

MALABAR CANCER CENTRE

(An autonomous centre under Government of Kerala)

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Fellowship Programme in Oncology Nutrition

Information Brochure 2018-19



1. Introduction

Cancer is climbing the Indian graph to rapid life style changes, adding nearly one million new cases every year. In the last decade lifestyle related causes have increased susceptibility to the cancer. To the same way the very word cancer creates a mental state of total defeat and hopelessness despite the advances in cancer treatment including nutritional support. Cancer continues to be a dreaded disease, not because it is a fatal disease but because the way it kills people. Of the several aetiological factors which play a role in the multiple steps of carcinogenesis dietary pattern is significant. Nutrition plays a major role in the treatment phase too. 20 to 40 % of cancer death may result from nutritional status than the disease itself. Alteration in the nutritional status begin in the natural progression of neo- plasmic disease, continue at diagnosis when psychological issues may adversely affect dietary intake & proceed through treatment & recovery.

Nutrition plays a crucial role in the cure of people who have Cancer. Maintaining good nutritional states is often difficult for cancer patient as metabolic changes occur to influence appetite & the body's use of nutrients.

Fellowship programme in Nutritional Oncology is necessary to treating these problems.

2. Aim & Objectives

The aim of this unique Fellowship programme is to establish and encourage good nutrition practice and standards as an integral part of the cancer care provided. This is also expected to provide direction and leadership for quality oncology nutrition practice through education and research. The practice of oncology nutrition covers research, prevention, treatment, recovery, palliative care and hospice.

The goals of these fellowships are to provide comprehensive, multidisciplinary training to individuals who are committed to a career in Nutrition & Oncology.

The fellowship programme will be a one year course

The fellowship training will provide a broad exposure to the full range of clinical/nutritional problems in oncology.

Upon completion of a one-year fellowship, the Nutritionist is expected to possess the following characteristics:

- a) Expertise in the multi – professional team working, caring for people with cancer, in a variety of settings, throughout their cancer journey.
- b) Expertise to manage or advice regarding eating difficulties and the use of dietary supplements
- c) Ability to participate in the training of health care professionals and students to improve awareness about the importance of nutrition and cancer.
- d) Ability to promote evidence based practice through research and audit.
- e) Appreciation of scientific methodology, study design, clinical trial & data analysis.
- f) Ability to prescribe dietary charts for cancer patients.

3. Fundamental Components of the Fellowship

- a) The fellow must participate in the dietary evaluation and management of all inpatient and referred out patients.
- b) Exposure to inter disciplinary management of oncologic patients
- c) Participation in the development of high quality supplements & research.
- d) Management of food service system.

4. Time Commitment

Fellows will be expected to work in Dietary department during the course of the fellowship in the usual working hours between 9 AM - 5 PM on Mondays to Fridays and 9 AM - 1 PM on Saturdays. However extended working hours may be required as per the Institute policies and procedures. 40% of the time will be reserved for research in which the fellows will be expected to design the study, collect data, do statistical analysis and write the research paper. Fellows will be guided during the process by the faculty of Malabar Cancer Centre. 60% of the time will be devoted for clinical commitments during which fellows will be expected to do routine work- of a hospital dietician.

5. Medium of Instruction

The Medium of Instruction in all cases will be English. Didactic sessions, practical demonstration classes and examinations will be conducted in English. Fellowship trainees are expected to interact in English with the Faculty Members during the period of Fellowship.

6. Fellowship Structure

The fellowship will be comprised of the following:

1. **Project Work:** Fellows will be expected to take up one project, to be completed within a span of one year. Acquiring extramural funding for these projects will be encouraged and fellows are expected to have a submitted publication prior to completion of the fellowship in the project

concerned. In addition to this conference presentations are recommended and encouraged. Fellows will be expected to complete the project prior to getting completion certificate. The fellows will be encouraged to prepare a project proposal prior to joining the fellowship which they can pursue during the tenure of their fellowship.

2. **Didactic Teaching:** Didactic teaching will be provided by the Faculty of Malabar Cancer Centre according to the schedule given below. The aim of the didactic teaching is to have one to one sessions where the fellows can get to interact with the teaching faculty on various topics related to nutritional oncology.
3. **Basic Biostatistics:** Measures of Central tendency & dispersion, Types of data & Data representation methods, Sampling Technique (Simple random sampling techniques, Stratified & Cluster sampling), Correlation & Regression, Testing of Hypotheses (Basic Concept, t-tests, Chi-square test, variance test), Analysis of Variance (ANOVA).
4. **Chart Rounds:** The fellowship candidate will be expected to participate in chart rounds on Saturdays with the surgical oncology team to understand the plans being delivered as well as to modify dietary pattern accordingly.
5. **Special postings:** The candidate will have postings in Department of Radiation oncology, Medical Oncology , Surgical oncology , Community oncology , Hematology, Palliative care and division of Speech and Swallowing for a period of two week each.
6. **Performance Review:** The fellows will be part of a 3 monthly performance review in the department. The review will be conducted in a friendly environment in order to appraise the progress of the project(s) the fellow may be undertaking as well as review the problems that the fellow may be facing. Attendance in the performance review meetings will be considered compulsory for the fellows. The fellows are expected to maintain an upto date logbook to present at these review sessions.
7. **End of Fellowship Examination:** An end of fellowship examination will be conducted to evaluate the candidate in terms of the knowledge gained from the fellowship (both theoretical and practical). The examination will be mandatory for passing the fellowship and for grant of the fellowship completion certificate along with completed project work mentioned above.

7. Didactic Teaching

The following are the suggested topics for didactic teaching. The total duration of didactic teaching sessions will be 30 hours. Over a period of 12 months. Didactic teaching will be conducted through presentations and demonstrations. Attendance in teaching classes is considered mandatory.

Suggested Topics
Introduction to the basis of Cancer
Cancer development, etiology, cancer and nutrition status, oncological treatment modalities
Nutritional screening and Assessment in oncology

Nutrition care process, nutrition requirement, nutrition screening, nutrition assessment tool
Nutritional Implementation Guidelines and Practice
Evidence-based Practice Management in Cancer Prevention ,Treatment and survivors
Nutrition support for oncology patients
Enteral nutrition, parenteral nutrition, enteral and parenteral nutrition access, formulations for enteral and parenteral nutrition, indication, contraindication and complication of feeding practices
Nutrition and cancer prevention
Role of diet, role of physical activity, role of body weight, cancer survivorship
Basics of Surgical oncology
Peri operative and post operative assessment, screening, nutrition support, nutrition issues in head and neck, gastrointestinal, reproductive malignancies, special feeding practices in surgical oncology, post surgical nutritional issues management
Basics of Medical Oncology
Overview of medical oncology, nutrition implications, nutritional management of chemotherapy related side effects
Basics of Radiation oncology
Overview of radiation oncology, nutrition implications, nutritional management of radiation therapy related side effects
Hematology
Basis of hematological malignancies, Pediatric oncology nutrition, special dietary regimens in bone marrow transplantation, nutrition for intensive chemo patients
Palliative care
Basis of palliative care, nutritional impacts in palliative patients and its managements, artificial nutrition and hydration
Integrative oncology
Bio statistics.- Basic of Biostatistical methodology, usage of SPSS software

8. Fellowship Examination

The examination will have a 80 marks theory paper and a 20 mark practical examination. The theory examination will have 10 short answer and 3 clinical vignette questions with 5 marks and 10 marks each. In addition 100 marks are given in the performance reviews and candidates are expected to

pass all three independently in order to qualify for the fellowship. The pass percentage in all three will be 50%.

9. Fees and Stipends

Fees	Annual Fees	Rs.15,000/-
	Refundable Caution Money	Rs.5,000/-
Stipends	Rs.10,000/- per month during the course	

All candidates will receive a monthly stipend of Rs.10,000/- during the course. Fellowship candidates are encouraged to seek additional grants and sponsorship for any research projects that they may be a part of.

Shared accommodation may be provided to the female candidates subject to availability. Male candidates have to make their own arrangements for accommodation.

10. Application and Selection

Applications should be made in the prescribed proforma. Application forms cost Rs.1000/- and applications will be given in the website of Malabar Cancer Centre (www.mcc.kerala.gov.in) Applications will be called in the month of December-January.

The last date for receiving the application is 31-12-2018, 04.30PM.

Candidates will be selected on basis of a personal interview conducted at the Institute by the fellowship selection committee on 1st week of January 2019. The course will start on January 2018.

Intake: The intake will be one candidate per year.

Eligibility Criteria:

The candidate should possess post graduate degree or Diploma in Nutrition & related subjects with a minimum of 60% marks.

11. Rules and Regulations

1. The course is full time. Candidate is expected to perform all types of clinical, research and academic assignments as prescribed by Academic council of Malabar Cancer Centre.
2. It is a resident program of post-graduate training
3. Candidate is expected to wear identity card provided by MCC
4. Dress code: Lady candidate is expected to put up the hair during working hours. She is permitted to wear any decent dress preferably, Sari and churidhar.
5. Gentleman candidate should wear formal shoes.

6. White apron is compulsory during working hours
7. Attendance: Candidates should sign the attendance register kept in office.
8. Completion of project work is compulsory for fellowship certification.
9. Leaves: Except for Sundays, other days are full working days for the candidate. Restricted leaves of 6 days will be given on Government holidays. Casual leave of 10 days for one year and 4 days as sick leaves. Candidate is expected to come on Sundays and other holidays for the rounds and outpatient clinic.
10. In case candidate discontinues the course midway, caution deposit is forfeited along with a penalty of Rs. 20,000/-. One month prior notice is required to relieve. If he fails to give required period of prior notice, one month stipend should be paid to get relieved.
11. Candidate should follow the rules and regulations of MCC.
12. Accommodation is the responsibility of the candidate. For lady candidates, if available and formally requested in the Request form, shared room accommodation may be provided in Nurses hostel. This is not guaranteed and it is not a right of the candidate. If accommodation is provided a nominal rent will be deducted from the stipend. A caution deposit of Rs.1,000/- should be paid. This is refundable when the candidate vacates the hostel. Gentleman candidate is expected to find an accommodation themselves

12. Important Dates

- ⇒ **The last date for receiving the application is 31-12-2018, 04.30PM.**
- ⇒ **Date of Interview for shortlisted Candidates is on 1st Week of January 2019.**
- ⇒ The course will start on January 2019.
- ⇒ The completed application form along with all necessary documents and **Demand Draft of Rs.1,000/-** as application fee should be forwarded to **‘The Director, Malabar Cancer Centre, Moozhikkara PO, Thalassery, Kerala-670103’**, so as to reach on or before **4.30PM, 31-12-2018**. The envelope containing the application should be super scribed **“Application for Fellowship Programme in Oncology Nutrition, 2018”**.
- ⇒ **For any clarifications, please feel free to contact,**
 - Dr. Sajith Babau TP, Associate Professor & HOD, Dept. of Surgical Oncology at (+91) 9496048806 or Email: drsajith@gmail.com.
 - **Mrs. Reena.C, Dietician at 0490-2355881 or E-mail: reepadmam@gmail.com.**



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Application form for Fellowship in Oncology Nutrition, 2018

Paste Stamp
Size
Photograph
here

1. Name :
2. Age :
3. Sex :
4. Address for communication :

District:

State:

PIN:

5. Academic Qualifications :

Sl. No.	Qualification	Year of Passing	University

6. Present Job/Position :

7. Work Experience :

Sl. No.	Institute	Position	Duration		Remarks if any
			From	To	

8. Experience in Nutrition Oncology :
9. Phone/Mobile No :
10. E-mail ID :
11. Publications :
12. Presentation in conference :
13. Any other Achievements :

Declaration: I declare that the details furnished in the application are true to the best of my knowledge and belief.

Place:

Date :

Signature of the Applicant