



**nutritionDay**  
WORLDWIDE

## *Country Oncology Report*

May 2016

### **nutritionDay November 2015 in BRAZIL**

Dear participant,

thank you for your participation in nutritionDay worldwide in November 2015 and for your effort. We are now able to present you your oncology country report of the following sample size.

Number of units on nutritionDay: 38
Number of units on nutritionDay completing Sheet 1_onco: 8
Number of patients on nutritionDay: 749
Number of cancer patients on nutritionDay: 87 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 84
Number of patients completing Sheet 3_onco: 84

Your oncology report reference results are based on data of cancer patients of all specialties of nutritionDay 2015.

The nutritionDay oncology report provides most important results of your oncology patients as well as nutritional care structures and care routines for cancer patients in your country.

You will find some explanations how to read and interpret the data on the next page.

**Next year's nutritionDay will take place on November 10<sup>th</sup> 2016. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Kosak, MA

UNITS REPORT ("Sheet 1"):	YOUR RESULTS	REFERENCE RESULTS
<b>Number of units with cancer patients:</b>	8	275
<b>Computerized system in hospital:</b>	8 units (100%) YES	262 units (95%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	8 units (100%) YES	245 units (89%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	8 (100%)	171 (62.2%)
When patient asks	1 (12.5%)	87 (31.6%)
When body weight loss > 10%	1 (12.5%)	100 (36.4%)
During palliative phase	-	79 (28.7%)
Other	-	30 (10.9%)
Missing	-	23 (8.36%)
<b>Nutritional treatment is not part of the comprehensive approach due to...</b>		
Lack of evidence	-	6 (2.18%)
No knowledge of the field	-	11 (4.00%)
No reimbursement	-	8 (2.91%)
It feeds the tumour	-	-
Other	-	16 (5.82%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	7 (87.5%)	195 (70.9%)
Calculation of energy needs	6 (75.0%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	7 (87.5%)	242 (88.0%)
None	-	-
Other	-	26 (9.45%)
Missing	-	6 (2.18%)
<b>Nutritional therapy is not used due to...</b>		
Lack of evidence	-	2 (0.73%)
Lack of experience	-	5 (1.82%)
No reimbursement	-	6 (2.18%)
Lack of dietitians	-	8 (2.91%)
Lack of other experts	-	1 (0.36%)
Other	-	7 (2.55%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		
<b>Anthropometry/Body composition:</b>		
<b>Body weight</b>		
Regularly	7 (87.5%)	170 (61.8%)
At chemotherapy	1 (12.5%)	46 (16.7%)
When necessary	-	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

<b>Anthropometrics (circumference)</b>		
Regularly	2 (25.0%)	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	4 (50.0%)	89 (32.4%)
Never	2 (25.0%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
<b>BIA</b>		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	-	68 (24.7%)
Never	8 (100%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
<b>CT SCAN</b>		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	1 (12.5%)	84 (30.5%)
Never	7 (87.5%)	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	-	28 (10.2%)
<b>DEXA</b>		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	-	60 (21.8%)
Never	8 (100%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	-	31 (11.3%)
<b>Other (body composition)</b>		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	-	24 (8.73%)
Never	4 (50.0%)	85 (30.9%)
Unknown	-	34 (12.4%)
Missing	4 (50.0%)	126 (45.8%)
<b>Body function:</b>		
<b>Handgrip</b>		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (12.5%)	62 (22.5%)
Never	7 (87.5%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
<b>6-minutes walking test</b>		
Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (12.5%)	53 (19.3%)
Never	7 (87.5%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	-	27 (9.82%)
<b>Other (body function)</b>		
Regularly	1 (12.5%)	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	-	28 (10.2%)
Never	4 (50.0%)	109 (39.6%)
Unknown	-	32 (11.6%)
Missing	3 (37.5%)	103 (37.5%)
<b>Nutritional requirements, calculated</b>		
Regularly	7 (87.5%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	1 (12.5%)	113 (41.1%)
Never	-	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	-	53 (19.3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	4 (50.0%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (12.5%)	117 (42.5%)
Never	1 (12.5%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	2 (25.0%)	42 (15.3%)
<b>1 meal per day</b>		
Regularly	2 (25.0%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	-	66 (24.0%)
Never	2 (25.0%)	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	4 (50.0%)	105 (38.2%)
<b>2 meals per day</b>		
Regularly	2 (25.0%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	-	66 (24.0%)
Never	2 (25.0%)	69 (25.1%)
Unknown	-	18 (6.55%)
Missing	4 (50.0%)	103 (37.5%)
<b>24h recall</b>		
Regularly	4 (50.0%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (12.5%)	85 (30.9%)
Never	1 (12.5%)	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	2 (25.0%)	76 (27.6%)
<b>Other (nutritional intake)</b>		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (12.5%)	36 (13.1%)

Never	1 (12.5%)	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	6 (75.0%)	142 (51.6%)
<b>Questionnaire completed by</b>		
Dietitian	8 (100%)	100 (36.4%)
Nurse	-	105 (38.2%)
Physician	-	43 (15.6%)
Nutritional scientist	-	19 (6.91%)
Other	-	4 (1.45%)
Missing	-	4 (1.45%)

<b>PATIENTS REPORT ("Sheet 2"):</b>	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>Number of patients completing Sheet 2_onco:</b>	84	2607
<b>Demographic data:</b>		
Age (years)	62 [25-88]	65 [3-105]
Female gender	33 (39.3%)	1167 (44.8%)
Weight (kg)	64.1 ± 15.0	68.0 ± 17.1
Height (cm)	164.8 ± 8.8	166.2 ± 10.3
BMI (kg/m <sup>2</sup> )	23.5 ± 4.9	24.4 ± 5.2
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	1 (1.19%)	22 (0.84%)
Ward (w)	83 (98.8%)	2580 (99.0%)
Missing	-	5 (0.19%)
<b>Goal of Therapy</b>		
Curative	37 (44.0%)	1402 (53.8%)
Palliative	40 (47.6%)	1006 (38.6%)
Terminal	5 (5.95%)	113 (4.33%)
Missing	2 (2.38%)	86 (3.30%)
<b>Reason for admission</b>		
Clinical diagnostics	15 (17.9%)	355 (13.6%)
Therapy	14 (16.7%)	1228 (47.1%)
Surgery related	5 (5.95%)	423 (16.2%)
Treatment complications	39 (46.4%)	365 (14.0%)
Poor health status	11 (13.1%)	418 (16.0%)
Independent care difficult	1 (1.19%)	38 (1.46%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	4 (4.76%)	180 (6.90%)
Colon, rectum	8 (9.52%)	427 (16.4%)
Prostate	8 (9.52%)	98 (3.76%)
Lung	3 (3.57%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	2 (2.38%)	126 (4.83%)
Gastric/oesophageal	15 (17.9%)	274 (10.5%)
Pancreas	4 (4.76%)	126 (4.83%)
Lymphoma	6 (7.14%)	165 (6.33%)
Ears nose throat (ENT)	5 (5.95%)	171 (6.56%)
Leukaemia	7 (8.33%)	163 (6.25%)
Genital tract	3 (3.57%)	121 (4.64%)
Liver	5 (5.95%)	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	4 (4.76%)	54 (2.07%)
Testicular	1 (1.19%)	17 (0.65%)
Other	13 (15.5%)	257 (9.86%)
Missing	-	108 (4.14%)
<b>Time since diagnosis</b>		
0-2 months	20 (23.8%)	777 (29.8%)
3-5 months	12 (14.3%)	412 (15.8%)
6-12 months	21 (25.0%)	388 (14.9%)

1-2 years	14 (16.7%)	314 (12.0%)
2-4 years	2 (2.38%)	232 (8.90%)
> 4 years	4 (4.76%)	268 (10.3%)
Missing	10 (11.9%)	172 (6.60%)
<b>Cancer staging</b>		
0=Carcinoma in situ	2 (2.38%)	90 (3.45%)
I=Localized	11 (13.1%)	375 (14.4%)
II=Early locally advanced	13 (15.5%)	345 (13.2%)
III=Late locally advanced	28 (33.3%)	392 (15.0%)
IV=Metastasised	18 (21.4%)	955 (36.6%)
Missing	12 (14.3%)	450 (17.3%)
<b>Time since first therapy start</b>		
No therapy	7 (8.33%)	187 (7.17%)
Tumour staging/diagnosis	3 (3.57%)	200 (7.67%)
0-2 months	14 (16.7%)	736 (28.2%)
3-5 months	14 (16.7%)	345 (13.2%)
6-12 months	13 (15.5%)	338 (13.0%)
1-2 years	14 (16.7%)	232 (8.90%)
2-4 years	13 (15.5%)	176 (6.75%)
> 4 years	7 (8.33%)	250 (9.59%)
Missing	-	163 (6.25%)
<b>Therapy situation</b>		
Diagnosis	11 (13.1%)	236 (9.05%)
Chemotherapy 1st line	12 (14.3%)	488 (18.7%)
Chemotherapy > 1st line	2 (2.38%)	367 (14.1%)
Radiotherapy	1 (1.19%)	272 (10.4%)
Target therapy	1 (1.19%)	84 (3.22%)
Hormone therapy	3 (3.57%)	26 (1.00%)
Palliative	31 (36.9%)	359 (13.8%)
Surgery	8 (9.52%)	504 (19.3%)
Cancer related complications	15 (17.9%)	266 (10.2%)
Therapy related complications	1 (1.19%)	127 (4.87%)
Missing	1 (1.19%)	153 (5.87%)
<b>Infections</b>		
None	63 (75.0%)	1808 (69.4%)
Local	12 (14.3%)	381 (14.6%)
General	1 (1.19%)	179 (6.87%)
Missing	8 (9.52%)	239 (9.17%)
<b>Nutrition Treatment</b>		
No special diet	11 (13.1%)	1080 (41.4%)
Individualized diet plan	28 (33.3%)	572 (21.9%)
Energy rich/protein rich ONS	27 (32.1%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	12 (14.3%)	128 (4.91%)
Parenteral nutrition	2 (2.38%)	240 (9.21%)
ONS enriched with special nutrients	2 (2.38%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	24 (28.6%)	284 (10.9%)
Counselling	16 (19.0%)	355 (13.6%)
Other	1 (1.19%)	202 (7.75%)





<b>PATIENTS REPORT ("Sheet 3"):</b>	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>Number of patients completing Sheet 3_onco:</b>	84	2474
<b>Body weight prior to becoming ill</b>	70 [37-104]	73 [30-199]
<b>Actual body weight</b>	63 [31-94]	67 [10-200]
<b>Change in weight was</b>		
Intentional	1 (1.19%)	64 (2.45%)
Unintentional	63 (75.0%)	1489 (57.1%)
Weight is stable	16 (19.0%)	318 (12.2%)
Missing	1 (1.19%)	111 (4.26%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	29 (34.5%)	709 (27.2%)
A little	15 (17.9%)	596 (22.9%)
Quite a bit	22 (26.2%)	419 (16.1%)
Very much	18 (21.4%)	332 (12.7%)
Missing	-	530 (20.3%)
<b>Patients who needed a rest:</b>		
Not at all	15 (17.9%)	391 (15.0%)
A little	22 (26.2%)	592 (22.7%)
Quite a bit	31 (36.9%)	575 (22.1%)
Very much	16 (19.0%)	488 (18.7%)
Missing	-	540 (20.7%)
<b>Patients who felt weak:</b>		
Not at all	19 (22.6%)	420 (16.1%)
A little	19 (22.6%)	583 (22.4%)
Quite a bit	25 (29.8%)	535 (20.5%)
Very much	20 (23.8%)	499 (19.1%)
Missing	-	544 (20.9%)
<b>Patients who felt depressed:</b>		
Not at all	39 (46.4%)	775 (29.7%)
A little	18 (21.4%)	601 (23.1%)
Quite a bit	18 (21.4%)	356 (13.7%)
Very much	9 (10.7%)	298 (11.4%)
Missing	-	546 (20.9%)
<b>Patients who were tired:</b>		
Not at all	22 (26.2%)	445 (17.1%)
A little	22 (26.2%)	611 (23.4%)
Quite a bit	23 (27.4%)	534 (20.5%)
Very much	16 (19.0%)	449 (17.2%)
Missing	-	539 (20.7%)
<b>Patients whose pain interfered with their daily activities:</b>		
Not at all	30 (35.7%)	766 (29.4%)
A little	16 (19.0%)	458 (17.6%)
Quite a bit	20 (23.8%)	366 (14.0%)

Very much	17 (20.2%)	398 (15.3%)
Missing	-	582 (22.3%)
<b>Patients who lacked appetite:</b>		
Not at all	25 (29.8%)	779 (29.9%)
A little	19 (22.6%)	485 (18.6%)
Quite a bit	16 (19.0%)	378 (14.5%)
Very much	22 (26.2%)	391 (15.0%)
Missing	1 (1.19%)	548 (21.0%)
<b>Just now</b>		
<b>Patients who have pain:</b>		
Not at all	41 (48.8%)	901 (34.6%)
A little	17 (20.2%)	676 (25.9%)
Quite a bit	14 (16.7%)	327 (12.5%)
Very much	10 (11.9%)	152 (5.83%)
Missing	1 (1.19%)	533 (20.4%)
<b>Patients who need a rest:</b>		
Not at all	25 (29.8%)	438 (16.8%)
A little	20 (23.8%)	705 (27.0%)
Quite a bit	25 (29.8%)	555 (21.3%)
Very much	13 (15.5%)	347 (13.3%)
Missing	1 (1.19%)	538 (20.6%)
<b>Patients who feel weak:</b>		
Not at all	32 (38.1%)	503 (19.3%)
A little	14 (16.7%)	647 (24.8%)
Quite a bit	17 (20.2%)	538 (20.6%)
Very much	19 (22.6%)	352 (13.5%)
Missing	1 (1.19%)	541 (20.8%)
<b>Patients who are depressed:</b>		
Not at all	40 (47.6%)	915 (35.1%)
A little	16 (19.0%)	559 (21.4%)
Quite a bit	14 (16.7%)	332 (12.7%)
Very much	13 (15.5%)	225 (8.63%)
Missing	1 (1.19%)	549 (21.1%)
<b>Patients who are tired:</b>		
Not at all	31 (36.9%)	537 (20.6%)
A little	16 (19.0%)	669 (25.7%)
Quite a bit	24 (28.6%)	500 (19.2%)
Very much	12 (14.3%)	326 (12.5%)
Missing	-	549 (21.1%)
<b>Patients whose pain interferes with their daily activities:</b>		
Not at all	39 (46.4%)	881 (33.8%)
A little	13 (15.5%)	483 (18.5%)
Quite a bit	15 (17.9%)	346 (13.3%)
Very much	16 (19.0%)	301 (11.5%)
Missing	-	563 (21.6%)

<b>Patients who lack appetite:</b>		
Not at all	35 (41.7%)	882 (33.8%)
A little	19 (22.6%)	503 (19.3%)
Quite a bit	12 (14.3%)	341 (13.1%)
Very much	18 (21.4%)	309 (11.9%)
Missing	-	547 (21.0%)
<b>Reasons for change in appetite/food intake</b>		
Nausea/Vomiting	15 (17.9%)	396 (15.2%)
Inflammation in mouth	6 (7.14%)	111 (4.26%)
Pain	8 (9.52%)	288 (11.0%)
Constipation	4 (4.76%)	167 (6.41%)
Diarrhea	2 (2.38%)	107 (4.10%)
Change in taste/smell	7 (8.33%)	318 (12.2%)
Early satiation/Loss of appetite	26 (31.0%)	520 (19.9%)
Other	13 (15.5%)	340 (13.0%)
Missing	5 (5.95%)	86 (3.30%)
<b>Maximum activity performed by patients</b>		
Able to do sports	-	56 (2.15%)
Fully active	8 (9.52%)	316 (12.1%)
Able to carry out light activities	13 (15.5%)	501 (19.2%)
Able to carry out self-care	9 (10.7%)	497 (19.1%)
Able to carry out limited self-care	13 (15.5%)	361 (13.8%)
Confined to bed or chair	38 (45.2%)	312 (12.0%)
Missing	3 (3.57%)	550 (21.1%)
<b>Patient takes additional (without prescription)</b>		
Nothing	61 (72.6%)	1426 (54.7%)
Herbal tea	5 (5.95%)	198 (7.59%)
Nutritional supplements	2 (2.38%)	199 (7.63%)
Multivitamin	1 (1.19%)	80 (3.07%)
Other medication	6 (7.14%)	85 (3.26%)
Other	4 (4.76%)	112 (4.30%)
Missing	6 (7.14%)	612 (23.5%)
<b>Additional activities performed</b>		
Nothing	63 (75.0%)	1475 (56.6%)
Psychotherapy	2 (2.38%)	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	-	82 (3.15%)
Progressive muscle relaxation	-	49 (1.88%)
Qigong	-	3 (0.12%)
Other	11 (13.1%)	225 (8.63%)
Missing	9 (10.7%)	713 (27.3%)
<b>Patients having difficulties in complying with treatment</b>	21 (25.0%)	545 (20.9%)
<b>Patients needing help to complete questionnaire</b>	62 (73.8%)	1332 (51.1%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them</b>	75 (89.3%)	1364 (52.3%)