



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in ESTONIA

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: 7
Number of units on nutritionDay completing Sheet 1_onco: 5
Number of patients on nutritionDay: 152
Number of cancer patients on nutritionDay: 11 (<i>referring to sheet 2 regular "affected organs"</i>)
Number of patients completing Sheet 2_onco: 65
Number of patients completing Sheet 3_onco: 65

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:	5	275
Computerized system in hospital:	5 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	2 units (40%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	-	171 (62.2%)
When patient asks	-	87 (31.6%)
When body weight loss > 10%	-	100 (36.4%)
During palliative phase	2 (40.0%)	79 (28.7%)
Other	-	30 (10.9%)
Missing	3 (60.0%)	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	4 (80.0%)	11 (4.00%)
No reimbursement	4 (80.0%)	8 (2.91%)
It feeds the tumour	-	-
Other	-	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	3 (60.0%)	195 (70.9%)
Calculation of energy needs	-	164 (59.6%)
Monitoring patients intake and use of oral supplements	4 (80.0%)	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	2 (40.0%)	5 (1.82%)
No reimbursement	-	6 (2.18%)
Lack of dietitians	3 (60.0%)	8 (2.91%)
Lack of other experts	1 (20.0%)	1 (0.36%)
Other	-	7 (2.55%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition:		
Body weight		
Regularly	-	170 (61.8%)
At chemotherapy	-	46 (16.7%)
When necessary	5 (100%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

Anthropometrics (circumference)		
Regularly	-	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	5 (100%)	89 (32.4%)
Never	-	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
BIA		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	5 (100%)	68 (24.7%)
Never	-	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
CT SCAN		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	5 (100%)	84 (30.5%)
Never	-	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	-	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (100%)	60 (21.8%)
Never	-	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	-	31 (11.3%)
Other (body composition)		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	5 (100%)	24 (8.73%)
Never	-	85 (30.9%)
Unknown	-	34 (12.4%)
Missing	-	126 (45.8%)
Body function:		
Handgrip		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (100%)	62 (22.5%)
Never	-	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	5 (100%)	53 (19.3%)
Never	-	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	-	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (100%)	28 (10.2%)
Never	-	109 (39.6%)
Unknown	-	32 (11.6%)
Missing	-	103 (37.5%)
Nutritional requirements, calculated		
Regularly	-	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	4 (80.0%)	113 (41.1%)
Never	-	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	1 (20.0%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	-	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (100%)	117 (42.5%)
Never	-	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	-	42 (15.3%)
1 meal per day		
Regularly	-	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (100%)	66 (24.0%)
Never	-	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	-	105 (38.2%)
2 meals per day		
Regularly	-	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (100%)	66 (24.0%)
Never	-	69 (25.1%)
Unknown	-	18 (6.55%)
Missing	-	103 (37.5%)
24h recall		
Regularly	-	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (100%)	85 (30.9%)
Never	-	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	-	76 (27.6%)
Other (nutritional intake)		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (100%)	36 (13.1%)

Never	-	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	-	142 (51.6%)
Questionnaire completed by		
Dietitian	-	100 (36.4%)
Nurse	5 (100%)	105 (38.2%)
Physician	-	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:	65	2607
Demographic data:		
Age (years)	66 [15-87]	65 [3-105]
Female gender	33 (50.8%)	1167 (44.8%)
Weight (kg)	72.4 ± 11.7	68.0 ± 17.1
Height (cm)	169.7 ± 9.5	166.2 ± 10.3
BMI (kg/m ²)	25.2 ± 3.6	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	-	22 (0.84%)
Ward (w)	65 (100%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	34 (52.3%)	1402 (53.8%)
Palliative	20 (30.8%)	1006 (38.6%)
Terminal	-	113 (4.33%)
Missing	11 (16.9%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	2 (3.08%)	355 (13.6%)
Therapy	42 (64.6%)	1228 (47.1%)
Surgery related	19 (29.2%)	423 (16.2%)
Treatment complications	1 (1.54%)	365 (14.0%)
Poor health status	2 (3.08%)	418 (16.0%)
Independent care difficult	-	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	-	180 (6.90%)
Colon, rectum	20 (30.8%)	427 (16.4%)
Prostate	-	98 (3.76%)
Lung	6 (9.23%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	2 (3.08%)	126 (4.83%)
Gastric/oesophageal	3 (4.62%)	274 (10.5%)
Pancreas	3 (4.62%)	126 (4.83%)
Lymphoma	-	165 (6.33%)
Ears nose throat (ENT)	-	171 (6.56%)
Leukaemia	-	163 (6.25%)
Genital tract	8 (12.3%)	121 (4.64%)
Liver	3 (4.62%)	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	4 (6.15%)	54 (2.07%)
Testicular	-	17 (0.65%)
Other	4 (6.15%)	257 (9.86%)
Missing	12 (18.5%)	108 (4.14%)
Time since diagnosis		
0-2 months	19 (29.2%)	777 (29.8%)
3-5 months	4 (6.15%)	412 (15.8%)
6-12 months	15 (23.1%)	388 (14.9%)

1-2 years	3 (4.62%)	314 (12.0%)
2-4 years	8 (12.3%)	232 (8.90%)
> 4 years	3 (4.62%)	268 (10.3%)
Missing	13 (20.0%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	-	90 (3.45%)
I=Localized	8 (12.3%)	375 (14.4%)
II=Early locally advanced	8 (12.3%)	345 (13.2%)
III=Late locally advanced	9 (13.8%)	392 (15.0%)
IV=Metastasised	24 (36.9%)	955 (36.6%)
Missing	16 (24.6%)	450 (17.3%)
Time since first therapy start		
No therapy	6 (9.23%)	187 (7.17%)
Tumour staging/diagnosis	2 (3.08%)	200 (7.67%)
0-2 months	17 (26.2%)	736 (28.2%)
3-5 months	4 (6.15%)	345 (13.2%)
6-12 months	7 (10.8%)	338 (13.0%)
1-2 years	5 (7.69%)	232 (8.90%)
2-4 years	7 (10.8%)	176 (6.75%)
> 4 years	5 (7.69%)	250 (9.59%)
Missing	12 (18.5%)	163 (6.25%)
Therapy situation		
Diagnosis	5 (7.69%)	236 (9.05%)
Chemotherapy 1st line	4 (6.15%)	488 (18.7%)
Chemotherapy > 1st line	1 (1.54%)	367 (14.1%)
Radiotherapy	1 (1.54%)	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy	-	26 (1.00%)
Palliative	19 (29.2%)	359 (13.8%)
Surgery	21 (32.3%)	504 (19.3%)
Cancer related complications	-	266 (10.2%)
Therapy related complications	-	127 (4.87%)
Missing	14 (21.5%)	153 (5.87%)
Infections		
None	46 (70.8%)	1808 (69.4%)
Local	5 (7.69%)	381 (14.6%)
General	-	179 (6.87%)
Missing	14 (21.5%)	239 (9.17%)
Nutrition Treatment		
No special diet	26 (40.0%)	1080 (41.4%)
Individualized diet plan	30 (46.2%)	572 (21.9%)
Energy rich/protein rich ONS	-	426 (16.3%)
Enteral nutrition (via NGT/PEG)	1 (1.54%)	128 (4.91%)
Parenteral nutrition	1 (1.54%)	240 (9.21%)
ONS enriched with special nutrients	8 (12.3%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	-	284 (10.9%)
Counselling	-	355 (13.6%)
Other	-	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	65	2474
Body weight prior to becoming ill	79 [62-120]	73 [30-199]
Actual body weight	70 [50-97]	67 [10-200]
Change in weight was		
Intentional	1 (1.54%)	64 (2.45%)
Unintentional	42 (64.6%)	1489 (57.1%)
Weight is stable	8 (12.3%)	318 (12.2%)
Missing	-	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	15 (23.1%)	709 (27.2%)
A little	16 (24.6%)	596 (22.9%)
Quite a bit	8 (12.3%)	419 (16.1%)
Very much	12 (18.5%)	332 (12.7%)
Missing	13 (20.0%)	530 (20.3%)
Patients who needed a rest:		
Not at all	11 (16.9%)	391 (15.0%)
A little	15 (23.1%)	592 (22.7%)
Quite a bit	11 (16.9%)	575 (22.1%)
Very much	13 (20.0%)	488 (18.7%)
Missing	14 (21.5%)	540 (20.7%)
Patients who felt weak:		
Not at all	11 (16.9%)	420 (16.1%)
A little	16 (24.6%)	583 (22.4%)
Quite a bit	12 (18.5%)	535 (20.5%)
Very much	12 (18.5%)	499 (19.1%)
Missing	13 (20.0%)	544 (20.9%)
Patients who felt depressed:		
Not at all	17 (26.2%)	775 (29.7%)
A little	15 (23.1%)	601 (23.1%)
Quite a bit	10 (15.4%)	356 (13.7%)
Very much	8 (12.3%)	298 (11.4%)
Missing	14 (21.5%)	546 (20.9%)
Patients who were tired:		
Not at all	6 (9.23%)	445 (17.1%)
A little	19 (29.2%)	611 (23.4%)
Quite a bit	15 (23.1%)	534 (20.5%)
Very much	10 (15.4%)	449 (17.2%)
Missing	14 (21.5%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	18 (27.7%)	766 (29.4%)
A little	13 (20.0%)	458 (17.6%)
Quite a bit	6 (9.23%)	366 (14.0%)

Very much	11 (16.9%)	398 (15.3%)
Missing	16 (24.6%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	12 (18.5%)	779 (29.9%)
A little	12 (18.5%)	485 (18.6%)
Quite a bit	7 (10.8%)	378 (14.5%)
Very much	14 (21.5%)	391 (15.0%)
Missing	19 (29.2%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	21 (32.3%)	901 (34.6%)
A little	9 (13.8%)	676 (25.9%)
Quite a bit	13 (20.0%)	327 (12.5%)
Very much	7 (10.8%)	152 (5.83%)
Missing	15 (23.1%)	533 (20.4%)
Patients who need a rest:		
Not at all	10 (15.4%)	438 (16.8%)
A little	18 (27.7%)	705 (27.0%)
Quite a bit	15 (23.1%)	555 (21.3%)
Very much	8 (12.3%)	347 (13.3%)
Missing	14 (21.5%)	538 (20.6%)
Patients who feel weak:		
Not at all	9 (13.8%)	503 (19.3%)
A little	14 (21.5%)	647 (24.8%)
Quite a bit	21 (32.3%)	538 (20.6%)
Very much	7 (10.8%)	352 (13.5%)
Missing	13 (20.0%)	541 (20.8%)
Patients who are depressed:		
Not at all	19 (29.2%)	915 (35.1%)
A little	13 (20.0%)	559 (21.4%)
Quite a bit	12 (18.5%)	332 (12.7%)
Very much	5 (7.69%)	225 (8.63%)
Missing	15 (23.1%)	549 (21.1%)
Patients who are tired:		
Not at all	13 (20.0%)	537 (20.6%)
A little	14 (21.5%)	669 (25.7%)
Quite a bit	14 (21.5%)	500 (19.2%)
Very much	7 (10.8%)	326 (12.5%)
Missing	16 (24.6%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	16 (24.6%)	881 (33.8%)
A little	11 (16.9%)	483 (18.5%)
Quite a bit	14 (21.5%)	346 (13.3%)
Very much	9 (13.8%)	301 (11.5%)
Missing	14 (21.5%)	563 (21.6%)

Patients who lack appetite:		
Not at all	15 (23.1%)	882 (33.8%)
A little	9 (13.8%)	503 (19.3%)
Quite a bit	12 (18.5%)	341 (13.1%)
Very much	9 (13.8%)	309 (11.9%)
Missing	19 (29.2%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	20 (30.8%)	396 (15.2%)
Inflammation in mouth	2 (3.08%)	111 (4.26%)
Pain	12 (18.5%)	288 (11.0%)
Constipation	5 (7.69%)	167 (6.41%)
Diarrhea	3 (4.62%)	107 (4.10%)
Change in taste/smell	8 (12.3%)	318 (12.2%)
Early satiation/Loss of appetite	9 (13.8%)	520 (19.9%)
Other	9 (13.8%)	340 (13.0%)
Missing	2 (3.08%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	1 (1.54%)	56 (2.15%)
Fully active	5 (7.69%)	316 (12.1%)
Able to carry out light activities	7 (10.8%)	501 (19.2%)
Able to carry out self-care	23 (35.4%)	497 (19.1%)
Able to carry out limited self-care	8 (12.3%)	361 (13.8%)
Confined to bed or chair	8 (12.3%)	312 (12.0%)
Missing	12 (18.5%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	29 (44.6%)	1426 (54.7%)
Herbal tea	13 (20.0%)	198 (7.59%)
Nutritional supplements	5 (7.69%)	199 (7.63%)
Multivitamin	2 (3.08%)	80 (3.07%)
Other medication	7 (10.8%)	85 (3.26%)
Other	1 (1.54%)	112 (4.30%)
Missing	13 (20.0%)	612 (23.5%)
Additional activities performed		
Nothing	38 (58.5%)	1475 (56.6%)
Psychotherapy	-	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	-	82 (3.15%)
Progressive muscle relaxation	1 (1.54%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	10 (15.4%)	225 (8.63%)
Missing	16 (24.6%)	713 (27.3%)
Patients having difficulties in complying with treatment	22 (33.8%)	545 (20.9%)
Patients needing help to complete questionnaire	36 (55.4%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	26 (40.0%)	1364 (52.3%)