



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in BELGIUM

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: 130
Number of units on nutritionDay completing Sheet 1_onco: 40
Number of patients on nutritionDay: 2299
Number of cancer patients on nutritionDay: 257 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 210
Number of patients completing Sheet 3_onco: 210

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

Sigrid Kosak, MA

UNITS REPORT ("Sheet 1"):	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	40	275
Computerized system in hospital:	37 units (93%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	37 units (93%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	35 (87.5%)	171 (62.2%)
When patient asks	13 (32.5%)	87 (31.6%)
When body weight loss > 10%	13 (32.5%)	100 (36.4%)
During palliative phase	9 (22.5%)	79 (28.7%)
Other	1 (2.50%)	30 (10.9%)
Missing	3 (7.50%)	23 (8.36%)
Nutritional treatment is not part of the comprehensive approach due to...		
Lack of evidence	-	6 (2.18%)
No knowledge of the field	2 (5.00%)	11 (4.00%)
No reimbursement	1 (2.50%)	8 (2.91%)
It feeds the tumour	-	-
Other	3 (7.50%)	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	26 (65.0%)	195 (70.9%)
Calculation of energy needs	26 (65.0%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	35 (87.5%)	242 (88.0%)
None	-	-
Other	8 (20.0%)	26 (9.45%)
Missing	1 (2.50%)	6 (2.18%)
Nutritional therapy is not used due to...		
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	-	-
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition:		
Body weight		
Regularly	25 (62.5%)	170 (61.8%)
At chemotherapy	14 (35.0%)	46 (16.7%)
When necessary	1 (2.50%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

Anthropometrics (circumference)		
Regularly	3 (7.50%)	25 (9.09%)
At chemotherapy	3 (7.50%)	9 (3.27%)
When necessary	7 (17.5%)	89 (32.4%)
Never	22 (55.0%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	5 (12.5%)	22 (8.00%)
BIA		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	6 (15.0%)	68 (24.7%)
Never	32 (80.0%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	2 (5.00%)	24 (8.73%)
CT SCAN		
Regularly	1 (2.50%)	10 (3.64%)
At chemotherapy	-	-
When necessary	9 (22.5%)	84 (30.5%)
Never	24 (60.0%)	139 (50.5%)
Unknown	1 (2.50%)	14 (5.09%)
Missing	5 (12.5%)	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (5.00%)	60 (21.8%)
Never	29 (72.5%)	159 (57.8%)
Unknown	3 (7.50%)	20 (7.27%)
Missing	6 (15.0%)	31 (11.3%)
Other (body composition)		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	1 (2.50%)	24 (8.73%)
Never	9 (22.5%)	85 (30.9%)
Unknown	8 (20.0%)	34 (12.4%)
Missing	22 (55.0%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	1 (2.50%)	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	8 (20.0%)	62 (22.5%)
Never	27 (67.5%)	167 (60.7%)
Unknown	1 (2.50%)	8 (2.91%)
Missing	3 (7.50%)	22 (8.00%)
6-minutes walking test		
Regularly	1 (2.50%)	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	8 (20.0%)	53 (19.3%)
Never	26 (65.0%)	182 (66.2%)
Unknown	1 (2.50%)	7 (2.55%)

Missing	4 (10.0%)	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	3 (7.50%)	28 (10.2%)
Never	12 (30.0%)	109 (39.6%)
Unknown	4 (10.0%)	32 (11.6%)
Missing	21 (52.5%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	14 (35.0%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	14 (35.0%)	113 (41.1%)
Never	5 (12.5%)	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	7 (17.5%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	3 (7.50%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	20 (50.0%)	117 (42.5%)
Never	3 (7.50%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	14 (35.0%)	42 (15.3%)
1 meal per day		
Regularly	1 (2.50%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	11 (27.5%)	66 (24.0%)
Never	9 (22.5%)	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	19 (47.5%)	105 (38.2%)
2 meals per day		
Regularly	1 (2.50%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	11 (27.5%)	66 (24.0%)
Never	9 (22.5%)	69 (25.1%)
Unknown	-	18 (6.55%)
Missing	19 (47.5%)	103 (37.5%)
24h recall		
Regularly	15 (37.5%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	14 (35.0%)	85 (30.9%)
Never	3 (7.50%)	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	8 (20.0%)	76 (27.6%)
Other (nutritional intake)		
Regularly	3 (7.50%)	12 (4.36%)
At chemotherapy	1 (2.50%)	1 (0.36%)
When necessary	6 (15.0%)	36 (13.1%)

Never	5 (12.5%)	58 (21.1%)
Unknown	2 (5.00%)	26 (9.45%)
Missing	23 (57.5%)	142 (51.6%)
Questionnaire completed by		
Dietitian	19 (47.5%)	100 (36.4%)
Nurse	16 (40.0%)	105 (38.2%)
Physician	3 (7.50%)	43 (15.6%)
Nutritional scientist	2 (5.00%)	19 (6.91%)
Other	-	4 (1.45%)
Missing	-	4 (1.45%)

PATIENTS REPORT ("Sheet 2"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	210	2607
Demographic data:		
Age (years)	67 [23-94]	65 [3-105]
Female gender	110 (52.4%)	1167 (44.8%)
Weight (kg)	67.6 ± 16.4	68.0 ± 17.1
Height (cm)	167.1 ± 9.1	166.2 ± 10.3
BMI (kg/m ²)	24.2 ± 5.2	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	4 (1.90%)	22 (0.84%)
Ward (w)	206 (98.1%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	109 (51.9%)	1402 (53.8%)
Palliative	95 (45.2%)	1006 (38.6%)
Terminal	3 (1.43%)	113 (4.33%)
Missing	3 (1.43%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	38 (18.1%)	355 (13.6%)
Therapy	51 (24.3%)	1228 (47.1%)
Surgery related	22 (10.5%)	423 (16.2%)
Treatment complications	51 (24.3%)	365 (14.0%)
Poor health status	53 (25.2%)	418 (16.0%)
Independent care difficult	10 (4.76%)	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	29 (13.8%)	180 (6.90%)
Colon, rectum	25 (11.9%)	427 (16.4%)
Prostate	11 (5.24%)	98 (3.76%)
Lung	27 (12.9%)	312 (12.0%)
Skin	5 (2.38%)	35 (1.34%)
Kidney/bladder	15 (7.14%)	126 (4.83%)
Gastric/oesophageal	15 (7.14%)	274 (10.5%)
Pancreas	7 (3.33%)	126 (4.83%)
Lymphoma	8 (3.81%)	165 (6.33%)
Ears nose throat (ENT)	25 (11.9%)	171 (6.56%)
Leukaemia	17 (8.10%)	163 (6.25%)
Genital tract	14 (6.67%)	121 (4.64%)
Liver	6 (2.86%)	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	1 (0.48%)	54 (2.07%)
Testicular	1 (0.48%)	17 (0.65%)
Other	21 (10.0%)	257 (9.86%)
Missing	1 (0.48%)	108 (4.14%)
Time since diagnosis		
0-2 months	67 (31.9%)	777 (29.8%)
3-5 months	39 (18.6%)	412 (15.8%)
6-12 months	33 (15.7%)	388 (14.9%)

1-2 years	19 (9.05%)	314 (12.0%)
2-4 years	13 (6.19%)	232 (8.90%)
> 4 years	36 (17.1%)	268 (10.3%)
Missing	1 (0.48%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	4 (1.90%)	90 (3.45%)
I=Localized	41 (19.5%)	375 (14.4%)
II=Early locally advanced	33 (15.7%)	345 (13.2%)
III=Late locally advanced	21 (10.0%)	392 (15.0%)
IV=Metastatised	95 (45.2%)	955 (36.6%)
Missing	16 (7.62%)	450 (17.3%)
Time since first therapy start		
No therapy	13 (6.19%)	187 (7.17%)
Tumour staging/diagnosis	21 (10.0%)	200 (7.67%)
0-2 months	71 (33.8%)	736 (28.2%)
3-5 months	24 (11.4%)	345 (13.2%)
6-12 months	27 (12.9%)	338 (13.0%)
1-2 years	15 (7.14%)	232 (8.90%)
2-4 years	11 (5.24%)	176 (6.75%)
> 4 years	27 (12.9%)	250 (9.59%)
Missing	1 (0.48%)	163 (6.25%)
Therapy situation		
Diagnosis	13 (6.19%)	236 (9.05%)
Chemotherapy 1st line	59 (28.1%)	488 (18.7%)
Chemotherapy > 1st line	23 (11.0%)	367 (14.1%)
Radiotherapy	25 (11.9%)	272 (10.4%)
Target therapy	10 (4.76%)	84 (3.22%)
Hormone therapy	7 (3.33%)	26 (1.00%)
Palliative	37 (17.6%)	359 (13.8%)
Surgery	24 (11.4%)	504 (19.3%)
Cancer related complications	17 (8.10%)	266 (10.2%)
Therapy related complications	13 (6.19%)	127 (4.87%)
Missing	6 (2.86%)	153 (5.87%)
Infections		
None	111 (52.9%)	1808 (69.4%)
Local	57 (27.1%)	381 (14.6%)
General	34 (16.2%)	179 (6.87%)
Missing	8 (3.81%)	239 (9.17%)
Nutrition Treatment		
No special diet	45 (21.4%)	1080 (41.4%)
Individualized diet plan	96 (45.7%)	572 (21.9%)
Energy rich/protein rich ONS	65 (31.0%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	18 (8.57%)	128 (4.91%)
Parenteral nutrition	24 (11.4%)	240 (9.21%)
ONS enriched with special nutrients	14 (6.67%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	61 (29.0%)	284 (10.9%)
Counselling	52 (24.8%)	355 (13.6%)
Other	26 (12.4%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	210	2474
Body weight prior to becoming ill	74 [31-131]	73 [30-199]
Actual body weight	68 [34-125]	67 [10-200]
Change in weight was		
Intentional	5 (2.38%)	64 (2.45%)
Unintentional	134 (63.8%)	1489 (57.1%)
Weight is stable	31 (14.8%)	318 (12.2%)
Missing	16 (7.62%)	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	66 (31.4%)	709 (27.2%)
A little	36 (17.1%)	596 (22.9%)
Quite a bit	41 (19.5%)	419 (16.1%)
Very much	53 (25.2%)	332 (12.7%)
Missing	13 (6.19%)	530 (20.3%)
Patients who needed a rest:		
Not at all	25 (11.9%)	391 (15.0%)
A little	47 (22.4%)	592 (22.7%)
Quite a bit	51 (24.3%)	575 (22.1%)
Very much	74 (35.2%)	488 (18.7%)
Missing	13 (6.19%)	540 (20.7%)
Patients who felt weak:		
Not at all	31 (14.8%)	420 (16.1%)
A little	55 (26.2%)	583 (22.4%)
Quite a bit	47 (22.4%)	535 (20.5%)
Very much	61 (29.0%)	499 (19.1%)
Missing	13 (6.19%)	544 (20.9%)
Patients who felt depressed:		
Not at all	72 (34.3%)	775 (29.7%)
A little	58 (27.6%)	601 (23.1%)
Quite a bit	29 (13.8%)	356 (13.7%)
Very much	36 (17.1%)	298 (11.4%)
Missing	12 (5.71%)	546 (20.9%)
Patients who were tired:		
Not at all	23 (11.0%)	445 (17.1%)
A little	58 (27.6%)	611 (23.4%)
Quite a bit	52 (24.8%)	534 (20.5%)
Very much	63 (30.0%)	449 (17.2%)
Missing	13 (6.19%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	72 (34.3%)	766 (29.4%)
A little	41 (19.5%)	458 (17.6%)
Quite a bit	29 (13.8%)	366 (14.0%)

Very much	53 (25.2%)	398 (15.3%)
Missing	14 (6.67%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	49 (23.3%)	779 (29.9%)
A little	49 (23.3%)	485 (18.6%)
Quite a bit	34 (16.2%)	378 (14.5%)
Very much	63 (30.0%)	391 (15.0%)
Missing	14 (6.67%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	83 (39.5%)	901 (34.6%)
A little	52 (24.8%)	676 (25.9%)
Quite a bit	37 (17.6%)	327 (12.5%)
Very much	24 (11.4%)	152 (5.83%)
Missing	12 (5.71%)	533 (20.4%)
Patients who need a rest:		
Not at all	32 (15.2%)	438 (16.8%)
A little	63 (30.0%)	705 (27.0%)
Quite a bit	45 (21.4%)	555 (21.3%)
Very much	56 (26.7%)	347 (13.3%)
Missing	11 (5.24%)	538 (20.6%)
Patients who feel weak:		
Not at all	46 (21.9%)	503 (19.3%)
A little	63 (30.0%)	647 (24.8%)
Quite a bit	42 (20.0%)	538 (20.6%)
Very much	44 (21.0%)	352 (13.5%)
Missing	12 (5.71%)	541 (20.8%)
Patients who are depressed:		
Not at all	89 (42.4%)	915 (35.1%)
A little	51 (24.3%)	559 (21.4%)
Quite a bit	30 (14.3%)	332 (12.7%)
Very much	22 (10.5%)	225 (8.63%)
Missing	15 (7.14%)	549 (21.1%)
Patients who are tired:		
Not at all	39 (18.6%)	537 (20.6%)
A little	61 (29.0%)	669 (25.7%)
Quite a bit	50 (23.8%)	500 (19.2%)
Very much	46 (21.9%)	326 (12.5%)
Missing	11 (5.24%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	83 (39.5%)	881 (33.8%)
A little	41 (19.5%)	483 (18.5%)
Quite a bit	34 (16.2%)	346 (13.3%)
Very much	33 (15.7%)	301 (11.5%)
Missing	16 (7.62%)	563 (21.6%)

Patients who lack appetite:		
Not at all	64 (30.5%)	882 (33.8%)
A little	45 (21.4%)	503 (19.3%)
Quite a bit	46 (21.9%)	341 (13.1%)
Very much	42 (20.0%)	309 (11.9%)
Missing	12 (5.71%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	28 (13.3%)	396 (15.2%)
Inflammation in mouth	13 (6.19%)	111 (4.26%)
Pain	39 (18.6%)	288 (11.0%)
Constipation	12 (5.71%)	167 (6.41%)
Diarrhea	14 (6.67%)	107 (4.10%)
Change in taste/smell	32 (15.2%)	318 (12.2%)
Early satiation/Loss of appetite	67 (31.9%)	520 (19.9%)
Other	40 (19.0%)	340 (13.0%)
Missing	2 (0.95%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	3 (1.43%)	56 (2.15%)
Fully active	24 (11.4%)	316 (12.1%)
Able to carry out light activities	42 (20.0%)	501 (19.2%)
Able to carry out self-care	44 (21.0%)	497 (19.1%)
Able to carry out limited self-care	50 (23.8%)	361 (13.8%)
Confined to bed or chair	30 (14.3%)	312 (12.0%)
Missing	16 (7.62%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	144 (68.6%)	1426 (54.7%)
Herbal tea	12 (5.71%)	198 (7.59%)
Nutritional supplements	24 (11.4%)	199 (7.63%)
Multivitamin	4 (1.90%)	80 (3.07%)
Other medication	5 (2.38%)	85 (3.26%)
Other	8 (3.81%)	112 (4.30%)
Missing	19 (9.05%)	612 (23.5%)
Additional activities performed		
Nothing	152 (72.4%)	1475 (56.6%)
Psychotherapy	6 (2.86%)	70 (2.69%)
Yoga	1 (0.48%)	24 (0.92%)
Meditation	4 (1.90%)	82 (3.15%)
Progressive muscle relaxation	5 (2.38%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	23 (11.0%)	225 (8.63%)
Missing	22 (10.5%)	713 (27.3%)
Patients having difficulties in complying with treatment	85 (40.5%)	545 (20.9%)
Patients needing help to complete questionnaire	148 (70.5%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	140 (66.7%)	1364 (52.3%)