



Tools and resources on appetite problems for use in clinical practice, education and training

Fill in this resource

[Symptom Assessment Scale \(SAS\) \(172kb docx\)](#)

Assess the patient's anxiety around their physical symptoms that bother, worry or cause distress

Complete this tool

[Edmonton Symptom Assessment Scale \(ESAS\) tool \(715kb pdf\)](#)

Easily assess multiple palliative care symptoms including appetite changes, nausea and depression

Embed this process

[Malnutrition Universal Screening Tool \(MUST\)](#)

Screen adults for risk and severity of malnutrition to inform management guidelines and care plans

Optimise your learning

[Management of cancer anorexia/cachexia](#)

UpToDate guide to understanding cancer-related anorexia/cachexia and approaches for management

Read the evidence

[A review of palliative therapies for cancer-associated anorexia](#)

Learn about the causes and therapeutic management strategies in this article by Childs and Jatoti

Explore case studies

[Helping the patient with reduced hydration and nutrition](#)

Approaches to manage and maintain a balanced diet, hydration and nutrition by St Oswald's Hospice, UK