



Center/Unit [REDACTED]

September 2014

Main Speciality: **Oncology and Radiotherapy**

Dear participant,

Thank you for your participation in nutritionDay worldwide in November 2013 and for your effort. We are now able to present you your unit report of the following sample size:

<b>Number of patients on nutritionDay:</b>	<b>43</b>
<b>Number of patients completing Sheet 3a:</b>	<b>43</b>
<b>Number of patients completing Sheet 3b:</b>	<b>42</b>
<b>Number of cancer patients on nutritionDay:</b>	<b>21</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>41</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>41</b>

Your unit report reference group is based on data of your main speciality from nutritionDay 2010 to 2012 and your oncology unit report reference is based on data of 2012.

The report consists of 4 parts:

Part I reflects the organisation and the structure of the unit.

Part II describes the patients according to questionnaire "sheet 2".

Part III is the summary of information on nutrition given by the patients according to sheet 3a and 3b.

Part IV is your oncology Report.

**Next year's nutritionDay will take place in November 2014. 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!

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<i>I. DESCRIPTION OF THE UNIT ("Sheet 1"):</i>	<i>UNIT RESULTS</i>	<i>REFERENCE RESULTS</i>
<b>Number of beds (n):</b>		
Actual	40	23 [6-143]
Maximum	40	27 [6-172]
<b>Number of patients on the nutritionDay (n):</b>		
Total	43	3289
Did not give consent	1 (2,33%)	411 (12,5%)
Needed help completing form	32 (74,4%)	1382 (42,0%)
Terminally ill	18 (41,9%)	454 (13,8%)
<b>Staff /Staff per patient (n):</b>		
Physicians	10	5,56 ± 6,81
Physicians per patient	0,25	0,19 ± 0,22
Consultants	13	2,78 ± 6,65
Consultants per patient	0,33	0,10 ± 0,23
Registrars	2	2,54 ± 5,07
Registrars per patient	0,05	0,08 ± 0,12
Nurses	17	10,89 ± 18,26
Nurses per patient	0,43	0,35 ± 0,37
Nursing aides	1	5,19 ± 21,46
Nursing aides per patient	0,03	0,13 ± 0,23
Dieticians and dietetic assistants	2	1,22 ± 1,52
Dieticians and dietetic assistants per pat.	0,05	0,04 ± 0,04
<b>Nutrition Care:</b>		
Nutrition Team	Yes	110 units (90%) YES
Written procedures		
- individual	Yes	95 units (78%) YES
- local	No	62 units (51%) YES
- national	Yes	60 units (49%) YES
- other	No	18 units (15%) YES
<b>Patients' weight assessed:</b>		
On admission	Yes	113 units (93%) YES
When requested	Yes	75 units (61%) YES
Once a week	-	63 units (52%) YES
Occasionally	-	9 units (07%) YES
Never	-	- units (00%) YES

<b>II. YOUR PATIENTS ("Sheet 2"):</b>	<b>UNIT RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>Number of patients (n):</b>		
Total	43	3289
Patients who completed sheet 3a	43 (100%)	2767 (84,1%)
Patients who completed sheet 3b	42 (97,7%)	2652 (80,6%)
<b>Demographic data:</b>		
Age (years)	56 [16-80]	63 [16-113]
Female gender	18 (41,9%)	1581 (48,1%)
Weight (kg)	60,1 ± 16,2	69,6 ± 17,4
Height (cm)	159,7 ± 6,9	166,7 ± 10,0
BMI (kg/m <sup>2</sup> )	23,4 ± 5,7	25,0 ± 5,6
<b>ICU-stay:</b>		
Any ICU-stay	8 (18,6%)	177 (5,38%)
<b>Surgery (n):</b>		
Preoperative patients	4 (9,30%)	96 (2,92%)
Postoperative patients	7 (16,3%)	371 (11,3%)
<b>Length of stay in Hospital (days):</b>	18 [4-137]	15 [2-339]
<b>Outcome after 30 days (n):</b>		
Still in hospital	3 (6,98%)	363 (11,0%)
Transferred to another hospital	-	58 (1,76%)
Transferred to long-term care	-	118 (3,59%)
Rehabilitation	-	41 (1,25%)
Discharge home	29 (67,4%)	2300 (69,9%)
Death	2 (4,65%)	312 (9,49%)
Others	-	50 (1,52%)
Missing	9 (20,9%)	47 (1,43%)
<b>Readmitted (n):</b>	8 (18,6%)	677 (20,6%)
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	10 (23,3%)	286 (8,70%)
Parenteral nutrition	-	172 (5,23%)
Enteral + parenteral nutrition	3 (6,98%)	27 (0,82%)
Special diet	23 (53,5%)	522 (15,9%)
Protein supplement	5 (11,6%)	538 (16,4%)
Hospital food	36 (83,7%)	2128 (64,7%)
Others	1 (2,33%)	144 (4,38%)

Missing	-	193 (5,87%)
<b>Lines &amp; tubes (n)*:</b>		
None	10 (23,3%)	1772 (53,9%)
Centralvenous	3 (6,98%)	607 (18,5%)
Nasogastric tube	5 (11,6%)	55 (1,67%)
Any other (PEG, PEJ, ...)	25 (58,1%)	855 (26,0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	2 (4,65%)	139 (4,23%)
Eye, ear	1 (2,33%)	32 (0,97%)
Nose, throat	1 (2,33%)	111 (3,37%)
Heart, circulation	-	134 (4,07%)
Lung	5 (11,6%)	391 (11,9%)
Liver	2 (4,65%)	161 (4,90%)
Gastrointestinal tract	6 (14,0%)	472 (14,4%)
Kidney, urinary tract, female genital tract	5 (11,6%)	295 (8,97%)
Endocrine system	-	115 (3,50%)
Skeleton, bone, muscle	3 (6,98%)	161 (4,90%)
Blood, bone marrow	1 (2,33%)	572 (17,4%)
Skin	-	83 (2,52%)
Ischaemia	-	6 (0,18%)
Cancer	21 (48,8%)	2515 (76,5%)
Infection	-	110 (3,34%)
Pregnancy	-	1 (0,03%)
Others	11 (25,6%)	177 (5,38%)
No affected organ	-	164 (4,99%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	14 (32,6%)	453 (13,8%)
Stroke	-	84 (2,55%)
COPD	3 (6,98%)	158 (4,80%)
Myocardial infarction	-	67 (2,04%)
Cardiac insufficiency	1 (2,33%)	207 (6,29%)
Others	19 (44,2%)	1197 (36,4%)
No comorbidity	11 (25,6%)	1570 (47,7%)

**III. YOUR PATIENTS ("Sheet 3a"):****UNIT RESULTS****REFERENCE RESULTS****Weight loss within the last 3 months (n):**

Total of patients answering	43 (100%)	2646 (95,6%)
Yes	22 (51,2%)	1573 (56,8%)
No	11 (25,6%)	785 (28,4%)
No, I've gained weight	1 (2,33%)	192 (6,94%)
I don't know	9 (20,9%)	96 (3,47%)

**Category of weight decrease (n):**

Patients reporting weight loss	22 (51,2%)	1573 (56,8%)
0-4 kg	14 (32,6%)	604 (21,8%)
5-8 kg	3 (6,98%)	334 (12,1%)
> 8 kg	1 (2,33%)	523 (18,9%)
Not sure	4 (9,30%)	102 (3,69%)
Missing	-	10 (0,36%)

**"How well have you eaten during the last week?" (n):**

Normal	17 (39,5%)	1059 (38,3%)
A bit less than normal	9 (20,9%)	598 (21,6%)
Less than half of normal	12 (27,9%)	486 (17,6%)
Less than a quarter to nearly nothing	4 (9,30%)	507 (18,3%)
Missing	1 (2,33%)	117 (4,23%)

**"I ate less because" (n)\*:**

Total of patients answering	31 (72,1%)	1627 (58,8%)
Loss of appetite	14 (32,6%)	965 (34,9%)
Problems with swallowing, mastication	4 (9,30%)	252 (9,11%)
Nausea	13 (30,2%)	393 (14,2%)
Other reasons	3 (6,98%)	478 (17,3%)

**"Can you walk without assistance?" (n):**

Yes	28 (65,1%)	1831 (66,2%)
No, only with assistance	13 (30,2%)	616 (22,3%)
No, I stay in bed	2 (4,65%)	207 (7,48%)
Missing	-	113 (4,08%)

**"In general would you say your health is" (n):**

Excellent	-	59 (2,13%)
Good	-	136 (4,92%)
Very good	15 (34,9%)	678 (24,5%)
Fair	18 (41,9%)	965 (34,9%)
Poor	10 (23,3%)	788 (28,5%)

Missing

-

128 (4,63%)

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	20 (46,5%)	1367 (49,4%)
No	21 (48,8%)	1107 (40,0%)
- I was not hungry	6 (28,6%)	538 (48,6%)
- Problems with swallowing / mastication	3 (14,3%)	127 (11,5%)
- Nausea	9 (42,9%)	253 (22,9%)
- Others	4 (19,0%)	244 (22,0%)
no answer	1 (2,33%)	178 (6,43%)

Fluid and supplement intake (n):

Patients with fluid intake	9 (21,4%)	1905 (71,8%)
Drinks per patient & day (l)	0,09	0,43
Patients with supplements	6 (14,3%)	399 (15,0%)
Supplements per patient & day (l)	0,18	0,04

„What kind of drinks did you consume?“ (n)\*:

Water	40 (95,2%)	1931 (72,8%)
Milk	25 (59,5%)	596 (22,5%)
Fruit juice	16 (38,1%)	744 (28,1%)
Tea, coffee	23 (54,8%)	993 (37,4%)
Soft drinks	1 (2,38%)	251 (9,46%)

Lunch intake (n):

All	14 (33,3%)	903 (34,0%)
1/2	15 (35,7%)	728 (27,5%)
1/4	6 (14,3%)	526 (19,8%)
Nothing	6 (14,3%)	446 (16,8%)
No answer	1 (2,38%)	49 (1,85%)

„I did not eat everything because“ (n)\*:

I was not hungry	7 (25,0%)	604 (34,5%)
I had nausea / vomiting	8 (28,6%)	262 (15,0%)
I was not allowed to eat	1 (3,57%)	138 (7,89%)
I kann not eat without help	1 (3,57%)	12 (0,69%)
I had an examination / surgery	1 (3,57%)	50 (2,86%)
I ordered a smaller portion	-	31 (1,77%)
I was tired	3 (10,7%)	144 (8,23%)
I normaly eat less	4 (14,3%)	121 (6,92%)
I did not like the smell	-	114 (6,52%)
I did not like the taste	2 (7,14%)	256 (14,6%)

<b>„Do you eat any food apart from hospital food?“</b>		
<b>(n):</b>		
Yes	14 (33,3%)	1091 (41,1%)
No	27 (64,3%)	1419 (53,5%)
No answer	1 (2,38%)	142 (5,35%)

<b>„What do you eat?“ (n)*:</b>		
Cakes, biscuits	3 (21,4%)	328 (30,1%)
Fresh fruits	12 (85,7%)	490 (44,9%)
Sandwiches	1 (7,14%)	125 (11,5%)
Dairy products	1 (7,14%)	182 (16,7%)
Preferred dish	2 (14,3%)	172 (15,8%)
Sweets	-	187 (17,1%)
Fruit Juice	3 (21,4%)	190 (17,4%)
Others	1 (7,14%)	205 (18,8%)

<b>“Did you need help to complete the questionnaire?“ (according to patient) (n):</b>		
Yes	30 (69,8%)	1693 (61,2%)



**IV. Oncology report (Sheet 1):****UNIT RESULTS****REFERENCE RESULTS**

<b>Number of units with cancer patients:</b>		249
<b>Computerized system in hospital:</b>	Yes	212 units (85%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	Yes	220 units (88%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	Yes	153 (61,4%)
When patient asks	-	65 (26,1%)
When body weight loss > 10%	-	77 (30,9%)
During palliative phase	-	52 (20,9%)
Other	-	44 (17,7%)
Missing	-	21 (8,43%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	6 (2,41%)
No knowledge of the field	-	9 (3,61%)
No reimbursement	-	11 (4,42%)
It feeds the tumour	-	1 (0,40%)
Other	-	16 (6,43%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	Yes	163 (65,5%)
Calculation of energy needs	Yes	139 (55,8%)
Monitoring patients intake and use of oral supplements	Yes	205 (82,3%)
None	-	6 (2,41%)
Other	-	21 (8,43%)
Missing	-	5 (2,01%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	-	3 (1,20%)
Lack of experience	-	6 (2,41%)
No reimbursement	-	9 (3,61%)
Lack of dietitians	-	4 (1,61%)
Lack of other experts	-	3 (1,20%)
Other	-	7 (2,81%)
Missing	Yes	228 (91,6%)
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

## Anthropometry/Body composition:

### Body weight

Regularly	-	156 (62,7%)
At chemotherapy	Yes	29 (11,6%)
When necessary	-	54 (21,7%)
Never	-	4 (1,61%)
Unknown	-	3 (1,20%)
Missing	-	3 (1,20%)

### Anthropometrics (circumference)

Regularly	-	22 (8,84%)
At chemotherapy	-	11 (4,42%)
When necessary	-	78 (31,3%)
Never	Yes	109 (43,8%)
Unknown	-	10 (4,02%)
Missing	-	19 (7,63%)

### BIA

Regularly	-	9 (3,61%)
At chemotherapy	-	7 (2,81%)
When necessary	-	44 (17,7%)
Never	Yes	137 (55,0%)
Unknown	-	24 (9,64%)
Missing	-	28 (11,2%)

### CT SCAN

Regularly	-	13 (5,22%)
At chemotherapy	-	3 (1,20%)
When necessary	Yes	74 (29,7%)
Never	-	111 (44,6%)
Unknown	-	25 (10,0%)
Missing	-	23 (9,24%)

### DEXA

Regularly	-	3 (1,20%)
At chemotherapy	-	2 (0,80%)
When necessary	-	55 (22,1%)
Never	Yes	123 (49,4%)
Unknown	-	39 (15,7%)
Missing	-	27 (10,8%)

### Other (body composition)

Regularly	-	7 (2,81%)
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At chemotherapy	-	1 (0,40%)
When necessary	-	17 (6,83%)
Never	Yes	62 (24,9%)
Unknown	-	35 (14,1%)
Missing	-	127 (51,0%)

### Body function:

#### Handgrip

Regularly	-	10 (4,02%)
At chemotherapy	-	4 (1,61%)
When necessary	-	51 (20,5%)
Never	Yes	142 (57,0%)
Unknown	-	17 (6,83%)
Missing	-	25 (10,0%)

#### 6-minutes walking test

Regularly	-	8 (3,21%)
At chemotherapy	-	4 (1,61%)
When necessary	-	43 (17,3%)
Never	Yes	151 (60,6%)
Unknown	-	17 (6,83%)
Missing	-	26 (10,4%)

#### Other (body function)

Regularly	-	20 (8,03%)
At chemotherapy	-	2 (0,80%)
When necessary	-	24 (9,64%)
Never	Yes	80 (32,1%)
Unknown	-	25 (10,0%)
Missing	-	98 (39,4%)

#### Nutritional requirements, calculated

Regularly	-	19 (7,63%)
At chemotherapy	-	-
When necessary	-	18 (7,23%)
Never	-	3 (1,20%)
Unknown	-	1 (0,40%)
Missing	Yes	16 (6,43%)

#### Nutritional intake:

##### Every meal

Regularly	-	54 (21,7%)
At chemotherapy	-	2 (0,80%)
When necessary	-	74 (29,7%)

Never	-	36 (14,5%)
Unknown	-	14 (5,62%)
Missing	Yes	69 (27,7%)
<b>1 meal per day</b>		
Regularly	-	11 (4,42%)
At chemotherapy	-	-
When necessary	-	57 (22,9%)
Never	-	53 (21,3%)
Unknown	-	20 (8,03%)
Missing	Yes	108 (43,4%)
<b>2 meals per day</b>		
Regularly	-	13 (5,22%)
At chemotherapy	-	-
When necessary	-	53 (21,3%)
Never	-	53 (21,3%)
Unknown	-	18 (7,23%)
Missing	Yes	112 (45,0%)
<b>24h recall</b>		
Regularly	Yes	57 (22,9%)
At chemotherapy	-	3 (1,20%)
When necessary	-	72 (28,9%)
Never	-	39 (15,7%)
Unknown	-	18 (7,23%)
Missing	-	60 (24,1%)
<b>Other (nutritional intake)</b>		
Regularly	-	8 (3,21%)
At chemotherapy	-	-
When necessary	-	27 (10,8%)
Never	-	34 (13,7%)
Unknown	-	23 (9,24%)
Missing	Yes	157 (63,1%)
<b>Questionnaire completed by</b>		
Dietitian	Yes	95 (38,2%)
Nurse	-	82 (32,9%)
Physician	-	40 (16,1%)
Nutritional scientist	-	17 (6,83%)
Other	-	12 (4,82%)
Missing	-	3 (1,20%)

**IV. Oncology report (Sheet 2):****UNIT RESULTS****REFERENCE RESULTS**

<b>Number of patients completing Sheet 2_onco:</b>	41	2515
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**Demographic data:**

Age (years)	55 [16-80]	64 [3-113]
Female gender	17 (41,5%)	1095 (43,5%)
Weight (kg)	60,2 ± 15,5	67,7 ± 16,7
Height (cm)	159,5 ± 6,8	166,2 ± 10,4
BMI (kg/m2)	23,5 ± 5,5	24,4 ± 5,2

**Outpatient (o)/Ward (w)**

Outpatient(o)	-	69 (2,74%)
Ward (w)	41 (100%)	2437 (96,9%)
Missing	-	9 (0,36%)

**Goal of Therapy**

Curative	15 (36,6%)	1399 (55,6%)
Palliative	18 (43,9%)	797 (31,7%)
Terminal	6 (14,6%)	95 (3,78%)
Missing	2 (4,88%)	224 (8,91%)

**Reason for admission**

Clinical diagnostics	10 (24,4%)	339 (13,5%)
Therapy	15 (36,6%)	1088 (43,3%)
Surgery related	5 (12,2%)	495 (19,7%)
Treatment complications	2 (4,88%)	349 (13,9%)
Poor health status	13 (31,7%)	426 (16,9%)
Independent care difficult	-	75 (2,98%)
Missing	-	3 (0,12%)

**Present cancer diagnosis**

Breast	6 (14,6%)	199 (7,91%)
Colon, rectum	3 (7,32%)	348 (13,8%)
Prostate	1 (2,44%)	68 (2,70%)
Lung	6 (14,6%)	231 (9,18%)
Skin	-	33 (1,31%)
Kidney/bladder	-	106 (4,21%)
Gastric/oesophageal	5 (12,2%)	268 (10,7%)
Pancreas	-	113 (4,49%)
Lymphoma	7 (17,1%)	181 (7,20%)
Ears nose throat (ENT)	2 (4,88%)	186 (7,40%)
Leukaemia	3 (7,32%)	205 (8,15%)
Genital tract	1 (2,44%)	91 (3,62%)

Liver	1 (2,44%)	100 (3,98%)
Sarcoma	-	46 (1,83%)
Brain	2 (4,88%)	47 (1,87%)
Testicular	-	13 (0,52%)
Other	8 (19,5%)	244 (9,70%)
Missing	-	164 (6,52%)

### Time since diagnosis

0-2 months	10 (24,4%)	701 (27,9%)
3-5 months	11 (26,8%)	430 (17,1%)
6-12 months	7 (17,1%)	364 (14,5%)
1-2 years	5 (12,2%)	289 (11,5%)
2-4 years	6 (14,6%)	233 (9,26%)
> 4 years	2 (4,88%)	230 (9,15%)
Missing	-	268 (10,7%)

### Cancer staging

0=Carcinoma in situ	12 (29,3%)	122 (4,85%)
I=Localized	8 (19,5%)	372 (14,8%)
II=Early locally advanced	8 (19,5%)	329 (13,1%)
III=Late locally advanced	5 (12,2%)	346 (13,8%)
IV=Metastasised	7 (17,1%)	860 (34,2%)
Missing	1 (2,44%)	486 (19,3%)

### Time since first therapy start

No therapy	8 (19,5%)	196 (7,79%)
Tumour staging/diagnosis	10 (24,4%)	149 (5,92%)
0-2 months	8 (19,5%)	575 (22,9%)
3-5 months	5 (12,2%)	371 (14,8%)
6-12 months	8 (19,5%)	369 (14,7%)
1-2 years	3 (7,32%)	221 (8,79%)
2-4 years	2 (4,88%)	195 (7,75%)
> 4 years	1 (2,44%)	213 (8,47%)
Missing	-	288 (11,5%)

### Therapy situation

Diagnosis	7 (17,1%)	199 (7,91%)
Chemotherapy 1st line	9 (22,0%)	410 (16,3%)
Chemotherapy > 1st line	10 (24,4%)	426 (16,9%)
Radiotherapy	6 (14,6%)	254 (10,1%)
Target therapy	-	131 (5,21%)
Hormone therapy	-	24 (0,95%)
Palliative	-	315 (12,5%)
Surgery	6 (14,6%)	528 (21,0%)

Cancer related complications	4 (9,76%)	222 (8,83%)
Therapy related complications	-	113 (4,49%)
Missing	-	233 (9,26%)
<b>Infections</b>		
None	32 (78,0%)	1713 (68,1%)
Local	5 (12,2%)	345 (13,7%)
General	4 (9,76%)	169 (6,72%)
Missing	-	288 (11,5%)
<b>Nutrition Treatment</b>		
No special diet	1 (2,44%)	1306 (51,9%)
Individualized diet plan	19 (46,3%)	513 (20,4%)
Energy rich/protein rich ONS	14 (34,1%)	373 (14,8%)
Enteral nutrition (via NGT/PEG)	6 (14,6%)	170 (6,76%)
Parenteral nutrition	2 (4,88%)	237 (9,42%)
ONS enriched with special nutrients	-	67 (2,66%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	34 (1,35%)
Personal preferences	4 (9,76%)	343 (13,6%)
Counselling	21 (51,2%)	154 (6,12%)
Other	-	109 (4,33%)
Missing	-	5 (0,20%)

**IV. Oncology report (Sheet 3):****UNIT RESULTS****REFERENCE RESULTS**

Number of patients completing Sheet 3_onco:	41	2470
Body weight prior to becoming ill	63 [42-82]	73 [1-990]
Actual body weight	60 [31-100]	66 [11-166]
<b>Change in weight was</b>		
Intentional	1 (2,44%)	82 (3,26%)
Unintentional	19 (46,3%)	1518 (60,4%)
Weight is stable	20 (48,8%)	321 (12,8%)
Missing	1 (2,44%)	594 (23,6%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	4 (9,76%)	756 (30,1%)
A little	14 (34,1%)	621 (24,7%)
Quite a bit	13 (31,7%)	407 (16,2%)
Very much	9 (22,0%)	366 (14,6%)
Missing	1 (2,44%)	365 (14,5%)
<b>Patients who needed a rest:</b>		
Not at all	-	447 (17,8%)
A little	17 (41,5%)	607 (24,1%)
Quite a bit	10 (24,4%)	558 (22,2%)
Very much	13 (31,7%)	531 (21,1%)
Missing	1 (2,44%)	372 (14,8%)
<b>Patients who felt weak:</b>		
Not at all	3 (7,32%)	502 (20,0%)
A little	14 (34,1%)	586 (23,3%)
Quite a bit	8 (19,5%)	516 (20,5%)
Very much	15 (36,6%)	542 (21,6%)
Missing	1 (2,44%)	369 (14,7%)
<b>Patients who felt depressed:</b>		
Not at all	4 (9,76%)	902 (35,9%)
A little	13 (31,7%)	616 (24,5%)
Quite a bit	12 (29,3%)	314 (12,5%)
Very much	11 (26,8%)	291 (11,6%)
Missing	1 (2,44%)	392 (15,6%)
<b>Patients who were tired:</b>		



Not at all	4 (9,76%)	505 (20,1%)
A little	13 (31,7%)	668 (26,6%)
Quite a bit	11 (26,8%)	475 (18,9%)
Very much	12 (29,3%)	477 (19,0%)
Missing	1 (2,44%)	390 (15,5%)

**Patients whose pain interfered with their daily activities:**

Not at all	4 (9,76%)	880 (35,0%)
A little	13 (31,7%)	461 (18,3%)
Quite a bit	15 (36,6%)	355 (14,1%)
Very much	8 (19,5%)	414 (16,5%)
Missing	1 (2,44%)	405 (16,1%)

**Patients who lacked appetite:**

Not at all	9 (22,0%)	792 (31,5%)
A little	12 (29,3%)	509 (20,2%)
Quite a bit	11 (26,8%)	412 (16,4%)
Very much	8 (19,5%)	423 (16,8%)
Missing	1 (2,44%)	379 (15,1%)

**Just now**

**Patients who have pain:**

Not at all	2 (4,88%)	1035 (41,2%)
A little	14 (34,1%)	670 (26,6%)
Quite a bit	13 (31,7%)	293 (11,7%)
Very much	11 (26,8%)	145 (5,77%)
Missing	1 (2,44%)	372 (14,8%)

**Patients who need a rest:**

Not at all	-	527 (21,0%)
A little	14 (34,1%)	694 (27,6%)
Quite a bit	8 (19,5%)	559 (22,2%)
Very much	18 (43,9%)	353 (14,0%)
Missing	1 (2,44%)	382 (15,2%)

**Patients who feel weak:**

Not at all	4 (9,76%)	632 (25,1%)
A little	12 (29,3%)	664 (26,4%)
Quite a bit	8 (19,5%)	469 (18,6%)
Very much	16 (39,0%)	373 (14,8%)
Missing	1 (2,44%)	377 (15,0%)

**Patients who are depressed:**

Not at all	4 (9,76%)	1079 (42,9%)
A little	14 (34,1%)	586 (23,3%)
Quite a bit	13 (31,7%)	262 (10,4%)
Very much	9 (22,0%)	196 (7,79%)
Missing	1 (2,44%)	392 (15,6%)

#### Patients who are tired:

Not at all	4 (9,76%)	676 (26,9%)
A little	12 (29,3%)	700 (27,8%)
Quite a bit	11 (26,8%)	421 (16,7%)
Very much	13 (31,7%)	321 (12,8%)
Missing	1 (2,44%)	397 (15,8%)

#### Patients whose pain interferes with their daily activities:

Not at all	3 (7,32%)	1031 (41,0%)
A little	17 (41,5%)	467 (18,6%)
Quite a bit	9 (22,0%)	306 (12,2%)
Very much	11 (26,8%)	304 (12,1%)
Missing	1 (2,44%)	407 (16,2%)

#### Patients who lack appetite:

Not at all	8 (19,5%)	882 (35,1%)
A little	12 (29,3%)	536 (21,3%)
Quite a bit	12 (29,3%)	367 (14,6%)
Very much	7 (17,1%)	339 (13,5%)
Missing	2 (4,88%)	391 (15,5%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	15 (36,6%)	429 (17,1%)
Inflammation in mouth	6 (14,6%)	146 (5,81%)
Pain	9 (22,0%)	332 (13,2%)
Constipation	1 (2,44%)	179 (7,12%)
Diarrhea	1 (2,44%)	134 (5,33%)
Change in taste/smell	10 (24,4%)	294 (11,7%)
Early satiation/Loss of appetite	4 (9,76%)	498 (19,8%)
Other	4 (9,76%)	427 (17,0%)
Missing	6 (14,6%)	925 (36,8%)

#### Maximum activity performed by patients

Able to do sports	-	81 (3,22%)
Fully active	2 (4,88%)	297 (11,8%)
Able to carry out light activities	9 (22,0%)	460 (18,3%)
Able to carry out self care	12 (29,3%)	565 (22,5%)

Able to carry out limited self care	10 (24,4%)	357 (14,2%)
Confined to bed or chair	7 (17,1%)	384 (15,3%)
Missing	1 (2,44%)	371 (14,8%)

#### Patient takes additional (without prescription)

Nothing	24 (58,5%)	1500 (59,6%)
Herbal tea	4 (9,76%)	260 (10,3%)
Nutritional supplements	14 (34,1%)	201 (7,99%)
Multivitamin	1 (2,44%)	74 (2,94%)
Other medication	1 (2,44%)	72 (2,86%)
Other	-	70 (2,78%)
Missing	2 (4,88%)	408 (16,2%)

#### Additional activities performed

Nothing	35 (85,4%)	1734 (68,9%)
Psychotherapy	-	36 (1,43%)
Yoga	3 (7,32%)	15 (0,60%)
Meditation	1 (2,44%)	49 (1,95%)
Progressive muscle relaxation	1 (2,44%)	38 (1,51%)
Qigong	-	9 (0,36%)
Other	1 (2,44%)	209 (8,31%)
Missing	1 (2,44%)	449 (17,9%)

<b>Patients having difficulties in complying with treatment</b>	22 (53,7%)	694 (27,6%)
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<b>Patients needing help to complete questionnaire</b>	29 (70,7%)	1388 (55,2%)
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<b>Patients believing that including nutrition in their therapeutic approach could provide relevant ben</b>	37 (90,2%)	1445 (57,5%)
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