

Assessing functional outcomes after treatment of head and neck cancer –  
 Recommendations of an interdisciplinary expert committee (as of Oct 2011)

	RECOMMENDATIONS FOR SCREENING
DIETARY INTAKE	Change in body weight (kg, BMI)
	Clinical evaluation gastric tube, PEG, parenteral nutrition
	Clinical evaluation dental status
	Eating Assessment Tool - Eat 10 <sup>1</sup>
PSYCHOSOCIAL ISSUES	EORTC QLQ-C30 <sup>2</sup> – single issues <ul style="list-style-type: none"> <li>• General health and quality of life (Items 29, 30)</li> <li>• Fatigue (Items 10, 12, 18)</li> </ul>
	Generalised Anxiety Disorder – GAD-2 <sup>3</sup>
	Patient Health Questionnaire – PHQ-9 <sup>4</sup>
	Social Score – short version <sup>5</sup>
PAIN	Numerical Rating Scale Pain (Scale 0-10) <sup>6</sup>
VOICE SPEAKING BREATHING	Clinical evaluation tracheostomy, cannula care
	Clinical evaluation of voice and speaking
THERAPY CONTROL	Common Terminology Criteria for Adverse Events – CTCAE <sup>7</sup> (e.g. mucosa, hair, skin, xerostomia, lymphedema, taste)
	Eastern Cooperative Oncology Group (ECOG) Performance Status Scale <sup>8</sup>

<sup>1</sup> Belafsky PC et al. Validity and Reliability of the Eating Assessment Tool (EAT-10). Annals of Otolaryngology, Rhinology & Laryngology 2008; 117(12):919-924

<sup>2</sup> Aaronson NK et al. The European Organization for Research and Treatment of Cancer QLQ-C30: a quality-of-life instrument for use in international clinical trials in oncology. J Natl Cancer Inst 1993; 85:365-76

<sup>3</sup> Kroenke K et al. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007;146:317-325

<sup>4</sup> Kroenke K et al. The PHQ-9. Validity of a brief depression severity measure. Journal of General Internal Medicine 2001; 16: 606–613

<sup>5</sup> unveröffentlichtes Instrument

<sup>6</sup> Jensen MP et al. The Measurement Of Clinical Pain Intensity - A Comparison Of 6 Methods. Pain 1986; 27(1):117-126

<sup>7</sup> Common Terminology Criteria for Adverse Events (CTCAE) Version 4.0; Published: May 28, 2009 (v4.03: June 14, 2010)

<sup>8</sup> Oken MM et al. Toxicity And Response Criteria Of The Eastern Cooperative Oncology Group. Am J Clin Oncol. 1982; 5: 649-655