



**nutritionDay**  
WORLDWIDE

## *Country Oncology Report*

May 2016

### **nutritionDay November 2015 in PORTUGAL**

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: 29
Number of units on nutritionDay completing Sheet 1_onco: 16
Number of patients on nutritionDay: 1051
Number of cancer patients on nutritionDay: 363 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 408
Number of patients completing Sheet 3_onco: 397

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>	16	275
<b>Computerized system in hospital:</b>	16 units (100%) YES	262 units (95%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	15 units (94%) YES	245 units (89%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	14 (87.5%)	171 (62.2%)
When patient asks	2 (12.5%)	87 (31.6%)
When body weight loss > 10%	4 (25.0%)	100 (36.4%)
During palliative phase	2 (12.5%)	79 (28.7%)
Other	1 (6.25%)	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	8 (50.0%)	195 (70.9%)
Calculation of energy needs	6 (37.5%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	16 (100%)	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	1 (6.25%)	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	6 (37.5%)	170 (61.8%)
At chemotherapy	1 (6.25%)	46 (16.7%)
When necessary	9 (56.3%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

<b>Anthropometrics (circumference)</b>		
Regularly	-	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	4 (25.0%)	89 (32.4%)
Never	12 (75.0%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
<b>BIA</b>		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	1 (6.25%)	68 (24.7%)
Never	15 (93.8%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
<b>CT SCAN</b>		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	-	84 (30.5%)
Never	14 (87.5%)	139 (50.5%)
Unknown	2 (12.5%)	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	15 (93.8%)	159 (57.8%)
Unknown	1 (6.25%)	20 (7.27%)
Missing	-	31 (11.3%)
<b>Other (body composition)</b>		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	-	24 (8.73%)
Never	10 (62.5%)	85 (30.9%)
Unknown	4 (25.0%)	34 (12.4%)
Missing	2 (12.5%)	126 (45.8%)
<b>Body function:</b>		
<b>Handgrip</b>		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	-	62 (22.5%)
Never	14 (87.5%)	167 (60.7%)
Unknown	2 (12.5%)	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 (6.25%)	53 (19.3%)
Never	13 (81.3%)	182 (66.2%)
Unknown	2 (12.5%)	7 (2.55%)

Missing	-	27 (9.82%)
<b>Other (body function)</b>		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	-	28 (10.2%)
Never	11 (68.8%)	109 (39.6%)
Unknown	5 (31.3%)	32 (11.6%)
Missing	-	103 (37.5%)
<b>Nutritional requirements, calculated</b>		
Regularly	4 (25.0%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	11 (68.8%)	113 (41.1%)
Never	1 (6.25%)	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	-	53 (19.3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	3 (18.8%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	12 (75.0%)	117 (42.5%)
Never	1 (6.25%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	-	42 (15.3%)
<b>1 meal per day</b>		
Regularly	1 (6.25%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (31.3%)	66 (24.0%)
Never	1 (6.25%)	65 (23.6%)
Unknown	1 (6.25%)	18 (6.55%)
Missing	8 (50.0%)	105 (38.2%)
<b>2 meals per day</b>		
Regularly	-	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	6 (37.5%)	66 (24.0%)
Never	1 (6.25%)	69 (25.1%)
Unknown	1 (6.25%)	18 (6.55%)
Missing	8 (50.0%)	103 (37.5%)
<b>24h recall</b>		
Regularly	6 (37.5%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (18.8%)	85 (30.9%)
Never	-	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	7 (43.8%)	76 (27.6%)
<b>Other (nutritional intake)</b>		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (6.25%)	36 (13.1%)

Never	3 (18.8%)	58 (21.1%)
Unknown	2 (12.5%)	26 (9.45%)
Missing	10 (62.5%)	142 (51.6%)
<b>Questionnaire completed by</b>		
Dietitian	8 (50.0%)	100 (36.4%)
Nurse	-	105 (38.2%)
Physician	8 (50.0%)	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>	408	2607
<b>Demographic data:</b>		
Age (years)	64 [22-100]	65 [3-105]
Female gender	197 (48.3%)	1167 (44.8%)
Weight (kg)	66.9 ± 14.8	68.0 ± 17.1
Height (cm)	163.8 ± 10.4	166.2 ± 10.3
BMI (kg/m <sup>2</sup> )	24.9 ± 5.0	24.4 ± 5.2
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	1 (0.25%)	22 (0.84%)
Ward (w)	407 (99.8%)	2580 (99.0%)
Missing	-	5 (0.19%)
<b>Goal of Therapy</b>		
Curative	286 (70.1%)	1402 (53.8%)
Palliative	106 (26.0%)	1006 (38.6%)
Terminal	12 (2.94%)	113 (4.33%)
Missing	4 (0.98%)	86 (3.30%)
<b>Reason for admission</b>		
Clinical diagnostics	24 (5.88%)	355 (13.6%)
Therapy	133 (32.6%)	1228 (47.1%)
Surgery related	79 (19.4%)	423 (16.2%)
Treatment complications	143 (35.0%)	365 (14.0%)
Poor health status	29 (7.11%)	418 (16.0%)
Independent care difficult	4 (0.98%)	38 (1.46%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	50 (12.3%)	180 (6.90%)
Colon, rectum	77 (18.9%)	427 (16.4%)
Prostate	12 (2.94%)	98 (3.76%)
Lung	21 (5.15%)	312 (12.0%)
Skin	13 (3.19%)	35 (1.34%)
Kidney/bladder	37 (9.07%)	126 (4.83%)
Gastric/oesophageal	51 (12.5%)	274 (10.5%)
Pancreas	10 (2.45%)	126 (4.83%)
Lymphoma	27 (6.62%)	165 (6.33%)
Ears nose throat (ENT)	25 (6.13%)	171 (6.56%)
Leukaemia	15 (3.68%)	163 (6.25%)
Genital tract	22 (5.39%)	121 (4.64%)
Liver	2 (0.49%)	123 (4.72%)
Sarcoma	9 (2.21%)	41 (1.57%)
Brain	3 (0.74%)	54 (2.07%)
Testicular	2 (0.49%)	17 (0.65%)
Other	47 (11.5%)	257 (9.86%)
Missing	3 (0.74%)	108 (4.14%)
<b>Time since diagnosis</b>		
0-2 months	121 (29.7%)	777 (29.8%)
3-5 months	52 (12.7%)	412 (15.8%)
6-12 months	49 (12.0%)	388 (14.9%)

1-2 years	37 (9.07%)	314 (12.0%)
2-4 years	46 (11.3%)	232 (8.90%)
> 4 years	54 (13.2%)	268 (10.3%)
Missing	44 (10.8%)	172 (6.60%)
<b>Cancer staging</b>		
0=Carcinoma in situ	12 (2.94%)	90 (3.45%)
I=Localized	54 (13.2%)	375 (14.4%)
II=Early locally advanced	18 (4.41%)	345 (13.2%)
III=Late locally advanced	25 (6.13%)	392 (15.0%)
IV=Metastasised	149 (36.5%)	955 (36.6%)
Missing	150 (36.8%)	450 (17.3%)
<b>Time since first therapy start</b>		
No therapy	31 (7.60%)	187 (7.17%)
Tumour staging/diagnosis	21 (5.15%)	200 (7.67%)
0-2 months	105 (25.7%)	736 (28.2%)
3-5 months	61 (15.0%)	345 (13.2%)
6-12 months	29 (7.11%)	338 (13.0%)
1-2 years	34 (8.33%)	232 (8.90%)
2-4 years	27 (6.62%)	176 (6.75%)
> 4 years	50 (12.3%)	250 (9.59%)
Missing	52 (12.7%)	163 (6.25%)
<b>Therapy situation</b>		
Diagnosis	23 (5.64%)	236 (9.05%)
Chemotherapy 1st line	29 (7.11%)	488 (18.7%)
Chemotherapy > 1st line	21 (5.15%)	367 (14.1%)
Radiotherapy	4 (0.98%)	272 (10.4%)
Target therapy	23 (5.64%)	84 (3.22%)
Hormone therapy	2 (0.49%)	26 (1.00%)
Palliative	67 (16.4%)	359 (13.8%)
Surgery	151 (37.0%)	504 (19.3%)
Cancer related complications	61 (15.0%)	266 (10.2%)
Therapy related complications	35 (8.58%)	127 (4.87%)
Missing	4 (0.98%)	153 (5.87%)
<b>Infections</b>		
None	261 (64.0%)	1808 (69.4%)
Local	86 (21.1%)	381 (14.6%)
General	21 (5.15%)	179 (6.87%)
Missing	40 (9.80%)	239 (9.17%)
<b>Nutrition Treatment</b>		
No special diet	242 (59.3%)	1080 (41.4%)
Individualized diet plan	33 (8.09%)	572 (21.9%)
Energy rich/protein rich ONS	14 (3.43%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	6 (1.47%)	128 (4.91%)
Parenteral nutrition	16 (3.92%)	240 (9.21%)
ONS enriched with special nutrients	7 (1.72%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	4 (0.98%)	28 (1.07%)
Personal preferences	41 (10.0%)	284 (10.9%)
Counselling	1 (0.25%)	355 (13.6%)
Other	82 (20.1%)	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>	397	2474
<b>Body weight prior to becoming ill</b>	73 [40-119]	73 [30-199]
<b>Actual body weight</b>	67 [35-107]	67 [10-200]
<b>Change in weight was</b>		
Intentional	4 (0.98%)	64 (2.45%)
Unintentional	136 (33.3%)	1489 (57.1%)
Weight is stable	37 (9.07%)	318 (12.2%)
Missing	30 (7.35%)	111 (4.26%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	72 (17.6%)	709 (27.2%)
A little	75 (18.4%)	596 (22.9%)
Quite a bit	43 (10.5%)	419 (16.1%)
Very much	36 (8.82%)	332 (12.7%)
Missing	180 (44.1%)	530 (20.3%)
<b>Patients who needed a rest:</b>		
Not at all	52 (12.7%)	391 (15.0%)
A little	59 (14.5%)	592 (22.7%)
Quite a bit	68 (16.7%)	575 (22.1%)
Very much	45 (11.0%)	488 (18.7%)
Missing	182 (44.6%)	540 (20.7%)
<b>Patients who felt weak:</b>		
Not at all	68 (16.7%)	420 (16.1%)
A little	56 (13.7%)	583 (22.4%)
Quite a bit	47 (11.5%)	535 (20.5%)
Very much	54 (13.2%)	499 (19.1%)
Missing	181 (44.4%)	544 (20.9%)
<b>Patients who felt depressed:</b>		
Not at all	84 (20.6%)	775 (29.7%)
A little	77 (18.9%)	601 (23.1%)
Quite a bit	31 (7.60%)	356 (13.7%)
Very much	28 (6.86%)	298 (11.4%)
Missing	183 (44.9%)	546 (20.9%)
<b>Patients who were tired:</b>		
Not at all	66 (16.2%)	445 (17.1%)
A little	59 (14.5%)	611 (23.4%)
Quite a bit	58 (14.2%)	534 (20.5%)
Very much	39 (9.56%)	449 (17.2%)
Missing	183 (44.9%)	539 (20.7%)
<b>Patients whose pain interfered with their daily activities:</b>		
Not at all	98 (24.0%)	766 (29.4%)
A little	43 (10.5%)	458 (17.6%)
Quite a bit	40 (9.80%)	366 (14.0%)

Very much	40 (9.80%)	398 (15.3%)
Missing	184 (45.1%)	582 (22.3%)
<b>Patients who lacked appetite:</b>		
Not at all	114 (27.9%)	779 (29.9%)
A little	47 (11.5%)	485 (18.6%)
Quite a bit	33 (8.09%)	378 (14.5%)
Very much	27 (6.62%)	391 (15.0%)
Missing	184 (45.1%)	548 (21.0%)
<b>Just now</b>		
<b>Patients who have pain:</b>		
Not at all	120 (29.4%)	901 (34.6%)
A little	77 (18.9%)	676 (25.9%)
Quite a bit	16 (3.92%)	327 (12.5%)
Very much	13 (3.19%)	152 (5.83%)
Missing	180 (44.1%)	533 (20.4%)
<b>Patients who need a rest:</b>		
Not at all	75 (18.4%)	438 (16.8%)
A little	79 (19.4%)	705 (27.0%)
Quite a bit	51 (12.5%)	555 (21.3%)
Very much	21 (5.15%)	347 (13.3%)
Missing	179 (43.9%)	538 (20.6%)
<b>Patients who feel weak:</b>		
Not at all	94 (23.0%)	503 (19.3%)
A little	64 (15.7%)	647 (24.8%)
Quite a bit	42 (10.3%)	538 (20.6%)
Very much	22 (5.39%)	352 (13.5%)
Missing	184 (45.1%)	541 (20.8%)
<b>Patients who are depressed:</b>		
Not at all	107 (26.2%)	915 (35.1%)
A little	74 (18.1%)	559 (21.4%)
Quite a bit	27 (6.62%)	332 (12.7%)
Very much	15 (3.68%)	225 (8.63%)
Missing	181 (44.4%)	549 (21.1%)
<b>Patients who are tired:</b>		
Not at all	94 (23.0%)	537 (20.6%)
A little	57 (14.0%)	669 (25.7%)
Quite a bit	49 (12.0%)	500 (19.2%)
Very much	23 (5.64%)	326 (12.5%)
Missing	182 (44.6%)	549 (21.1%)
<b>Patients whose pain interferes with their daily activities:</b>		
Not at all	130 (31.9%)	881 (33.8%)
A little	44 (10.8%)	483 (18.5%)
Quite a bit	26 (6.37%)	346 (13.3%)
Very much	20 (4.90%)	301 (11.5%)
Missing	184 (45.1%)	563 (21.6%)

<b>Patients who lack appetite:</b>		
Not at all	125 (30.6%)	882 (33.8%)
A little	53 (13.0%)	503 (19.3%)
Quite a bit	25 (6.13%)	341 (13.1%)
Very much	22 (5.39%)	309 (11.9%)
Missing	181 (44.4%)	547 (21.0%)
<b>Reasons for change in appetite/food intake</b>		
Nausea/Vomiting	46 (11.3%)	396 (15.2%)
Inflammation in mouth	14 (3.43%)	111 (4.26%)
Pain	25 (6.13%)	288 (11.0%)
Constipation	14 (3.43%)	167 (6.41%)
Diarrhea	11 (2.70%)	107 (4.10%)
Change in taste/smell	30 (7.35%)	318 (12.2%)
Early satiation/Loss of appetite	50 (12.3%)	520 (19.9%)
Other	27 (6.62%)	340 (13.0%)
Missing	5 (1.23%)	86 (3.30%)
<b>Maximum activity performed by patients</b>		
Able to do sports	4 (0.98%)	56 (2.15%)
Fully active	19 (4.66%)	316 (12.1%)
Able to carry out light activities	48 (11.8%)	501 (19.2%)
Able to carry out self-care	49 (12.0%)	497 (19.1%)
Able to carry out limited self-care	39 (9.56%)	361 (13.8%)
Confined to bed or chair	67 (16.4%)	312 (12.0%)
Missing	179 (43.9%)	550 (21.1%)
<b>Patient takes additional (without prescription)</b>		
Nothing	197 (48.3%)	1426 (54.7%)
Herbal tea	15 (3.68%)	198 (7.59%)
Nutritional supplements	4 (0.98%)	199 (7.63%)
Multivitamin	2 (0.49%)	80 (3.07%)
Other medication	6 (1.47%)	85 (3.26%)
Other	2 (0.49%)	112 (4.30%)
Missing	184 (45.1%)	612 (23.5%)
<b>Additional activities performed</b>		
Nothing	185 (45.3%)	1475 (56.6%)
Psychotherapy	3 (0.74%)	70 (2.69%)
Yoga	2 (0.49%)	24 (0.92%)
Meditation	4 (0.98%)	82 (3.15%)
Progressive muscle relaxation	2 (0.49%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	23 (5.64%)	225 (8.63%)
Missing	191 (46.8%)	713 (27.3%)
<b>Patients having difficulties in complying with treatment</b>	101 (24.8%)	545 (20.9%)
<b>Patients needing help to complete questionnaire</b>	199 (48.8%)	1332 (51.1%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them</b>	136 (33.3%)	1364 (52.3%)