

New Pediatric Oncology RD Survival Guide

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We recommend using this resource in conjunction with the ON DPG Pediatric Oncology Fundamentals Course to help you build a strong foundation in this unique and rewarding specialty.

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"Where do I even start?!"

Whether you're fresh to the field or transitioning from another area of dietetics, this guide will help you navigate your first days, weeks, and months in pediatric oncology.



If You're New to Pediatric Nutrition Assessments

Start by familiarizing yourself with the fundamentals of pediatric nutrition assessments:

- [ANHI's Training Program in Pediatric Malnutrition](#) (10 CEU's available)
- [Nestle's Pediatric Nutrition in Practice \(PNP\)](#) E-learning program
- Read through Texas Children's Pediatric Nutrition Reference; bookmark favorite pages.
- Consider completing the [Pediatric Oncology Fundamentals Course](#).
- Become familiar with the [Pediatric Malnutrition Diagnostic Criteria](#).
- Review prior RD assessments on established patients.

There are various recommendations for estimating needs in this population.
We recommend starting with the methods below and adjusting as needed.

General Pediatric Oncology		Pediatric Stem Cell Transplant	
Energy (ONCP)	Children <1 year: DRI Children ≥1 year: WHO or Schofield multiplied by activity/stress factors based on clinical status and diagnosis* <i>Note: The authors start with BMR/REE x1.3-1.5 in well-nourished, stable cancer patients with low to normal activity.</i>	Energy (ASPEN)	0-12 months: BMR x 1.6-1.8 1-6 years: BMR x 1.6-1.8 7-10 years: BMR x 1.4-1.6 11-14 years: BMR x 1.4-1.6 15-18 years: BMR x 1.5-1.6
Protein (RDA x 1.5-2, ONCP)	0-6 months: 2.3-3 g/kg 6-12 months: 1.8-2.4 g/kg 1-3 years: 1.6-2.1 g/kg 4-13 years: 1.4-1.9 g/kg 14-18 years: 1.3-1.7 g/kg	Protein (ASPEN)	0-12 months: 3 g/kg 1-6 years: 2.5-3 g/kg 7-10 years: 2.4 g/kg 11-14 years: 2 g/kg 15-18 years: 1.8 g/kg
Fluid	Holliday Segar	Fluid	Holliday Segar, with close attention to fluid overload

*BMR/REE activity/stress factors are as follows:

BMR/REE x1.3: well-nourished child on bedrest with mild to moderate stress

BMR/REE x1.5: normally active child with mild to moderate stress; an inactive child with severe stress (trauma, stress, cancer), or a child with minimal activity and malnutrition requiring catch-up growth

BMR/REE x1.7: active child requiring catch-up growth or active child with severe stress

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Getting to Know Childhood Cancers

- Explore the [National Cancer Institute: Childhood Cancers](#) page for an overview.
- Read the “About Cancer” section (pages 20-36) in the [Children's Oncology Group: Family Handbook](#).
- Watch this 1-hour overview webinar regarding [Nutrition Assessment and Interventions for Childhood Cancers](#)

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Getting to Know Cancer Treatments

- Learn about **chemotherapy** may impact nutrition:
 - View a pediatric oncology textbook for a list of chemotherapy agents.
 - Learn about [Chemotherapy Side Effects](#) (Chemocare)
- Understand how **radiation** therapy may impact nutrition:
 - Review types of [Radiation Treatment](#) (CHOP)
 - Learn about [Side Effects of Radiation](#) to different parts of the body
- If you cover the **stem cell transplant/bone marrow transplant** unit:
 - Read this overview about [bone marrow transplant](#).
 - Read these [nutrition guidelines](#).
- Read through [Oncology Nutrition for Clinical Practice](#) and the [ASPEN Pediatric Nutrition Support Core Curriculum](#) (Chapter 27: Pediatric Oncology and Hematopoietic Stem Cell Transplant). If your institution does not own a hard or digital copy, some medical libraries have subscriptions to eBooks.
- Watch [Pediatric Webinars - Oncology Nutrition DPG](#) *sign into account to access.

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Getting to Know Your Educational Materials, Your Unit, & Your Team

- Dive into the oncology section of the **Nutrition Care Manual**:
 - Review the patient handouts available. Compare them to handouts available from your facility.
 - Learn strategies to manage nutrition-related side effects of treatment.
 - Medical management:
 - PNCM --> Oncology --> Food & Nutrition History --> Medications
 - NCM --> Oncology --> Cancer Sites --> Treatment
 - NCM --> Oncology --> Treatment Modalities
 - Diet and nutrition strategies:
 - PNCM --> Oncology --> Nutrition Intervention
 - PNCM --> Oncology --> Food and Feeding Issues
 - NCM --> Oncology --> Side Effect Management
 - NCM --> Oncology --> General Guidance --> Nutrition Intervention
- Familiarize yourself with **USDA Food Safety Guidance**, and read our FAQ on providing food safety guidance to families of children with cancer.
- Get acquainted with other members of the multidisciplinary team.
- Attend rounds, case conference, and other pertinent department meetings.
- Find out how you can access roadmaps for each patient. A roadmap outlines each patient's personalized treatment plan and can help you anticipate nutrition issues.
- Locate or develop your institution's "New Diagnosis" nutrition education packet.



Getting to Know all the other stuff!

- **Complementary therapies:**
 - Visit [About Herbs | Memorial Sloan Kettering Cancer Center](#).
 - Access the [Natural Medicines Database](#) (NatMed Pro) with your ONDPG membership.
- Learn more about [**tumor lysis syndrome**](#).
- Review ASPEN's consensus statement on identifying and managing risk for [**Refeeding Syndrome**](#).
- Review [**ASPEN/AND Consensus Statement on Diagnosing and Documenting Pediatric Malnutrition**](#) and read over ON DPG's FAQ on [**Diagnosing Malnutrition in Children and Young Adults with Cancer**](#).

Oncology Nutrition DPG

- Check out the webinars, breakout sessions, and FAQ's available on the [ON DPG Pediatric Subunit](#) page.
- Regularly check the [Discussion Board](#) on the ON DPG website.
- Keep an eye out on the [ON DPG](#) webpage for upcoming events and educational opportunities.
- Attend an [Oncology Nutrition Symposium](#).

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