

# The Cachexia Assessment Scale: Development and Psychometric Properties

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## **ABSTRACT:**

**Purpose/Objectives:** To develop a tool to identify patients with cancer who suffer from cachexia throughout all stages of the disease.

**Design:** Tool development study.

**Setting:** Oncology day care, follow-up clinics, radiotherapy, and hospice home care.

**Sample:** 90 patients with cancer (25 men and 65 women).

**Methods:** The Cachexia Assessment Scale (CAS) was created based on a thorough review of the literature and was tested for its psychometric properties.

**Main Research Variables:** Presence of cachexia

**Findings:** Measures of reliability were determined by inter-rater, test-retest, and internal consistency reliability. Measures of validity were content validity, criterion validity, sensitivity, and specificity.

**Conclusion:** The CAS possesses adequate levels of reliability and validity and can be used to evaluate cachexia at all stages of cancer.

## **Strengths:**

Palliative care population

Development of the tool that could potentially be very helpful in palliative care

## **Weaknesses:**

The sample size of this study was small and limited to a few treatment centers with a limited number of types of cancer. The number of the patients included in the study were not enough to allow for a comparison of different types of therapy.

## **Relevance to Palliative Care:**

Cachexia is a very common condition in palliative care population. Development of a sensitive tool would be very helpful in cachexia management. Incorporating such a tool in discussion about our management would give our patients and their families much needed reassurance and more realistic expectations.