

Be treatment ready with I-EAT

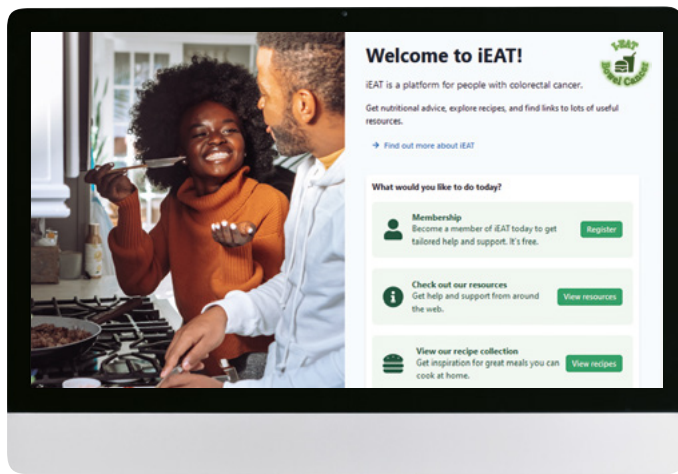
Help for people with bowel cancer

Eating problems are common for people with bowel cancer receiving chemotherapy.

Our research has found that some people with bowel cancer do not know body weight is important during chemotherapy. Managing eating habits to maintain a steady weight can result in better outcome from treatment.

Research recommendation

A self-monitoring tool, to include prompts for when to seek help from a health professional.



Dietitians helped us to develop and test a self-monitoring tool called I-EAT. They advise:

I-EAT could help patients to monitor symptoms and know when to seek help.

I-EAT has an important role for improving patient understanding of diet and nutrition

I-EAT charts and graphs of symptoms, weight change and food intake could be shared with doctors, nurses and dietitians to help them make clinical decisions.

The dietitians asked a question.

Will the time needed to use I-EAT be a burden for some patients?

→ We need to do patient user testing.

Can you help?

Would you like to be part of I-EAT development?

→ Email: I-EAT@cardiff.ac.uk

