



**nutritionDay**  
WORLDWIDE

## *Country Oncology Report*

May 2016

### **nutritionDay November 2015 in SPAIN**

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: 15
Number of units on nutritionDay completing Sheet 1_onco: 4
Number of patients on nutritionDay: 400
Number of cancer patients on nutritionDay: 53 ( <i>referring to sheet 2 regular "affected organs"</i> )
Number of patients completing Sheet 2_onco: 30
Number of patients completing Sheet 3_onco: 30

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 10<sup>th</sup> 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
<b>Number of units with cancer patients:</b>	4	275
<b>Computerized system in hospital:</b>	4 units (100%) YES	262 units (95%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	4 units (100%) YES	245 units (89%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	2 (50.0%)	171 (62.2%)
When patient asks	1 (25.0%)	87 (31.6%)
When body weight loss > 10%	1 (25.0%)	100 (36.4%)
During palliative phase	1 (25.0%)	79 (28.7%)
Other	-	30 (10.9%)
Missing	-	23 (8.36%)
<b>Nutritional treatment is not part of the comprehensive approach due to...</b>		
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%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	3 (75.0%)	195 (70.9%)
Calculation of energy needs	-	164 (59.6%)
Monitoring patients intake and use of oral supplements	2 (50.0%)	242 (88.0%)
None	-	-
Other	-	26 (9.45%)
Missing	-	6 (2.18%)
<b>Nutritional therapy is not used due to...</b>		
Lack of evidence	-	2 (0.73%)
Lack of experience	-	5 (1.82%)
No reimbursement	-	6 (2.18%)
Lack of dietitians	1 (25.0%)	8 (2.91%)
Lack of other experts	-	1 (0.36%)
Other	-	7 (2.55%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		
<b>Anthropometry/Body composition:</b>		
<b>Body weight</b>		
Regularly	2 (50.0%)	170 (61.8%)
At chemotherapy	2 (50.0%)	46 (16.7%)
When necessary	-	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

<b>Anthropometrics (circumference)</b>		
Regularly	-	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	-	89 (32.4%)
Never	4 (100%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
<b>BIA</b>		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	-	68 (24.7%)
Never	4 (100%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
<b>CT SCAN</b>		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	-	84 (30.5%)
Never	4 (100%)	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	-	28 (10.2%)
<b>DEXA</b>		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	-	60 (21.8%)
Never	4 (100%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	-	31 (11.3%)
<b>Other (body composition)</b>		
Regularly	1 (25.0%)	6 (2.18%)
At chemotherapy	-	-
When necessary	-	24 (8.73%)
Never	3 (75.0%)	85 (30.9%)
Unknown	-	34 (12.4%)
Missing	-	126 (45.8%)
<b>Body function:</b>		
<b>Handgrip</b>		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	-	62 (22.5%)
Never	4 (100%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
<b>6-minutes walking test</b>		
Regularly	-	4 (1.45%)
At chemotherapy	1 (25.0%)	2 (0.73%)
When necessary	-	53 (19.3%)
Never	3 (75.0%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	-	27 (9.82%)
<b>Other (body function)</b>		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (25.0%)	28 (10.2%)
Never	3 (75.0%)	109 (39.6%)
Unknown	-	32 (11.6%)
Missing	-	103 (37.5%)
<b>Nutritional requirements, calculated</b>		
Regularly	-	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	1 (25.0%)	113 (41.1%)
Never	3 (75.0%)	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	-	53 (19.3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	1 (25.0%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (25.0%)	117 (42.5%)
Never	2 (50.0%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	-	42 (15.3%)
<b>1 meal per day</b>		
Regularly	-	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (25.0%)	66 (24.0%)
Never	3 (75.0%)	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	-	105 (38.2%)
<b>2 meals per day</b>		
Regularly	-	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (25.0%)	66 (24.0%)
Never	3 (75.0%)	69 (25.1%)
Unknown	-	18 (6.55%)
Missing	-	103 (37.5%)
<b>24h recall</b>		
Regularly	1 (25.0%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (25.0%)	85 (30.9%)
Never	2 (50.0%)	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	-	76 (27.6%)
<b>Other (nutritional intake)</b>		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	-	36 (13.1%)

Never	4 (100%)	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	-	142 (51.6%)
<b>Questionnaire completed by</b>		
Dietitian	1 (25.0%)	100 (36.4%)
Nurse	3 (75.0%)	105 (38.2%)
Physician	-	43 (15.6%)
Nutritional scientist	-	19 (6.91%)
Other	-	4 (1.45%)
Missing	-	4 (1.45%)

<b>PATIENTS REPORT ("Sheet 2"):</b>	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>Number of patients completing Sheet 2_onco:</b>	30	2607
<b>Demographic data:</b>		
Age (years)	72 [16-89]	65 [3-105]
Female gender	8 (26.7%)	1167 (44.8%)
Weight (kg)	70.7 ± 20.7	68.0 ± 17.1
Height (cm)	163.8 ± 7.0	166.2 ± 10.3
BMI (kg/m <sup>2</sup> )	26.4 ± 7.2	24.4 ± 5.2
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	3 (10.0%)	22 (0.84%)
Ward (w)	27 (90.0%)	2580 (99.0%)
Missing	-	5 (0.19%)
<b>Goal of Therapy</b>		
Curative	15 (50.0%)	1402 (53.8%)
Palliative	6 (20.0%)	1006 (38.6%)
Terminal	-	113 (4.33%)
Missing	9 (30.0%)	86 (3.30%)
<b>Reason for admission</b>		
Clinical diagnostics	6 (20.0%)	355 (13.6%)
Therapy	6 (20.0%)	1228 (47.1%)
Surgery related	4 (13.3%)	423 (16.2%)
Treatment complications	2 (6.67%)	365 (14.0%)
Poor health status	15 (50.0%)	418 (16.0%)
Independent care difficult	-	38 (1.46%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	1 (3.33%)	180 (6.90%)
Colon, rectum	4 (13.3%)	427 (16.4%)
Prostate	2 (6.67%)	98 (3.76%)
Lung	3 (10.0%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	9 (30.0%)	126 (4.83%)
Gastric/oesophageal	1 (3.33%)	274 (10.5%)
Pancreas	1 (3.33%)	126 (4.83%)
Lymphoma	6 (20.0%)	165 (6.33%)
Ears nose throat (ENT)	4 (13.3%)	171 (6.56%)
Leukaemia	1 (3.33%)	163 (6.25%)
Genital tract	2 (6.67%)	121 (4.64%)
Liver	-	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	-	54 (2.07%)
Testicular	-	17 (0.65%)
Other	-	257 (9.86%)
Missing	-	108 (4.14%)
<b>Time since diagnosis</b>		
0-2 months	6 (20.0%)	777 (29.8%)
3-5 months	5 (16.7%)	412 (15.8%)
6-12 months	5 (16.7%)	388 (14.9%)

1-2 years	8 (26.7%)	314 (12.0%)
2-4 years	5 (16.7%)	232 (8.90%)
> 4 years	-	268 (10.3%)
Missing	1 (3.33%)	172 (6.60%)
<b>Cancer staging</b>		
0=Carcinoma in situ	1 (3.33%)	90 (3.45%)
I=Localized	3 (10.0%)	375 (14.4%)
II=Early locally advanced	5 (16.7%)	345 (13.2%)
III=Late locally advanced	5 (16.7%)	392 (15.0%)
IV=Metastasised	6 (20.0%)	955 (36.6%)
Missing	10 (33.3%)	450 (17.3%)
<b>Time since first therapy start</b>		
No therapy	4 (13.3%)	187 (7.17%)
Tumour staging/diagnosis	3 (10.0%)	200 (7.67%)
0-2 months	7 (23.3%)	736 (28.2%)
3-5 months	1 (3.33%)	345 (13.2%)
6-12 months	6 (20.0%)	338 (13.0%)
1-2 years	6 (20.0%)	232 (8.90%)
2-4 years	2 (6.67%)	176 (6.75%)
> 4 years	1 (3.33%)	250 (9.59%)
Missing	1 (3.33%)	163 (6.25%)
<b>Therapy situation</b>		
Diagnosis	5 (16.7%)	236 (9.05%)
Chemotherapy 1st line	4 (13.3%)	488 (18.7%)
Chemotherapy > 1st line	3 (10.0%)	367 (14.1%)
Radiotherapy	-	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy	-	26 (1.00%)
Palliative	2 (6.67%)	359 (13.8%)
Surgery	2 (6.67%)	504 (19.3%)
Cancer related complications	5 (16.7%)	266 (10.2%)
Therapy related complications	3 (10.0%)	127 (4.87%)
Missing	6 (20.0%)	153 (5.87%)
<b>Infections</b>		
None	19 (63.3%)	1808 (69.4%)
Local	5 (16.7%)	381 (14.6%)
General	4 (13.3%)	179 (6.87%)
Missing	2 (6.67%)	239 (9.17%)
<b>Nutrition Treatment</b>		
No special diet	15 (50.0%)	1080 (41.4%)
Individualized diet plan	7 (23.3%)	572 (21.9%)
Energy rich/protein rich ONS	2 (6.67%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	3 (10.0%)	128 (4.91%)
Parenteral nutrition	4 (13.3%)	240 (9.21%)
ONS enriched with special nutrients	-	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	-	284 (10.9%)
Counselling	1 (3.33%)	355 (13.6%)
Other	-	202 (7.75%)





<b>PATIENTS REPORT ("Sheet 3"):</b>	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>Number of patients completing Sheet 3_onco:</b>	30	2474
<b>Body weight prior to becoming ill</b>	70 [52-149]	73 [30-199]
<b>Actual body weight</b>	67 [48-148]	67 [10-200]
<b>Change in weight was</b>		
Intentional	1 (3.33%)	64 (2.45%)
Unintentional	15 (50.0%)	1489 (57.1%)
Weight is stable	4 (13.3%)	318 (12.2%)
Missing	1 (3.33%)	111 (4.26%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	11 (36.7%)	709 (27.2%)
A little	3 (10.0%)	596 (22.9%)
Quite a bit	7 (23.3%)	419 (16.1%)
Very much	1 (3.33%)	332 (12.7%)
Missing	8 (26.7%)	530 (20.3%)
<b>Patients who needed a rest:</b>		
Not at all	6 (20.0%)	391 (15.0%)
A little	5 (16.7%)	592 (22.7%)
Quite a bit	10 (33.3%)	575 (22.1%)
Very much	-	488 (18.7%)
Missing	8 (26.7%)	540 (20.7%)
<b>Patients who felt weak:</b>		
Not at all	3 (10.0%)	420 (16.1%)
A little	6 (20.0%)	583 (22.4%)
Quite a bit	11 (36.7%)	535 (20.5%)
Very much	2 (6.67%)	499 (19.1%)
Missing	8 (26.7%)	544 (20.9%)
<b>Patients who felt depressed:</b>		
Not at all	9 (30.0%)	775 (29.7%)
A little	6 (20.0%)	601 (23.1%)
Quite a bit	4 (13.3%)	356 (13.7%)
Very much	3 (10.0%)	298 (11.4%)
Missing	8 (26.7%)	546 (20.9%)
<b>Patients who were tired:</b>		
Not at all	5 (16.7%)	445 (17.1%)
A little	6 (20.0%)	611 (23.4%)
Quite a bit	9 (30.0%)	534 (20.5%)
Very much	2 (6.67%)	449 (17.2%)
Missing	8 (26.7%)	539 (20.7%)
<b>Patients whose pain interfered with their daily activities:</b>		
Not at all	8 (26.7%)	766 (29.4%)
A little	3 (10.0%)	458 (17.6%)
Quite a bit	10 (33.3%)	366 (14.0%)

Very much	1 (3.33%)	398 (15.3%)
Missing	8 (26.7%)	582 (22.3%)
<b>Patients who lacked appetite:</b>		
Not at all	10 (33.3%)	779 (29.9%)
A little	5 (16.7%)	485 (18.6%)
Quite a bit	6 (20.0%)	378 (14.5%)
Very much	1 (3.33%)	391 (15.0%)
Missing	8 (26.7%)	548 (21.0%)
<b>Just now</b>		
<b>Patients who have pain:</b>		
Not at all	12 (40.0%)	901 (34.6%)
A little	5 (16.7%)	676 (25.9%)
Quite a bit	3 (10.0%)	327 (12.5%)
Very much	2 (6.67%)	152 (5.83%)
Missing	8 (26.7%)	533 (20.4%)
<b>Patients who need a rest:</b>		
Not at all	9 (30.0%)	438 (16.8%)
A little	6 (20.0%)	705 (27.0%)
Quite a bit	4 (13.3%)	555 (21.3%)
Very much	2 (6.67%)	347 (13.3%)
Missing	9 (30.0%)	538 (20.6%)
<b>Patients who feel weak:</b>		
Not at all	5 (16.7%)	503 (19.3%)
A little	7 (23.3%)	647 (24.8%)
Quite a bit	9 (30.0%)	538 (20.6%)
Very much	1 (3.33%)	352 (13.5%)
Missing	8 (26.7%)	541 (20.8%)
<b>Patients who are depressed:</b>		
Not at all	11 (36.7%)	915 (35.1%)
A little	6 (20.0%)	559 (21.4%)
Quite a bit	4 (13.3%)	332 (12.7%)
Very much	-	225 (8.63%)
Missing	9 (30.0%)	549 (21.1%)
<b>Patients who are tired:</b>		
Not at all	8 (26.7%)	537 (20.6%)
A little	6 (20.0%)	669 (25.7%)
Quite a bit	6 (20.0%)	500 (19.2%)
Very much	1 (3.33%)	326 (12.5%)
Missing	9 (30.0%)	549 (21.1%)
<b>Patients whose pain interferes with their daily activities:</b>		
Not at all	11 (36.7%)	881 (33.8%)
A little	3 (10.0%)	483 (18.5%)
Quite a bit	6 (20.0%)	346 (13.3%)
Very much	1 (3.33%)	301 (11.5%)
Missing	9 (30.0%)	563 (21.6%)

<b>Patients who lack appetite:</b>		
Not at all	9 (30.0%)	882 (33.8%)
A little	7 (23.3%)	503 (19.3%)
Quite a bit	4 (13.3%)	341 (13.1%)
Very much	-	309 (11.9%)
Missing	10 (33.3%)	547 (21.0%)
<b>Reasons for change in appetite/food intake</b>		
Nausea/Vomiting	6 (20.0%)	396 (15.2%)
Inflammation in mouth	1 (3.33%)	111 (4.26%)
Pain	2 (6.67%)	288 (11.0%)
Constipation	1 (3.33%)	167 (6.41%)
Diarrhea	-	107 (4.10%)
Change in taste/smell	4 (13.3%)	318 (12.2%)
Early satiation/Loss of appetite	3 (10.0%)	520 (19.9%)
Other	9 (30.0%)	340 (13.0%)
Missing	1 (3.33%)	86 (3.30%)
<b>Maximum activity performed by patients</b>		
Able to do sports	1 (3.33%)	56 (2.15%)
Fully active	7 (23.3%)	316 (12.1%)
Able to carry out light activities	4 (13.3%)	501 (19.2%)
Able to carry out self-care	4 (13.3%)	497 (19.1%)
Able to carry out limited self-care	2 (6.67%)	361 (13.8%)
Confined to bed or chair	4 (13.3%)	312 (12.0%)
Missing	8 (26.7%)	550 (21.1%)
<b>Patient takes additional (without prescription)</b>		
Nothing	16 (53.3%)	1426 (54.7%)
Herbal tea	1 (3.33%)	198 (7.59%)
Nutritional supplements	-	199 (7.63%)
Multivitamin	1 (3.33%)	80 (3.07%)
Other medication	2 (6.67%)	85 (3.26%)
Other	1 (3.33%)	112 (4.30%)
Missing	9 (30.0%)	612 (23.5%)
<b>Additional activities performed</b>		
Nothing	18 (60.0%)	1475 (56.6%)
Psychotherapy	-	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	-	82 (3.15%)
Progressive muscle relaxation	-	49 (1.88%)
Qigong	-	3 (0.12%)
Other	4 (13.3%)	225 (8.63%)
Missing	8 (26.7%)	713 (27.3%)
<b>Patients having difficulties in complying with treatment</b>	3 (10.0%)	545 (20.9%)
<b>Patients needing help to complete questionnaire</b>	13 (43.3%)	1332 (51.1%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them</b>	14 (46.7%)	1364 (52.3%)