition advice among healthcare professionals in oncology is low.

Rationale for the initiative

Nurses are essential healthcare providers who deliver holistic, patient-centred care, acting as the primary link between patients and physicians. As the daily providers of care, nurses are directly involved in the nutritional care of patients with a cancer diagnosis, as they are responsible for answering patient questions and for ensuring compliance in nutritional interventions. However, nurses and nursing students have significant gaps in nutrition literacy, highlighting a significant gap in cancer care.

Objectives and scope

The aim of the project is to design and implement an online, continuous education module in nutrition for oncology nurses, in order to improve nutrition literacy and support patients with a cancer diagnosis.

Planned activities & deliverables

Key steps

1. Living labs with oncology nurses and patients with a cancer diagnosis from Greece and other European countries to highlight unmet needs in relation to nutritional management of patients.
2. Based on official guidelines and living labs feedback, development of an online continuous education module in nutrition covering aspects of Medical Nutrition Therapy, including nutrition screening, nutritional management of treatment side effects, artificial nutrition and overall nutritional support. The module will include case-based, real-world scenarios, micro-learning structure, multimedia learning and self-assessment tools, as well as patient-focussed materials for use in everyday practice.
3. Pilot intervention: Assessment of oncology nurses' Knowledge, Attitudes and Practices (KAPs) before and after the implementation of the online education module in Greece.

What are the concrete deliverables of the project?

- An interim report (12 months) describing the findings of the co-creation activities and the content of the education module.
- A full report (24 months) describing the impact of the intervention in nurses' KAPs.

What progress and achievements are possible in the next 12 and 24 months?

- 12 months: Co-creation activities; creation of the module.
- 24 months: intervention to assess effectiveness of module in KAPs; full report.

Resources & enablers

Describe personnel, financial needs and any other funding in relation to the project

A team of experts in clinical nutrition is essential for the implementation of this project. It is estimated that personnel will contribute 20 hours per week. GrESPEN will provide technical support and coordinate all dissemination activities and related to the project. No other funding has been received or applied for this proposal at this stage.

Specify how the grant will be spent

It is estimated that 33,000 euros will be needed for salaries. An additional 5,000 euros will be needed for technical support. Dissemination costs are estimated 2,000 euros. Therefore 40,000 euros are requested for the duration of the project.

What factors will make the project successful?

Research team with strong clinical and educational background, long experience in lecturing on BSc and MSc level on clinical nutrition as well as nutrition literacy projects by various sources (e.g. Horizon, Erasmus+); stakeholder engagement (living labs); effective collaborations with nurse and patient associations in Greece from previous research projects, to support recruitment.

Results, expected outcomes & impact

How will the findings be implemented?

The findings of this project will be implemented through the integration of the developed online nutrition education module into continuing professional development programmes for oncology nurses. Following evaluation of its effectiveness, the module can be disseminated through nursing associations, academic institutions, and hospital training systems to support wider uptake.

How will this project advance nutritional care in clinical practice in one or more of the following areas of clinical nutrition:

This project focusses on enhancing education of medical students or healthcare professionals, in particular the nursing community. In clinical practice, improved nutrition literacy among nurses is expected to enhance their ability to provide evidence-based nutritional guidance, improve patient adherence to nutritional interventions, and strengthen multidisciplinary care. The online format ensures accessibility, flexibility, and sustainability, allowing the module to be regularly updated and adapted for different healthcare settings. In the longer term, the integration of nutrition education into routine nursing training may contribute to improved patient outcomes and quality of care in oncology settings.

Is the project transferable to other care settings / geographical regions?

This project is highly transferable due to its flexible, online design. The educational module can be implemented across various care settings, including hospitals, outpatient clinics, and community care. Its digital format supports wide, low-cost dissemination, while the content can be adapted to local guidelines, cultural practices, and healthcare systems. Although developed for oncology nurses, the module can also be tailored for other healthcare professionals and clinical areas, enhancing its broader applicability and impact.

[X] **Please tick to confirm the PEN letter of endorsement is attached. Incomplete submissions will not be considered.**

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