



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in CHINA

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: 13
Number of units on nutritionDay completing Sheet 1_onco: 6
Number of patients on nutritionDay: 601
Number of cancer patients on nutritionDay: 6 (<i>referring to sheet 2 regular "affected organs"</i>)
Number of patients completing Sheet 2_onco: 143
Number of patients completing Sheet 3_onco: 143

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:	6	275
Computerized system in hospital:	6 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	6 units (100%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	6 (100%)	171 (62.2%)
When patient asks	-	87 (31.6%)
When body weight loss > 10%	-	100 (36.4%)
During palliative phase	-	79 (28.7%)
Other	-	30 (10.9%)
Missing	-	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	-	11 (4.00%)
No reimbursement	-	8 (2.91%)
It feeds the tumour	-	-
Other	-	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	3 (50.0%)	195 (70.9%)
Calculation of energy needs	4 (66.7%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	3 (50.0%)	242 (88.0%)
None	-	-
Other	-	26 (9.45%)
Missing	-	6 (2.18%)
Nutritional therapy is not used due to...		
Lack of evidence	1 (16.7%)	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	4 (66.7%)	170 (61.8%)
At chemotherapy	1 (16.7%)	46 (16.7%)
When necessary	1 (16.7%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

Anthropometrics (circumference)		
Regularly	-	25 (9.09%)
At chemotherapy	1 (16.7%)	9 (3.27%)
When necessary	3 (50.0%)	89 (32.4%)
Never	1 (16.7%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	1 (16.7%)	22 (8.00%)
BIA		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	3 (50.0%)	68 (24.7%)
Never	3 (50.0%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
CT SCAN		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	4 (66.7%)	84 (30.5%)
Never	2 (33.3%)	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	-	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	4 (66.7%)	60 (21.8%)
Never	2 (33.3%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	-	31 (11.3%)
Other (body composition)		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	2 (33.3%)	24 (8.73%)
Never	-	85 (30.9%)
Unknown	-	34 (12.4%)
Missing	4 (66.7%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	4 (66.7%)	62 (22.5%)
Never	2 (33.3%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
6-minutes walking test		
Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	4 (66.7%)	53 (19.3%)
Never	1 (16.7%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	1 (16.7%)	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	28 (10.2%)
Never	1 (16.7%)	109 (39.6%)
Unknown	-	32 (11.6%)
Missing	3 (50.0%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	2 (33.3%)	71 (25.8%)
At chemotherapy	2 (33.3%)	4 (1.45%)
When necessary	-	113 (41.1%)
Never	-	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	2 (33.3%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	-	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (50.0%)	117 (42.5%)
Never	1 (16.7%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	2 (33.3%)	42 (15.3%)
1 meal per day		
Regularly	1 (16.7%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	3 (50.0%)	66 (24.0%)
Never	1 (16.7%)	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	1 (16.7%)	105 (38.2%)
2 meals per day		
Regularly	-	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (50.0%)	66 (24.0%)
Never	1 (16.7%)	69 (25.1%)
Unknown	-	18 (6.55%)
Missing	2 (33.3%)	103 (37.5%)
24h recall		
Regularly	-	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (83.3%)	85 (30.9%)
Never	-	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	1 (16.7%)	76 (27.6%)
Other (nutritional intake)		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	36 (13.1%)

Never	-	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	4 (66.7%)	142 (51.6%)
Questionnaire completed by		
Dietitian	-	100 (36.4%)
Nurse	2 (33.3%)	105 (38.2%)
Physician	4 (66.7%)	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 completing Sheet 2_onco:	143	2607
Demographic data:		
Age (years)	62 [19-85]	65 [3-105]
Female gender	54 (37.8%)	1167 (44.8%)
Weight (kg)	63.5 ± 10.6	68.0 ± 17.1
Height (cm)	166.2 ± 9.0	166.2 ± 10.3
BMI (kg/m ²)	23.0 ± 4.0	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	-	22 (0.84%)
Ward (w)	143 (100%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	69 (48.3%)	1402 (53.8%)
Palliative	71 (49.7%)	1006 (38.6%)
Terminal	2 (1.40%)	113 (4.33%)
Missing	1 (0.70%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	58 (40.6%)	355 (13.6%)
Therapy	94 (65.7%)	1228 (47.1%)
Surgery related	86 (60.1%)	423 (16.2%)
Treatment complications	1 (0.70%)	365 (14.0%)
Poor health status	1 (0.70%)	418 (16.0%)
Independent care difficult	-	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	6 (4.20%)	180 (6.90%)
Colon, rectum	23 (16.1%)	427 (16.4%)
Prostate	1 (0.70%)	98 (3.76%)
Lung	5 (3.50%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	1 (0.70%)	126 (4.83%)
Gastric/oesophageal	34 (23.8%)	274 (10.5%)
Pancreas	12 (8.39%)	126 (4.83%)
Lymphoma	2 (1.40%)	165 (6.33%)
Ears nose throat (ENT)	1 (0.70%)	171 (6.56%)
Leukaemia	-	163 (6.25%)
Genital tract	1 (0.70%)	121 (4.64%)
Liver	3 (2.10%)	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	-	54 (2.07%)
Testicular	-	17 (0.65%)
Other	8 (5.59%)	257 (9.86%)
Missing	53 (37.1%)	108 (4.14%)
Time since diagnosis		
0-2 months	59 (41.3%)	777 (29.8%)
3-5 months	10 (6.99%)	412 (15.8%)
6-12 months	5 (3.50%)	388 (14.9%)

1-2 years	9 (6.29%)	314 (12.0%)
2-4 years	4 (2.80%)	232 (8.90%)
> 4 years	3 (2.10%)	268 (10.3%)
Missing	53 (37.1%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	-	90 (3.45%)
I=Localized	29 (20.3%)	375 (14.4%)
II=Early locally advanced	16 (11.2%)	345 (13.2%)
III=Late locally advanced	10 (6.99%)	392 (15.0%)
IV=Metastatised	19 (13.3%)	955 (36.6%)
Missing	69 (48.3%)	450 (17.3%)
Time since first therapy start		
No therapy	10 (6.99%)	187 (7.17%)
Tumour staging/diagnosis	2 (1.40%)	200 (7.67%)
0-2 months	30 (21.0%)	736 (28.2%)
3-5 months	10 (6.99%)	345 (13.2%)
6-12 months	23 (16.1%)	338 (13.0%)
1-2 years	8 (5.59%)	232 (8.90%)
2-4 years	2 (1.40%)	176 (6.75%)
> 4 years	5 (3.50%)	250 (9.59%)
Missing	53 (37.1%)	163 (6.25%)
Therapy situation		
Diagnosis	8 (5.59%)	236 (9.05%)
Chemotherapy 1st line	16 (11.2%)	488 (18.7%)
Chemotherapy > 1st line	8 (5.59%)	367 (14.1%)
Radiotherapy	1 (0.70%)	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy	-	26 (1.00%)
Palliative	2 (1.40%)	359 (13.8%)
Surgery	57 (39.9%)	504 (19.3%)
Cancer related complications	-	266 (10.2%)
Therapy related complications	-	127 (4.87%)
Missing	54 (37.8%)	153 (5.87%)
Infections		
None	66 (46.2%)	1808 (69.4%)
Local	10 (6.99%)	381 (14.6%)
General	3 (2.10%)	179 (6.87%)
Missing	64 (44.8%)	239 (9.17%)
Nutrition Treatment		
No special diet	40 (28.0%)	1080 (41.4%)
Individualized diet plan	7 (4.90%)	572 (21.9%)
Energy rich/protein rich ONS	2 (1.40%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	15 (10.5%)	128 (4.91%)
Parenteral nutrition	57 (39.9%)	240 (9.21%)
ONS enriched with special nutrients	4 (2.80%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	3 (2.10%)	28 (1.07%)
Personal preferences	6 (4.20%)	284 (10.9%)
Counselling	2 (1.40%)	355 (13.6%)
Other	16 (11.2%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	143	2474
Body weight prior to becoming ill	65 [41-98]	73 [30-199]
Actual body weight	63 [40-90]	67 [10-200]
Change in weight was		
Intentional	2 (1.40%)	64 (2.45%)
Unintentional	98 (68.5%)	1489 (57.1%)
Weight is stable	25 (17.5%)	318 (12.2%)
Missing	7 (4.90%)	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	77 (53.8%)	709 (27.2%)
A little	37 (25.9%)	596 (22.9%)
Quite a bit	24 (16.8%)	419 (16.1%)
Very much	5 (3.50%)	332 (12.7%)
Missing	-	530 (20.3%)
Patients who needed a rest:		
Not at all	53 (37.1%)	391 (15.0%)
A little	42 (29.4%)	592 (22.7%)
Quite a bit	36 (25.2%)	575 (22.1%)
Very much	10 (6.99%)	488 (18.7%)
Missing	1 (0.70%)	540 (20.7%)
Patients who felt weak:		
Not at all	62 (43.4%)	420 (16.1%)
A little	39 (27.3%)	583 (22.4%)
Quite a bit	30 (21.0%)	535 (20.5%)
Very much	11 (7.69%)	499 (19.1%)
Missing	-	544 (20.9%)
Patients who felt depressed:		
Not at all	62 (43.4%)	775 (29.7%)
A little	55 (38.5%)	601 (23.1%)
Quite a bit	18 (12.6%)	356 (13.7%)
Very much	6 (4.20%)	298 (11.4%)
Missing	1 (0.70%)	546 (20.9%)
Patients who were tired:		
Not at all	63 (44.1%)	445 (17.1%)
A little	42 (29.4%)	611 (23.4%)
Quite a bit	26 (18.2%)	534 (20.5%)
Very much	11 (7.69%)	449 (17.2%)
Missing	-	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	82 (57.3%)	766 (29.4%)
A little	31 (21.7%)	458 (17.6%)
Quite a bit	23 (16.1%)	366 (14.0%)

Very much	7 (4.90%)	398 (15.3%)
Missing	-	582 (22.3%)
Patients who lacked appetite:		
Not at all	77 (53.8%)	779 (29.9%)
A little	30 (21.0%)	485 (18.6%)
Quite a bit	28 (19.6%)	378 (14.5%)
Very much	7 (4.90%)	391 (15.0%)
Missing	1 (0.70%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	54 (37.8%)	901 (34.6%)
A little	58 (40.6%)	676 (25.9%)
Quite a bit	29 (20.3%)	327 (12.5%)
Very much	2 (1.40%)	152 (5.83%)
Missing	-	533 (20.4%)
Patients who need a rest:		
Not at all	31 (21.7%)	438 (16.8%)
A little	45 (31.5%)	705 (27.0%)
Quite a bit	58 (40.6%)	555 (21.3%)
Very much	9 (6.29%)	347 (13.3%)
Missing	-	538 (20.6%)
Patients who feel weak:		
Not at all	41 (28.7%)	503 (19.3%)
A little	44 (30.8%)	647 (24.8%)
Quite a bit	47 (32.9%)	538 (20.6%)
Very much	10 (6.99%)	352 (13.5%)
Missing	1 (0.70%)	541 (20.8%)
Patients who are depressed:		
Not at all	62 (43.4%)	915 (35.1%)
A little	49 (34.3%)	559 (21.4%)
Quite a bit	25 (17.5%)	332 (12.7%)
Very much	6 (4.20%)	225 (8.63%)
Missing	-	549 (21.1%)
Patients who are tired:		
Not at all	42 (29.4%)	537 (20.6%)
A little	48 (33.6%)	669 (25.7%)
Quite a bit	44 (30.8%)	500 (19.2%)
Very much	9 (6.29%)	326 (12.5%)
Missing	-	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	56 (39.2%)	881 (33.8%)
A little	47 (32.9%)	483 (18.5%)
Quite a bit	32 (22.4%)	346 (13.3%)
Very much	7 (4.90%)	301 (11.5%)
Missing	1 (0.70%)	563 (21.6%)

Patients who lack appetite:		
Not at all	72 (50.3%)	882 (33.8%)
A little	38 (26.6%)	503 (19.3%)
Quite a bit	23 (16.1%)	341 (13.1%)
Very much	9 (6.29%)	309 (11.9%)
Missing	1 (0.70%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	12 (8.39%)	396 (15.2%)
Inflammation in mouth	2 (1.40%)	111 (4.26%)
Pain	16 (11.2%)	288 (11.0%)
Constipation	3 (2.10%)	167 (6.41%)
Diarrhea	2 (1.40%)	107 (4.10%)
Change in taste/smell	4 (2.80%)	318 (12.2%)
Early satiation/Loss of appetite	14 (9.79%)	520 (19.9%)
Other	71 (49.7%)	340 (13.0%)
Missing	11 (7.69%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	9 (6.29%)	56 (2.15%)
Fully active	47 (32.9%)	316 (12.1%)
Able to carry out light activities	30 (21.0%)	501 (19.2%)
Able to carry out self-care	10 (6.99%)	497 (19.1%)
Able to carry out limited self-care	20 (14.0%)	361 (13.8%)
Confined to bed or chair	25 (17.5%)	312 (12.0%)
Missing	2 (1.40%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	120 (83.9%)	1426 (54.7%)
Herbal tea	-	198 (7.59%)
Nutritional supplements	10 (6.99%)	199 (7.63%)
Multivitamin	-	80 (3.07%)
Other medication	2 (1.40%)	85 (3.26%)
Other	13 (9.09%)	112 (4.30%)
Missing	1 (0.70%)	612 (23.5%)
Additional activities performed		
Nothing	120 (83.9%)	1475 (56.6%)
Psychotherapy	-	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	4 (2.80%)	82 (3.15%)
Progressive muscle relaxation	2 (1.40%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	15 (10.5%)	225 (8.63%)
Missing	3 (2.10%)	713 (27.3%)
Patients having difficulties in complying with treatment	27 (18.9%)	545 (20.9%)
Patients needing help to complete questionnaire	87 (60.8%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	110 (76.9%)	1364 (52.3%)