

Country Oncology Report

May 2016

nutritionDay November 2015 in SPAIN

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: 15 Number of units on nutritionDay completing Sheet 1_onco: 4 Number of patients on nutritionDay: 400 Number of cancer patients on nutritionDay: 53 (referring to sheet 2 regular "affected organs") Number of patients completing Sheet 2_onco: 30 Number of patients completing Sheet 3 onco: 30

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 10th 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

Clarak

Sigrid Kosak, MA



UNITS REPORT ("Sheet 1"):	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	4	275
Computerized system in hospital:	4 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	4 units (100%) YES	245 units (89%) YES
Nutritional treatment is considered Routinely When patient asks When body weight loss > 10% During palliative phase Other Missing	2 (50.0%) 1 (25.0%) 1 (25.0%) 1 (25.0%) - -	
Nutritional treatment is not part of the comprehensive approach due to Lack of evidence No knowledge of the field No reimbursement It feeds the tumour Other	- - - -	6 (2.18%) 11 (4.00%) 8 (2.91%) - 16 (5.82%)
Nutritional therapy used for cancer patients Nutrition according to nutrition plan Calculation of energy needs Monitoring patients intake and use of oral supplements None Other Missing	3 (75.0%) - 2 (50.0%) - - -	195 (70.9%) 164 (59.6%) 242 (88.0%) - 26 (9.45%) 6 (2.18%)
Nutritional therapy is not used due to Lack of evidence Lack of experience No reimbursement Lack of dietitians Lack of other experts Other Missing	- - 1 (25.0%) - -	2 (0.73%) 5 (1.82%) 6 (2.18%) 8 (2.91%) 1 (0.36%) 7 (2.55%)
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition: Body weight Regularly At chemotherapy When necessary Never Unknown Missing	2 (50.0%) 2 (50.0%) - - - -	



Anthropometrics (circumference	20)		
Regularly			25 (9.09%)
At chemotherapy		_	9 (3.27%)
When necessary		_	89 (32.4%)
Never		4 (100%)	122 (44.4%)
Unknown		4 (10070)	8 (2.91%)
		-	· · /
Missing		-	22 (8.00%)
BIA			
Regularly		_	3 (1.09%)
At chemotherapy		_	3 (1.0770)
When necessary		_	68 (24.7%)
Never		4 (100%)	162 (58.9%)
Unknown		4 (10070)	18 (6.55%)
Missing		-	24 (8.73%)
IVIISSII IG		-	24 (0.7370)
CT SCAN			
Regularly		-	10 (3.64%)
At chemotherapy		-	
When necessary		_	84 (30.5%)
Never		4 (100%)	139 (50.5%)
Unknown		- (10070)	14 (5.09%)
Missing		-	28 (10.2%)
IVIISSII IG		-	20 (10.270)
DEXA			
Regularly		-	3 (1.09%)
At chemotherapy		-	2 (0.73%)
When necessary		-	60 (21.8%)
Never		4 (100%)	159 (57.8%)
Unknown		- (10070)	20 (7.27%)
Missing		_	31 (11.3%)
1VIISSI 19			51 (11.570)
Other (body composition)			
Regularly		1 (25.0%)	6 (2.18%)
At chemotherapy		-	-
When necessary		-	24 (8.73%)
Never		3 (75.0%)	85 (30.9%)
Unknown		-	34 (12.4%)
Missing		-	126 (45.8%)
i i i i i i i i i i i i i i i i i i i			
Body function:			
Handgrip			
Regularly		-	15 (5.45%)
At chemotherapy		-	1 (0.36%)
When necessary		-	62 (22.5%)
Never		4 (100%)	167 (60.7%)
Unknown		-	8 (2.91%)
Missing		-	22 (8.00%)
5			. ,
6-minutes walking test			
Regularly		-	4 (1.45%)
At chemotherapy		1 (25.0%)	2 (0.73%)
When necessary		-	53 (19.3%)
Never		3 (75.0%)	182 (66.2%)
Unknown		-	7 (2.55%)
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Missing		-	27 (9.82%)
Other (body function)			
Regularly		-	2 (0.73%)
At chemotherapy		-	1 (0.36%)
When necessary		1 (25.0%)	28 (10.2%)
Never		3 (75.0%)	109 (39.6%)
Unknown		-	32 (11.6%)
Missing		-	103 (37.5%)
Nutritional requirements, calc	culated		
Regularly		-	71 (25.8%)
At chemotherapy		-	4 (1.45%)
When necessary		1 (25.0%)	113 (41.1%)
Never		3 (75.0%)	29 (10.5%)
Unknown		-	5 (1.82%)
Missing		-	53 (19.3%)
Nutritional intake:			
Every meal			
Regularly		1 (25.0%)	66 (24.0%)
At chemotherapy		-	2 (0.73%)
When necessary		1 (25.0%)	117 (42.5%)
Never		2 (50.0%)	40 (14.5%)
Unknown		_ (000000)	8 (2.91%)
Missing		-	42 (15.3%)
			12 (10.070)
1 meal per day Regularly		_	20 (7.27%)
At chemotherapy		-	1 (0.36%)
When necessary		1 (25.0%)	66 (24.0%)
Never		3 (75.0%)	65 (23.6%)
Unknown		3 (73.070)	18 (6.55%)
Missing		-	105 (38.2%)
IVIISSII IG		-	105 (38.276)
2 meals per day Regularly			17 (6.18%)
At chemotherapy		-	2 (0.73%)
			• •
When necessary		1 (25.0%)	66 (24.0%)
Never		3 (75.0%)	69 (25.1%) 19 (6 55%)
Unknown		-	18 (6.55%)
Missing		-	103 (37.5%)
24h recall			10 /17 50/1
Regularly		1 (25.0%)	48 (17.5%)
At chemotherapy			2 (0.73%)
When necessary		1 (25.0%)	85 (30.9%)
Never		2 (50.0%)	50 (18.2%)
Unknown Missing		-	14 (5.09%) 76 (27.6%)
_			
Other (nutritional intake) Regularly		_	12 (4.36%)
At chemotherapy		-	1 (0.36%)
		-	36 (13.1%)
When necessary		-	30 (13.1%)
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Never	4 (100%)	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	-	142 (51.6%)
Questionnaire completed by		
Dietitian	1 (25.0%)	100 (36.4%)
Nurse	3 (75.0%)	105 (38.2%)
Physician	-	43 (15.6%)
Nutritional scientist	-	19 (6.91%)
Other	-	4 (1.45%)
Missing	-	4 (1.45%)



PATIENTS REPORT ("Sheet 2")):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completin		30	2607
Demographic data:			
Age (years)		72 [16-89]	65 [3-105]
Female gender		8 (26.7%)	1167 (44.8%)
Weight (kg)		70.7 ± 20.7	68.0 ± 17.1
Height (cm) BMI (kg/m2)		163.8 ± 7.0 26.4 ± 7.2	166.2 ± 10.3 24.4 ± 5.2
		20.4 ± 7.2	24.4 ± 5.2
Outpatient (o)/Ward (w)			
Outpatient(o)		3 (10.0%)	22 (0.84%)
Ward (w) Missing		27 (90.0%)	2580 (99.0%) 5 (0.19%)
IVIISSII IG		-	5 (0.19%)
Goal of Therapy			
		15 (50.0%)	1402 (53.8%)
Palliative Terminal		6 (20.0%)	1006 (38.6%) 113 (4.33%)
Missing		- 9 (30.0%)	86 (3.30%)
Reason for admission			
Clinical diagnostics Therapy		6 (20.0%) 6 (20.0%)	355 (13.6%) 1228 (47.1%)
Surgery related		4 (13.3%)	423 (16.2%)
Treatment complications		2 (6.67%)	365 (14.0%)
Poor health status		15 (50.0%)	418 (16.0%)
Independent care difficult		-	38 (1.46%)
Missing		-	-
Present cancer diagnosis			
Breast		1 (3.33%)	180 (6.90%)
Colon, rectum Prostate		4 (13.3%) 2 (6.67%)	427 (16.4%) 98 (3.76%)
Lung		3 (10.0%)	312 (12.0%)
Skin		-	35 (1.34%)
Kidney/bladder		9 (30.0%)	126 (4.83%)
Gastric/oesophageal		1 (3.33%)	274 (10.5%)
Pancreas Lymphoma		1 (3.33%) 6 (20.0%)	126 (4.83%) 165 (6.33%)
Ears nose throat (ENT)		4 (13.3%)	171 (6.56%)
Leukaemia		1 (3.33%)	163 (6.25%)
Genital tract		2 (6.67%)	121 (4.64%)
Liver		-	123 (4.72%)
Sarcoma Brain		-	41 (1.57%) 54 (2.07%)
Testicular		-	54 (2.07%) 17 (0.65%)
Other		-	257 (9.86%)
Missing		-	108 (4.14%)
Time since diagnosis			
0-2 months		6 (20.0%)	777 (29.8%)
3-5 months		5 (16.7%)	412 (15.8%)
6-12 months		5 (16.7%)	388 (14.9%)
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14 years 5 (16,7%) 223 (8,909 4 years 264 (10,33 16sing 1 (3,33%) 172 (6,609 2-Carcinoma in situ 1 (3,33%) 90 (3,459 1-Carcinoma in situ 5 (16,7%) 345 (13,29 1-Late locally advanced 5 (16,7%) 325 (15,09 V-Metastasted 6 (20,0%) 955 (36,66) Motherapy statt 0 (33,3%) 450 (17,39 umour staging/diagnosis 3 (10,0%) 200 (7,679 12 months 1 (3,33%) 345 (13,29 12 wars 2 (6,67%) 236 (90,09 14 years 2 (6,67%) 176 (6,7%) 12 wars 1 (3,33%) 163 (6,259 herapy situation - 227 (10,49 12 adotherapy - 212 (10,49 <			
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utritionDay Nov. 2015 10/05/2016 12:14 - Page 7 of 11	Other	-	202 (7.75%
	nutritionDay Nov. 2015 10/05/2016 12:14 - Page 7 of 11		



Missing

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PATIENTS REPORT ("Sheet 3"):		YOUR RESULTS	REFERENCE RESULTS
Number of patients completing		30	2474
Body weight prior to becoming	ill	70 [52-149]	73 [30-199]
Actual body weight		67 [48-148]	67 [10-200]
Change in weight was			
Intentional		1 (3.33%)	64 (2.45%)
Unintentional		15 (50.0%)	· · ·
Weight is stable Missing		4 (13.3%) 1 (3.33%)	318 (12.2%) 111 (4.26%)
During the last week			
Patients who have had pain:			
Not at all		11 (36.7%)	709 (27.2%)
A little		3 (10.0%)	596 (22.9%)
Quite a bit		7 (23.3%)	419 (16.1%)
Very much		1 (3.33%)	332 (12.7%)
Missing		8 (26.7%)	530 (20.3%)
Patients who needed a rest:			
Not at all		6 (20.0%)	391 (15.0%)
Alittle		5 (16.7%)	592 (22.7%)
Quite a bit		10 (33.3%)	575 (22.1%)
Very much Missing		- 8 (26.7%)	488 (18.7%) 540 (20.7%)
Wilson IQ		0 (20.770)	540 (20.776)
Patients who felt weak:		2(10,00)	400 (14 10/)
Not at all A little		3 (10.0%) 6 (20.0%)	420 (16.1%) 583 (22.4%)
Quite a bit		11 (36.7%)	535 (22.4%)
Very much		2 (6.67%)	499 (19.1%)
Missing		8 (26.7%)	544 (20.9%)
Detients who felt depressed			
Patients who felt depressed: Not at all		9 (30.0%)	775 (29.7%)
Alittle		6 (20.0%)	601 (23.1%)
Quite a bit		4 (13.3%)	356 (13.7%)
Very much		3 (10.0%)	298 (11.4%)
Missing		8 (26.7%)	546 (20.9%)
Patients who were tired:			
Not at all		5 (16.7%)	445 (17.1%)
Alittle		6 (20.0%)	611 (23.4%)
Quite a bit		9 (30.0%)	534 (20.5%)
Very much		2 (6.67%)	449 (17.2%)
Missing		8 (26.7%)	539 (20.7%)
Patients whose pain interfered	with their daily		
activities:			
Not at all		8 (26.7%)	766 (29.4%)
A little Quite a bit		3 (10.0%) 10 (33.3%)	458 (17.6%) 366 (14.0%)
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Very much	1 (3.33%)	398 (15.3%
Missing	8 (26.7%)	582 (22.3%
Detients who looked on estite.		
Patients who lacked appetite: Not at all	10 (22 29/)	770 (20 00/
	10 (33.3%)	779 (29.9%
A little	5 (16.7%)	485 (18.6%
Quite a bit	6 (20.0%)	378 (14.5%
Very much	1 (3.33%)	391 (15.0%
Missing	8 (26.7%)	548 (21.0%
Just now		
Patients who have pain:		
Not at all	12 (40.0%)	901 (34.6%
A little	5 (16.7%)	676 (25.9%
Quite a bit	3 (10.0%)	327 (12.5%
Very much	2 (6.67%)	152 (5.83%
Missing	8 (26.7%)	533 (20.4%
Patients who need a rest:		
Not at all	9 (30.0%)	438 (16.8%
A little	6 (20.0%)	705 (27.0%
Quite a bit	4 (13.3%)	555 (21.3%
Very much	2 (6.67%)	347 (13.3%
Missing	9 (30.0%)	538 (20.6%
Patients who feel weak:		
Not at all	5 (16.7%)	503 (19.3%
A little	7 (23.3%)	647 (24.8%
Quite a bit	9 (30.0%)	538 (20.6%
Very much	1 (3.33%)	352 (13.5%
Missing	8 (26.7%)	541 (20.8%
Patients who are depressed:		
Not at all	11 (36.7%)	915 (35.1%
A little	6 (20.0%)	559 (21.4%
Quite a bit	4 (13.3%)	332 (12.79
Very much	· · · · · · · · · · · · · · · · · · ·	225 (8.63%
Missing	9 (30.0%)	549 (21.1%
Patients who are tired:		
Not at all	8 (26.7%)	537 (20.6%
A little	6 (20.0%)	669 (25.7%
Quite a bit	6 (20.0%)	500 (19.2%
Very much	1 (3.33%)	326 (12.5%
Missing	9 (30.0%)	549 (21.1%
Patients whose pain interferes with their daily		
activities:		
Not at all	11 (36.7%)	881 (33.8%
A little	3 (10.0%)	483 (18.5%
Quite a bit	6 (20.0%)	346 (13.3%
Very much	1 (3.33%)	301 (11.5%
Missing	9 (30.0%)	563 (21.6%
TAIL STILLY	7 (30.070)	505 (21.07



Patients who lack appetite:		
Not at all	9 (30.0%)	882 (33.8%)
Alittle	7 (23.3%)	503 (19.3%)
Quite a bit	4 (13.3%)	341 (13.1%)
	4 (13.370)	· · ·
Very much	-	309 (11.9%)
Missing	10 (33.3%)	547 (21.0%)
Descens for change in appetite /feed intoke		
Reasons for change in appetite/food intake	((20,0%))	
Nausea/Vomiting	6 (20.0%)	396 (15.2%)
Inflammation in mouth	1 (3.33%)	111 (4.26%)
Pain	2 (6.67%)	288 (11.0%)
Constipation	1 (3.33%)	167 (6.41%)
Diarrhea	-	107 (4.10%)
	4 (13.3%)	318 (12.2%)
Change in taste/smell		
Early satiation/Loss of appetite	3 (10.0%)	520 (19.9%)
Other	9 (30.0%)	340 (13.0%)
Missing	1 (3.33%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	1 (3.33%)	56 (2.15%)
Fully active	7 (23.3%)	316 (12.1%)
Able to carry out light activities	4 (13.3%)	501 (19.2%)
Able to carry out self-care	4 (13.3%)	497 (19.1%)
Able to carry out limited self-care	2 (6.67%)	361 (13.8%)
5		
Confined to bed or chair	4 (13.3%)	312 (12.0%)
Missing	8 (26.7%)	550 (21.1%)
Patient takes additional (without prescription)		
· · · ·		1 404 (5 4 70/)
Nothing	16 (53.3%)	1426 (54.7%)
Herbal tea	1 (3.33%)	198 (7.59%)
Nutritional supplements	-	199 (7.63%)
Multivitamin	1 (3.33%)	80 (3.07%)
Other medication	2 (6.67%)	85 (3.26%)
	()	· · ·
Other	1 (3.33%)	· · ·
Missing	9 (30.0%)	612 (23.5%)
Additional activities performed		
Nothing	18 (60.0%)	1175 (56 601)
8	18 (00.0%)	1475 (56.6%)
Psychotherapy	-	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	-	82 (3.15%)
Progressive muscle relaxation	-	49 (1.88%)
Qigong	-	3 (0.12%)
Other	/ (1 2 20/)	
	4 (13.3%)	225 (8.63%)
Missing	8 (26.7%)	713 (27.3%)
Patients having difficulties in complying with	3 (10.0%)	545 (20.9%)
treatment	5 (10.070)	J+J (ZU.770)
Patients needing help to complete questionnaire	13 (43.3%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit	14 (46.7%)	1364 (52.3%)
to them		
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