



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in CZECH REPUBLIC

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: 17
Number of patients on nutritionDay: 2325
Number of cancer patients on nutritionDay: 341 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 286
Number of patients completing Sheet 3_onco: 244

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:	17	275
Computerized system in hospital:	17 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	17 units (100%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	15 (88.2%)	171 (62.2%)
When patient asks	1 (5.88%)	87 (31.6%)
When body weight loss > 10%	3 (17.6%)	100 (36.4%)
During palliative phase	2 (11.8%)	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	1 (5.88%)	11 (4.00%)
No reimbursement	1 (5.88%)	8 (2.91%)
It feeds the tumour	-	-
Other	1 (5.88%)	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	16 (94.1%)	195 (70.9%)
Calculation of energy needs	10 (58.8%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	16 (94.1%)	242 (88.0%)
None	-	-
Other	-	26 (9.45%)
Missing	-	6 (2.18%)
Nutritional therapy is not used due to...		
Lack of evidence	-	2 (0.73%)
Lack of experience	1 (5.88%)	5 (1.82%)
No reimbursement	1 (5.88%)	6 (2.18%)
Lack of dietitians	-	8 (2.91%)
Lack of other experts	-	1 (0.36%)
Other	2 (11.8%)	7 (2.55%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition:		
Body weight		
Regularly	16 (94.1%)	170 (61.8%)
At chemotherapy	1 (5.88%)	46 (16.7%)
When necessary	-	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

Anthropometrics (circumference)		
Regularly	3 (17.6%)	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	6 (35.3%)	89 (32.4%)
Never	4 (23.5%)	122 (44.4%)
Unknown	1 (5.88%)	8 (2.91%)
Missing	3 (17.6%)	22 (8.00%)
BIA		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	1 (5.88%)	68 (24.7%)
Never	12 (70.6%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	4 (23.5%)	24 (8.73%)
CT SCAN		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	-	84 (30.5%)
Never	12 (70.6%)	139 (50.5%)
Unknown	1 (5.88%)	14 (5.09%)
Missing	4 (23.5%)	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (11.8%)	60 (21.8%)
Never	11 (64.7%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	4 (23.5%)	31 (11.3%)
Other (body composition)		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	-	24 (8.73%)
Never	5 (29.4%)	85 (30.9%)
Unknown	1 (5.88%)	34 (12.4%)
Missing	11 (64.7%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	6 (35.3%)	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (29.4%)	62 (22.5%)
Never	4 (23.5%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	2 (11.8%)	22 (8.00%)
6-minutes walking test		
Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (11.8%)	53 (19.3%)
Never	12 (70.6%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	3 (17.6%)	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	-	28 (10.2%)
Never	7 (41.2%)	109 (39.6%)
Unknown	2 (11.8%)	32 (11.6%)
Missing	8 (47.1%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	3 (17.6%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	4 (23.5%)	113 (41.1%)
Never	-	29 (10.5%)
Unknown	3 (17.6%)	5 (1.82%)
Missing	7 (41.2%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	8 (47.1%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	6 (35.3%)	117 (42.5%)
Never	-	40 (14.5%)
Unknown	1 (5.88%)	8 (2.91%)
Missing	2 (11.8%)	42 (15.3%)
1 meal per day		
Regularly	1 (5.88%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	-	66 (24.0%)
Never	3 (17.6%)	65 (23.6%)
Unknown	2 (11.8%)	18 (6.55%)
Missing	11 (64.7%)	105 (38.2%)
2 meals per day		
Regularly	1 (5.88%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	-	66 (24.0%)
Never	3 (17.6%)	69 (25.1%)
Unknown	2 (11.8%)	18 (6.55%)
Missing	11 (64.7%)	103 (37.5%)
24h recall		
Regularly	5 (29.4%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (11.8%)	85 (30.9%)
Never	1 (5.88%)	50 (18.2%)
Unknown	2 (11.8%)	14 (5.09%)
Missing	7 (41.2%)	76 (27.6%)
Other (nutritional intake)		
Regularly	1 (5.88%)	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	-	36 (13.1%)

Never	2 (11.8%)	58 (21.1%)
Unknown	1 (5.88%)	26 (9.45%)
Missing	13 (76.5%)	142 (51.6%)
Questionnaire completed by		
Dietitian	-	100 (36.4%)
Nurse	5 (29.4%)	105 (38.2%)
Physician	4 (23.5%)	43 (15.6%)
Nutritional scientist	7 (41.2%)	19 (6.91%)
Other	1 (5.88%)	4 (1.45%)
Missing	-	4 (1.45%)

PATIENTS REPORT ("Sheet 2"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	286	2607
Demographic data:		
Age (years)	65 [20-94]	65 [3-105]
Female gender	131 (45.8%)	1167 (44.8%)
Weight (kg)	75.1 ± 15.8	68.0 ± 17.1
Height (cm)	169.8 ± 9.3	166.2 ± 10.3
BMI (kg/m ²)	26.0 ± 5.0	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	-	22 (0.84%)
Ward (w)	282 (98.6%)	2580 (99.0%)
Missing	4 (1.40%)	5 (0.19%)
Goal of Therapy		
Curative	128 (44.8%)	1402 (53.8%)
Palliative	133 (46.5%)	1006 (38.6%)
Terminal	10 (3.50%)	113 (4.33%)
Missing	15 (5.24%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	20 (6.99%)	355 (13.6%)
Therapy	189 (66.1%)	1228 (47.1%)
Surgery related	16 (5.59%)	423 (16.2%)
Treatment complications	25 (8.74%)	365 (14.0%)
Poor health status	35 (12.2%)	418 (16.0%)
Independent care difficult	4 (1.40%)	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	14 (4.90%)	180 (6.90%)
Colon, rectum	43 (15.0%)	427 (16.4%)
Prostate	21 (7.34%)	98 (3.76%)
Lung	34 (11.9%)	312 (12.0%)
Skin	2 (0.70%)	35 (1.34%)
Kidney/bladder	5 (1.75%)	126 (4.83%)
Gastric/oesophageal	19 (6.64%)	274 (10.5%)
Pancreas	14 (4.90%)	126 (4.83%)
Lymphoma	28 (9.79%)	165 (6.33%)
Ears nose throat (ENT)	25 (8.74%)	171 (6.56%)
Leukaemia	17 (5.94%)	163 (6.25%)
Genital tract	20 (6.99%)	121 (4.64%)
Liver	13 (4.55%)	123 (4.72%)
Sarcoma	11 (3.85%)	41 (1.57%)
Brain	4 (1.40%)	54 (2.07%)
Testicular	4 (1.40%)	17 (0.65%)
Other	36 (12.6%)	257 (9.86%)
Missing	15 (5.24%)	108 (4.14%)
Time since diagnosis		
0-2 months	105 (36.7%)	777 (29.8%)
3-5 months	58 (20.3%)	412 (15.8%)
6-12 months	40 (14.0%)	388 (14.9%)

1-2 years	30 (10.5%)	314 (12.0%)
2-4 years	17 (5.94%)	232 (8.90%)
> 4 years	16 (5.59%)	268 (10.3%)
Missing	6 (2.10%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	2 (0.70%)	90 (3.45%)
I=Localized	39 (13.6%)	375 (14.4%)
II=Early locally advanced	42 (14.7%)	345 (13.2%)
III=Late locally advanced	53 (18.5%)	392 (15.0%)
IV=Metastasised	113 (39.5%)	955 (36.6%)
Missing	37 (12.9%)	450 (17.3%)
Time since first therapy start		
No therapy	6 (2.10%)	187 (7.17%)
Tumour staging/diagnosis	15 (5.24%)	200 (7.67%)
0-2 months	114 (39.9%)	736 (28.2%)
3-5 months	57 (19.9%)	345 (13.2%)
6-12 months	36 (12.6%)	338 (13.0%)
1-2 years	20 (6.99%)	232 (8.90%)
2-4 years	10 (3.50%)	176 (6.75%)
> 4 years	13 (4.55%)	250 (9.59%)
Missing	4 (1.40%)	163 (6.25%)
Therapy situation		
Diagnosis	20 (6.99%)	236 (9.05%)
Chemotherapy 1st line	70 (24.5%)	488 (18.7%)
Chemotherapy > 1st line	46 (16.1%)	367 (14.1%)
Radiotherapy	74 (25.9%)	272 (10.4%)
Target therapy	8 (2.80%)	84 (3.22%)
Hormone therapy	2 (0.70%)	26 (1.00%)
Palliative	37 (12.9%)	359 (13.8%)
Surgery	16 (5.59%)	504 (19.3%)
Cancer related complications	24 (8.39%)	266 (10.2%)
Therapy related complications	9 (3.15%)	127 (4.87%)
Missing	15 (5.24%)	153 (5.87%)
Infections		
None	191 (66.8%)	1808 (69.4%)
Local	36 (12.6%)	381 (14.6%)
General	27 (9.44%)	179 (6.87%)
Missing	32 (11.2%)	239 (9.17%)
Nutrition Treatment		
No special diet	111 (38.8%)	1080 (41.4%)
Individualized diet plan	53 (18.5%)	572 (21.9%)
Energy rich/protein rich ONS	85 (29.7%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	26 (9.09%)	128 (4.91%)
Parenteral nutrition	17 (5.94%)	240 (9.21%)
ONS enriched with special nutrients	13 (4.55%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	1 (0.35%)	28 (1.07%)
Personal preferences	3 (1.05%)	284 (10.9%)
Counselling	40 (14.0%)	355 (13.6%)
Other	12 (4.20%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	244	2474
Body weight prior to becoming ill	80 [50-125]	73 [30-199]
Actual body weight	75 [35-129]	67 [10-200]
Change in weight was		
Intentional	8 (2.80%)	64 (2.45%)
Unintentional	167 (58.4%)	1489 (57.1%)
Weight is stable	28 (9.79%)	318 (12.2%)
Missing	7 (2.45%)	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	83 (29.0%)	709 (27.2%)
A little	67 (23.4%)	596 (22.9%)
Quite a bit	42 (14.7%)	419 (16.1%)
Very much	20 (6.99%)	332 (12.7%)
Missing	69 (24.1%)	530 (20.3%)
Patients who needed a rest:		
Not at all	36 (12.6%)	391 (15.0%)
A little	72 (25.2%)	592 (22.7%)
Quite a bit	61 (21.3%)	575 (22.1%)
Very much	44 (15.4%)	488 (18.7%)
Missing	69 (24.1%)	540 (20.7%)
Patients who felt weak:		
Not at all	48 (16.8%)	420 (16.1%)
A little	75 (26.2%)	583 (22.4%)
Quite a bit	52 (18.2%)	535 (20.5%)
Very much	36 (12.6%)	499 (19.1%)
Missing	71 (24.8%)	544 (20.9%)
Patients who felt depressed:		
Not at all	131 (45.8%)	775 (29.7%)
A little	51 (17.8%)	601 (23.1%)
Quite a bit	22 (7.69%)	356 (13.7%)
Very much	8 (2.80%)	298 (11.4%)
Missing	69 (24.1%)	546 (20.9%)
Patients who were tired:		
Not at all	57 (19.9%)	445 (17.1%)
A little	57 (19.9%)	611 (23.4%)
Quite a bit	60 (21.0%)	534 (20.5%)
Very much	37 (12.9%)	449 (17.2%)
Missing	70 (24.5%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	54 (18.9%)	766 (29.4%)
A little	48 (16.8%)	458 (17.6%)
Quite a bit	39 (13.6%)	366 (14.0%)

Very much	35 (12.2%)	398 (15.3%)
Missing	104 (36.4%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	97 (33.9%)	779 (29.9%)
A little	45 (15.7%)	485 (18.6%)
Quite a bit	38 (13.3%)	378 (14.5%)
Very much	31 (10.8%)	391 (15.0%)
Missing	72 (25.2%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	116 (40.6%)	901 (34.6%)
A little	75 (26.2%)	676 (25.9%)
Quite a bit	16 (5.59%)	327 (12.5%)
Very much	7 (2.45%)	152 (5.83%)
Missing	68 (23.8%)	533 (20.4%)
Patients who need a rest:		
Not at all	33 (11.5%)	438 (16.8%)
A little	92 (32.2%)	705 (27.0%)
Quite a bit	61 (21.3%)	555 (21.3%)
Very much	26 (9.09%)	347 (13.3%)
Missing	69 (24.1%)	538 (20.6%)
Patients who feel weak:		
Not at all	61 (21.3%)	503 (19.3%)
A little	81 (28.3%)	647 (24.8%)
Quite a bit	51 (17.8%)	538 (20.6%)
Very much	18 (6.29%)	352 (13.5%)
Missing	71 (24.8%)	541 (20.8%)
Patients who are depressed:		
Not at all	152 (53.1%)	915 (35.1%)
A little	41 (14.3%)	559 (21.4%)
Quite a bit	15 (5.24%)	332 (12.7%)
Very much	4 (1.40%)	225 (8.63%)
Missing	70 (24.5%)	549 (21.1%)
Patients who are tired:		
Not at all	54 (18.9%)	537 (20.6%)
A little	84 (29.4%)	669 (25.7%)
Quite a bit	54 (18.9%)	500 (19.2%)
Very much	18 (6.29%)	326 (12.5%)
Missing	71 (24.8%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	96 (33.6%)	881 (33.8%)
A little	50 (17.5%)	483 (18.5%)
Quite a bit	35 (12.2%)	346 (13.3%)
Very much	32 (11.2%)	301 (11.5%)
Missing	69 (24.1%)	563 (21.6%)

Patients who lack appetite:		
Not at all	112 (39.2%)	882 (33.8%)
A little	54 (18.9%)	503 (19.3%)
Quite a bit	26 (9.09%)	341 (13.1%)
Very much	22 (7.69%)	309 (11.9%)
Missing	69 (24.1%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	39 (13.6%)	396 (15.2%)
Inflammation in mouth	13 (4.55%)	111 (4.26%)
Pain	29 (10.1%)	288 (11.0%)
Constipation	19 (6.64%)	167 (6.41%)
Diarrhea	12 (4.20%)	107 (4.10%)
Change in taste/smell	46 (16.1%)	318 (12.2%)
Early satiation/Loss of appetite	49 (17.1%)	520 (19.9%)
Other	9 (3.15%)	340 (13.0%)
Missing	11 (3.85%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	2 (0.70%)	56 (2.15%)
Fully active	22 (7.69%)	316 (12.1%)
Able to carry out light activities	52 (18.2%)	501 (19.2%)
Able to carry out self-care	74 (25.9%)	497 (19.1%)
Able to carry out limited self-care	45 (15.7%)	361 (13.8%)
Confined to bed or chair	18 (6.29%)	312 (12.0%)
Missing	72 (25.2%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	87 (30.4%)	1426 (54.7%)
Herbal tea	58 (20.3%)	198 (7.59%)
Nutritional supplements	43 (15.0%)	199 (7.63%)
Multivitamin	11 (3.85%)	80 (3.07%)
Other medication	16 (5.59%)	85 (3.26%)
Other	19 (6.64%)	112 (4.30%)
Missing	86 (30.1%)	612 (23.5%)
Additional activities performed		
Nothing	118 (41.3%)	1475 (56.6%)
Psychotherapy	6 (2.10%)	70 (2.69%)
Yoga	2 (0.70%)	24 (0.92%)
Meditation	6 (2.10%)	82 (3.15%)
Progressive muscle relaxation	6 (2.10%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	-	225 (8.63%)
Missing	151 (52.8%)	713 (27.3%)
Patients having difficulties in complying with treatment	74 (25.9%)	545 (20.9%)
Patients needing help to complete questionnaire	132 (46.2%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	178 (62.2%)	1364 (52.3%)