

REPORT ON EXPERT TALK

A CAREER IN PAEDIATRIC ONCOLOGY NUTRITION

An expert talk was organised on “A Career in Paediatric Oncology Nutrition” in Mount Carmel College, Autonomous, Bengaluru by the Department of Nutrition & Dietetics for the students of PG Food Science and Nutrition on 12th March 2022, Saturday. The talk was done by Uma Seshadri, Expansion and Enablement Consultant, Cuddles foundation and Nikita Mahakal, Head Nutritionist, Cuddle foundation. The main purpose of this talk was to create a recognition of the scope of Paediatric Oncology the nutrition as a flourishing career.

Student strength: 50

Faculty strength: 5

Mode of presentation: Power point demonstration



Cuddles foundation is a non-profit organisation which is based in Mumbai, Maharashtra. Their main mission is to fight malnutrition caused by cancer through their Food Heals program. They give children undergoing cancer therapy at over 30 government and charity hospitals in 12 states across India, access to trained clinical paediatric nutritionists, expert dietary counsels, supplements, in-meals, hot meals, monthly ration bundles and caregiver support. They had engaged and nourished more than 6000 children in FY 2020-21. They had been awarded the National Award for Child Welfare in 2015-16 from the Honourable President of India and the Special Jury Mention at the Outlook Poshan Awards in 2019.

The talk was initiated by Ms. Uma Seshadri, she introduced the cuddles foundation and their main objectives. She spoke about childhood malnutrition in cancer and its impact on the treatment of the child. She also gave a brief outline about the career opportunities at Cuddle which included 6 months induction training, external training and presentation and skill and personal development.

This was followed by Ms. Nikita Mahakal. She elucidated on the importance of Paediatric nutrition with a case study presentation. The treatment of cancer and the side effects of these treatment was also included in presentation. She also explained the Nutrition care process along with the Anthropometry, Biochemical parameters, Clinical signs and symptoms, Dietary intake, Economic and Fluid (ABCDEF). She elaborated on the WHO guidelines regarding the anthropometric indices. ESPGHAN guidelines were also mentioned by her. The importance of supplements and RUTF was emphasised. The case presentation was about a 2-year-old male child suffering from leukaemia and how his diet was managed with gradual intake in his nutrient requirements. Counselling and rapport building with the patient as well as their parents was given importance for smooth recovery of the patients. Setting achievable nutrition goals is the major aspect of the treatment. Slow and steady recovery plays an important role in the overall treatment. She also spoke about the importance of documentation of every stage of nutrition care process with continuous and careful monitoring of the patients. She also emphasised the role of nutritionists in making the lives of these affected children much easy. As the end of the talk was approaching, there was a sense of awareness and clear for the students.

Learning outcomes:

- Strategies to solve childhood malnutrition
- Estimation of macronutrients in childhood cancer patients
- Impact of treatments like chemotherapy and radiation on the food intake
- Beating childhood cancer with eating healthy
- Anthropometry, Biochemical parameters, Clinical signs and symptoms, Dietary intake, Economic and Fluid (ABCDEF) of Nutrition Care Process
- Dietician- patient communication and interaction
- Importance of communication with the parents and care givers
- Importance of continuous monitoring and reassessments

Overall the session was enlightening and helped in gaining knowledge in the aspects of paediatric oncology and cancer malnutrition. The case study presentation gave the students a better understanding about childhood cancer and its nutritional treatment.



Malnutrition: The villain in India's childhood cancer story



Case Study Presentation



Expert team with faculty members



**Dr Sangeeta Pandey, HOD
introducing the resource persons**

Presentation discussion



**Group picture with the expert
team**