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Dr Falk/Guts UK Awards 2022

DIETITIAN AWARD FOR IMPROVEMENT IN PATIENT CARE WINNER:

Mrs Lindsay Carnie

PROJECT:

Establishing an Algorithm for Pancreatic Enzyme Replacement Therapy (PERT).



Mrs Carnie is a dietitian at the Portsdown Group Practice in Portsmouth. Her project was carried out within the Christie NHS Foundation Trust in Manchester.

Mrs Carnie explains:

'I am passionate about improving patient care and quality of life and having specialised in pancreatic cancer for the past 7 years, I believe that dietitians have a pivotal role to play in the treatment of the condition.'

'Limited guidance exists on best practice for prescribing and titrating pancreatic enzyme replacement therapy (PERT) for pancreatic exocrine insufficiency (PEI) in patients that have been diagnosed with advanced pancreatic cancer. Uncontrolled PEI can negatively affect weight, quality of life and the ability to undergo chemotherapy. Therefore, it is important that all patients are provided timely prescription of PERT.'

'An algorithm was created with the aim of standardising PERT dosing and titration between different health professionals across healthcare settings, including primary care to provide early intervention. A prospective observational study was undertaken to validate this algorithm.'

'Consecutive patients with inoperable or postoperative pancreaticobiliary cancers with PEI symptoms, not taking PERT, or taking below the algorithm "starting dose," were eligible. A dietitian or clinical nurse specialist (CNS) reviewed patients for up to 3 weeks, titrating PERT as per the algorithm.'

'We tested the feasibility of algorithm utilisation in 25 patients. At baseline, 22 took PERT (100% on suboptimal doses, 54.5% taking incorrectly) and 3 initiated PERT because of PEI symptoms.'

Algorithm completion (80%) confirmed deliverability by dietitians (11 of 12, 92%) and CNS (9 of 13, 69%). Symptom resolution was seen in 42%, 43%, and 33% patients at first, second, and third reviews, respectively.

'Presentation of this work led to collaboration with the local gastroenterology department, adding guidance for refractory symptoms to provide prompt management of these symptoms. The findings were published in the journal 'Pancreas'.'

'This prospective study demonstrates that by use of this algorithm we can standardised PERT prescription, titration, and advice that different healthcare professionals provide.'

Mrs Carnie's Project Manager, Consultant Oncologist Angela Lamarca comments:

'Mrs Carnie was the lead Research Dietitian involved in the PanDA observational study, which aimed to design and validate a screening panel for risk assessment of pancreatic exocrine insufficiency (PEI) in patients with pancreatic malignancies.'

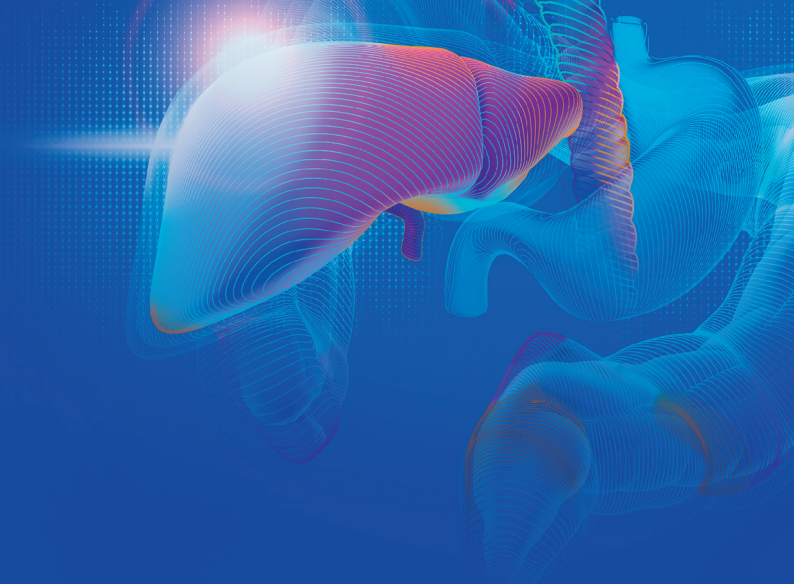
'Mrs Carnie was one of the key pillars of this projects and without her input, expertise and eagerness to deliver a better care for patients our patients this would have not been possible.'

Mrs Carnie states:

'I am honoured to be awarded this prize as it demonstrates the importance of the whole multidisciplinary team to improve patient care. I am a strong believer in early dietetic input for patients diagnosed with pancreatic cancer and believe that this award demonstrates the importance of a dietitian and how we can get involved in research. 'I will use this money to support my upcoming training to become an advanced clinical practitioner and now that I am working in primary care, I would like to expand on this research in the primary care setting.'



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