



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in INDIA

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: 25
Number of units on nutritionDay completing Sheet 1_onco: 6
Number of patients on nutritionDay: 736
Number of cancer patients on nutritionDay: 156 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 190
Number of patients completing Sheet 3_onco: 189

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	5 (83.3%)	171 (62.2%)
When patient asks	1 (16.7%)	87 (31.6%)
When body weight loss > 10%	2 (33.3%)	100 (36.4%)
During palliative phase	1 (16.7%)	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	5 (83.3%)	195 (70.9%)
Calculation of energy needs	3 (50.0%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	5 (83.3%)	242 (88.0%)
None	-	-
Other	1 (16.7%)	26 (9.45%)
Missing	-	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	5 (83.3%)	170 (61.8%)
At chemotherapy	1 (16.7%)	46 (16.7%)
When necessary	-	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	-	5 (1.82%)

Anthropometrics (circumference)		
Regularly	4 (66.7%)	25 (9.09%)
At chemotherapy	1 (16.7%)	9 (3.27%)
When necessary	1 (16.7%)	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 (83.3%)	68 (24.7%)
Never	1 (16.7%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	-	24 (8.73%)
CT SCAN		
Regularly	1 (16.7%)	10 (3.64%)
At chemotherapy	-	-
When necessary	4 (66.7%)	84 (30.5%)
Never	1 (16.7%)	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	-	28 (10.2%)
DEXA		
Regularly	1 (16.7%)	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	4 (66.7%)	60 (21.8%)
Never	1 (16.7%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	-	31 (11.3%)
Other (body composition)		
Regularly	1 (16.7%)	6 (2.18%)
At chemotherapy	-	-
When necessary	2 (33.3%)	24 (8.73%)
Never	1 (16.7%)	85 (30.9%)
Unknown	1 (16.7%)	34 (12.4%)
Missing	1 (16.7%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	3 (50.0%)	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	62 (22.5%)
Never	1 (16.7%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	-	22 (8.00%)
6-minutes walking test		
Regularly	1 (16.7%)	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	-	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	4 (66.7%)	28 (10.2%)
Never	-	109 (39.6%)
Unknown	1 (16.7%)	32 (11.6%)
Missing	1 (16.7%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	5 (83.3%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	-	113 (41.1%)
Never	-	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	1 (16.7%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	2 (33.3%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (33.3%)	117 (42.5%)
Never	-	40 (14.5%)
Unknown	1 (16.7%)	8 (2.91%)
Missing	1 (16.7%)	42 (15.3%)
1 meal per day		
Regularly	1 (16.7%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	66 (24.0%)
Never	-	65 (23.6%)
Unknown	1 (16.7%)	18 (6.55%)
Missing	2 (33.3%)	105 (38.2%)
2 meals per day		
Regularly	2 (33.3%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (33.3%)	66 (24.0%)
Never	-	69 (25.1%)
Unknown	1 (16.7%)	18 (6.55%)
Missing	1 (16.7%)	103 (37.5%)
24h recall		
Regularly	5 (83.3%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	-	85 (30.9%)
Never	-	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	1 (16.7%)	76 (27.6%)
Other (nutritional intake)		
Regularly	1 (16.7%)	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (16.7%)	36 (13.1%)

Never	-	58 (21.1%)
Unknown	1 (16.7%)	26 (9.45%)
Missing	3 (50.0%)	142 (51.6%)
Questionnaire completed by		
Dietitian	6 (100%)	100 (36.4%)
Nurse	-	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:	190	2607
Demographic data:		
Age (years)	54 [3-90]	65 [3-105]
Female gender	92 (48.4%)	1167 (44.8%)
Weight (kg)	60.1 ± 13.1	68.0 ± 17.1
Height (cm)	160.5 ± 9.9	166.2 ± 10.3
BMI (kg/m ²)	23.2 ± 4.4	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	-	22 (0.84%)
Ward (w)	190 (100%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	135 (71.1%)	1402 (53.8%)
Palliative	48 (25.3%)	1006 (38.6%)
Terminal	3 (1.58%)	113 (4.33%)
Missing	4 (2.11%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	45 (23.7%)	355 (13.6%)
Therapy	115 (60.5%)	1228 (47.1%)
Surgery related	24 (12.6%)	423 (16.2%)
Treatment complications	18 (9.47%)	365 (14.0%)
Poor health status	6 (3.16%)	418 (16.0%)
Independent care difficult	-	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	20 (10.5%)	180 (6.90%)
Colon, rectum	14 (7.37%)	427 (16.4%)
Prostate	1 (0.53%)	98 (3.76%)
Lung	20 (10.5%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	3 (1.58%)	126 (4.83%)
Gastric/oesophageal	20 (10.5%)	274 (10.5%)
Pancreas	1 (0.53%)	126 (4.83%)
Lymphoma	19 (10.0%)	165 (6.33%)
Ears nose throat (ENT)	5 (2.63%)	171 (6.56%)
Leukaemia	30 (15.8%)	163 (6.25%)
Genital tract	15 (7.89%)	121 (4.64%)
Liver	7 (3.68%)	123 (4.72%)
Sarcoma	8 (4.21%)	41 (1.57%)
Brain	5 (2.63%)	54 (2.07%)
Testicular	1 (0.53%)	17 (0.65%)
Other	26 (13.7%)	257 (9.86%)
Missing	1 (0.53%)	108 (4.14%)
Time since diagnosis		
0-2 months	27 (14.2%)	777 (29.8%)
3-5 months	43 (22.6%)	412 (15.8%)
6-12 months	51 (26.8%)	388 (14.9%)

1-2 years	47 (24.7%)	314 (12.0%)
2-4 years	11 (5.79%)	232 (8.90%)
> 4 years	8 (4.21%)	268 (10.3%)
Missing	3 (1.58%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	20 (10.5%)	90 (3.45%)
I=Localized	31 (16.3%)	375 (14.4%)
II=Early locally advanced	49 (25.8%)	345 (13.2%)
III=Late locally advanced	45 (23.7%)	392 (15.0%)
IV=Metastasised	37 (19.5%)	955 (36.6%)
Missing	8 (4.21%)	450 (17.3%)
Time since first therapy start		
No therapy	22 (11.6%)	187 (7.17%)
Tumour staging/diagnosis	19 (10.0%)	200 (7.67%)
0-2 months	49 (25.8%)	736 (28.2%)
3-5 months	28 (14.7%)	345 (13.2%)
6-12 months	44 (23.2%)	338 (13.0%)
1-2 years	18 (9.47%)	232 (8.90%)
2-4 years	3 (1.58%)	176 (6.75%)
> 4 years	9 (4.74%)	250 (9.59%)
Missing	2 (1.05%)	163 (6.25%)
Therapy situation		
Diagnosis	20 (10.5%)	236 (9.05%)
Chemotherapy 1st line	61 (32.1%)	488 (18.7%)
Chemotherapy > 1st line	53 (27.9%)	367 (14.1%)
Radiotherapy	9 (4.74%)	272 (10.4%)
Target therapy	10 (5.26%)	84 (3.22%)
Hormone therapy	-	26 (1.00%)
Palliative	11 (5.79%)	359 (13.8%)
Surgery	20 (10.5%)	504 (19.3%)
Cancer related complications	13 (6.84%)	266 (10.2%)
Therapy related complications	11 (5.79%)	127 (4.87%)
Missing	1 (0.53%)	153 (5.87%)
Infections		
None	147 (77.4%)	1808 (69.4%)
Local	28 (14.7%)	381 (14.6%)
General	14 (7.37%)	179 (6.87%)
Missing	1 (0.53%)	239 (9.17%)
Nutrition Treatment		
No special diet	1 (0.53%)	1080 (41.4%)
Individualized diet plan	86 (45.3%)	572 (21.9%)
Energy rich/protein rich ONS	73 (38.4%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	9 (4.74%)	128 (4.91%)
Parenteral nutrition	4 (2.11%)	240 (9.21%)
ONS enriched with special nutrients	13 (6.84%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	14 (7.37%)	284 (10.9%)
Counselling	119 (62.6%)	355 (13.6%)
Other	1 (0.53%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	189	2474
Body weight prior to becoming ill	65 [30-91]	73 [30-199]
Actual body weight	60 [10-125]	67 [10-200]
Change in weight was		
Intentional	1 (0.53%)	64 (2.45%)
Unintentional	116 (61.1%)	1489 (57.1%)
Weight is stable	62 (32.6%)	318 (12.2%)
Missing	2 (1.05%)	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	31 (16.3%)	709 (27.2%)
A little	99 (52.1%)	596 (22.9%)
Quite a bit	45 (23.7%)	419 (16.1%)
Very much	14 (7.37%)	332 (12.7%)
Missing	1 (0.53%)	530 (20.3%)
Patients who needed a rest:		
Not at all	26 (13.7%)	391 (15.0%)
A little	87 (45.8%)	592 (22.7%)
Quite a bit	57 (30.0%)	575 (22.1%)
Very much	19 (10.0%)	488 (18.7%)
Missing	1 (0.53%)	540 (20.7%)
Patients who felt weak:		
Not at all	32 (16.8%)	420 (16.1%)
A little	80 (42.1%)	583 (22.4%)
Quite a bit	55 (28.9%)	535 (20.5%)
Very much	21 (11.1%)	499 (19.1%)
Missing	2 (1.05%)	544 (20.9%)
Patients who felt depressed:		
Not at all	33 (17.4%)	775 (29.7%)
A little	84 (44.2%)	601 (23.1%)
Quite a bit	47 (24.7%)	356 (13.7%)
Very much	24 (12.6%)	298 (11.4%)
Missing	2 (1.05%)	546 (20.9%)
Patients who were tired:		
Not at all	34 (17.9%)	445 (17.1%)
A little	91 (47.9%)	611 (23.4%)
Quite a bit	51 (26.8%)	534 (20.5%)
Very much	13 (6.84%)	449 (17.2%)
Missing	1 (0.53%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	42 (22.1%)	766 (29.4%)
A little	73 (38.4%)	458 (17.6%)
Quite a bit	56 (29.5%)	366 (14.0%)

Very much	16 (8.42%)	398 (15.3%)
Missing	3 (1.58%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	50 (26.3%)	779 (29.9%)
A little	81 (42.6%)	485 (18.6%)
Quite a bit	45 (23.7%)	378 (14.5%)
Very much	13 (6.84%)	391 (15.0%)
Missing	1 (0.53%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	42 (22.1%)	901 (34.6%)
A little	95 (50.0%)	676 (25.9%)
Quite a bit	44 (23.2%)	327 (12.5%)
Very much	8 (4.21%)	152 (5.83%)
Missing	1 (0.53%)	533 (20.4%)
Patients who need a rest:		
Not at all	28 (14.7%)	438 (16.8%)
A little	97 (51.1%)	705 (27.0%)
Quite a bit	45 (23.7%)	555 (21.3%)
Very much	18 (9.47%)	347 (13.3%)
Missing	1 (0.53%)	538 (20.6%)
Patients who feel weak:		
Not at all	34 (17.9%)	503 (19.3%)
A little	90 (47.4%)	647 (24.8%)
Quite a bit	46 (24.2%)	538 (20.6%)
Very much	18 (9.47%)	352 (13.5%)
Missing	1 (0.53%)	541 (20.8%)
Patients who are depressed:		
Not at all	46 (24.2%)	915 (35.1%)
A little	80 (42.1%)	559 (21.4%)
Quite a bit	38 (20.0%)	332 (12.7%)
Very much	25 (13.2%)	225 (8.63%)
Missing	1 (0.53%)	549 (21.1%)
Patients who are tired:		
Not at all	41 (21.6%)	537 (20.6%)
A little	84 (44.2%)	669 (25.7%)
Quite a bit	49 (25.8%)	500 (19.2%)
Very much	15 (7.89%)	326 (12.5%)
Missing	1 (0.53%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	48 (25.3%)	881 (33.8%)
A little	71 (37.4%)	483 (18.5%)
Quite a bit	48 (25.3%)	346 (13.3%)
Very much	19 (10.0%)	301 (11.5%)
Missing	4 (2.11%)	563 (21.6%)

Patients who lack appetite:		
Not at all	54 (28.4%)	882 (33.8%)
A little	87 (45.8%)	503 (19.3%)
Quite a bit	36 (18.9%)	341 (13.1%)
Very much	10 (5.26%)	309 (11.9%)
Missing	3 (1.58%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	54 (28.4%)	396 (15.2%)
Inflammation in mouth	10 (5.26%)	111 (4.26%)
Pain	20 (10.5%)	288 (11.0%)
Constipation	4 (2.11%)	167 (6.41%)
Diarrhea	6 (3.16%)	107 (4.10%)
Change in taste/smell	33 (17.4%)	318 (12.2%)
Early satiation/Loss of appetite	50 (26.3%)	520 (19.9%)
Other	13 (6.84%)	340 (13.0%)
Missing	8 (4.21%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	-	56 (2.15%)
Fully active	29 (15.3%)	316 (12.1%)
Able to carry out light activities	80 (42.1%)	501 (19.2%)
Able to carry out self-care	39 (20.5%)	497 (19.1%)
Able to carry out limited self-care	31 (16.3%)	361 (13.8%)
Confined to bed or chair	9 (4.74%)	312 (12.0%)
Missing	2 (1.05%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	167 (87.9%)	1426 (54.7%)
Herbal tea	11 (5.79%)	198 (7.59%)
Nutritional supplements	6 (3.16%)	199 (7.63%)
Multivitamin	-	80 (3.07%)
Other medication	-	85 (3.26%)
Other	4 (2.11%)	112 (4.30%)
Missing	3 (1.58%)	612 (23.5%)
Additional activities performed		
Nothing	121 (63.7%)	1475 (56.6%)
Psychotherapy	10 (5.26%)	70 (2.69%)
Yoga	9 (4.74%)	24 (0.92%)
Meditation	30 (15.8%)	82 (3.15%)
Progressive muscle relaxation	5 (2.63%)	49 (1.88%)
Qigong	-	3 (0.12%)
Other	17 (8.95%)	225 (8.63%)
Missing	3 (1.58%)	713 (27.3%)
Patients having difficulties in complying with treatment	95 (50.0%)	545 (20.9%)
Patients needing help to complete questionnaire	154 (81.1%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	185 (97.4%)	1364 (52.3%)