



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in OMAN

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: 27
Number of units on nutritionDay completing Sheet 1_onco: 6
Number of patients on nutritionDay: 418
Number of cancer patients on nutritionDay: 39 (<i>referring to sheet 2 regular "affected organs"</i>)
Number of patients completing Sheet 2_onco: 42
Number of patients completing Sheet 3_onco: 40

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	4 units (67%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	2 (33.3%)	171 (62.2%)
When patient asks	2 (33.3%)	87 (31.6%)
When body weight loss > 10%	2 (33.3%)	100 (36.4%)
During palliative phase	3 (50.0%)	79 (28.7%)
Other	1 (16.7%)	30 (10.9%)
Missing	1 (16.7%)	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	2 (33.3%)	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	4 (66.7%)	195 (70.9%)
Calculation of energy needs	-	164 (59.6%)
Monitoring patients intake and use of oral supplements	4 (66.7%)	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	1 (16.7%)	5 (1.82%)
No reimbursement	-	6 (2.18%)
Lack of dietitians	1 (16.7%)	8 (2.91%)
Lack of other experts	-	1 (0.36%)
Other	1 (16.7%)	7 (2.55%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		
Anthropometry/Body composition:		
Body weight		
Regularly	1 (16.7%)	170 (61.8%)
At chemotherapy	1 (16.7%)	46 (16.7%)
When necessary	4 (66.7%)	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	4 (66.7%)	68 (24.7%)
Never	1 (16.7%)	162 (58.9%)
Unknown	-	18 (6.55%)
Missing	1 (16.7%)	24 (8.73%)
CT SCAN		
Regularly	-	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	1 (16.7%)	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	1 (16.7%)	2 (0.73%)
When necessary	3 (50.0%)	60 (21.8%)
Never	1 (16.7%)	159 (57.8%)
Unknown	-	20 (7.27%)
Missing	1 (16.7%)	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	2 (33.3%)	34 (12.4%)
Missing	2 (33.3%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	62 (22.5%)
Never	3 (50.0%)	167 (60.7%)
Unknown	-	8 (2.91%)
Missing	1 (16.7%)	22 (8.00%)
6-minutes walking test		
Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	2 (33.3%)	53 (19.3%)
Never	3 (50.0%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	1 (16.7%)	27 (9.82%)
Other (body function)		
Regularly	1 (16.7%)	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	2 (33.3%)	28 (10.2%)
Never	-	109 (39.6%)
Unknown	1 (16.7%)	32 (11.6%)
Missing	2 (33.3%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	-	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	4 (66.7%)	113 (41.1%)
Never	1 (16.7%)	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	1 (16.7%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	1 (16.7%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (50.0%)	117 (42.5%)
Never	2 (33.3%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	-	42 (15.3%)
1 meal per day		
Regularly	1 (16.7%)	20 (7.27%)
At chemotherapy	1 (16.7%)	1 (0.36%)
When necessary	1 (16.7%)	66 (24.0%)
Never	1 (16.7%)	65 (23.6%)
Unknown	-	18 (6.55%)
Missing	2 (33.3%)	105 (38.2%)
2 meals per day		
Regularly	-	17 (6.18%)
At chemotherapy	1 (16.7%)	2 (0.73%)
When necessary	2 (33.3%)	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	1 (16.7%)	2 (0.73%)
When necessary	2 (33.3%)	85 (30.9%)
Never	-	50 (18.2%)
Unknown	-	14 (5.09%)
Missing	3 (50.0%)	76 (27.6%)
Other (nutritional intake)		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	4 (66.7%)	36 (13.1%)

Never	-	58 (21.1%)
Unknown	-	26 (9.45%)
Missing	2 (33.3%)	142 (51.6%)
Questionnaire completed by		
Dietitian	2 (33.3%)	100 (36.4%)
Nurse	4 (66.7%)	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:	42	2607
Demographic data:		
Age (years)	56 [20-81]	65 [3-105]
Female gender	22 (52.4%)	1167 (44.8%)
Weight (kg)	61.5 ± 15.6	68.0 ± 17.1
Height (cm)	159.6 ± 9.8	166.2 ± 10.3
BMI (kg/m ²)	23.9 ± 4.3	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	-	22 (0.84%)
Ward (w)	42 (100%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	23 (54.8%)	1402 (53.8%)
Palliative	18 (42.9%)	1006 (38.6%)
Terminal	1 (2.38%)	113 (4.33%)
Missing	-	86 (3.30%)
Reason for admission		
Clinical diagnostics	9 (21.4%)	355 (13.6%)
Therapy	21 (50.0%)	1228 (47.1%)
Surgery related	4 (9.52%)	423 (16.2%)
Treatment complications	3 (7.14%)	365 (14.0%)
Poor health status	8 (19.0%)	418 (16.0%)
Independent care difficult	-	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	3 (7.14%)	180 (6.90%)
Colon, rectum	12 (28.6%)	427 (16.4%)
Prostate	1 (2.38%)	98 (3.76%)
Lung	8 (19.0%)	312 (12.0%)
Skin	-	35 (1.34%)
Kidney/bladder	1 (2.38%)	126 (4.83%)
Gastric/oesophageal	3 (7.14%)	274 (10.5%)
Pancreas	1 (2.38%)	126 (4.83%)
Lymphoma	3 (7.14%)	165 (6.33%)
Ears nose throat (ENT)	3 (7.14%)	171 (6.56%)
Leukaemia	1 (2.38%)	163 (6.25%)
Genital tract	-	121 (4.64%)
Liver	1 (2.38%)	123 (4.72%)
Sarcoma	1 (2.38%)	41 (1.57%)
Brain	2 (4.76%)	54 (2.07%)
Testicular	-	17 (0.65%)
Other	4 (9.52%)	257 (9.86%)
Missing	-	108 (4.14%)
Time since diagnosis		
0-2 months	7 (16.7%)	777 (29.8%)
3-5 months	3 (7.14%)	412 (15.8%)
6-12 months	11 (26.2%)	388 (14.9%)

1-2 years	7 (16.7%)	314 (12.0%)
2-4 years	11 (26.2%)	232 (8.90%)
> 4 years	3 (7.14%)	268 (10.3%)
Missing	-	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	-	90 (3.45%)
I=Localized	1 (2.38%)	375 (14.4%)
II=Early locally advanced	4 (9.52%)	345 (13.2%)
III=Late locally advanced	12 (28.6%)	392 (15.0%)
IV=Metastatised	25 (59.5%)	955 (36.6%)
Missing	-	450 (17.3%)
Time since first therapy start		
No therapy	2 (4.76%)	187 (7.17%)
Tumour staging/diagnosis	6 (14.3%)	200 (7.67%)
0-2 months	6 (14.3%)	736 (28.2%)
3-5 months	4 (9.52%)	345 (13.2%)
6-12 months	12 (28.6%)	338 (13.0%)
1-2 years	8 (19.0%)	232 (8.90%)
2-4 years	6 (14.3%)	176 (6.75%)
> 4 years	3 (7.14%)	250 (9.59%)
Missing	-	163 (6.25%)
Therapy situation		
Diagnosis	2 (4.76%)	236 (9.05%)
Chemotherapy 1st line	7 (16.7%)	488 (18.7%)
Chemotherapy > 1st line	13 (31.0%)	367 (14.1%)
Radiotherapy	7 (16.7%)	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy	2 (4.76%)	26 (1.00%)
Palliative	2 (4.76%)	359 (13.8%)
Surgery	6 (14.3%)	504 (19.3%)
Cancer related complications	9 (21.4%)	266 (10.2%)
Therapy related complications	-	127 (4.87%)
Missing	-	153 (5.87%)
Infections		
None	37 (88.1%)	1808 (69.4%)
Local	3 (7.14%)	381 (14.6%)
General	1 (2.38%)	179 (6.87%)
Missing	1 (2.38%)	239 (9.17%)
Nutrition Treatment		
No special diet	17 (40.5%)	1080 (41.4%)
Individualized diet plan	4 (9.52%)	572 (21.9%)
Energy rich/protein rich ONS	19 (45.2%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	-	128 (4.91%)
Parenteral nutrition	2 (4.76%)	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	3 (7.14%)	355 (13.6%)
Other	3 (7.14%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	40	2474
Body weight prior to becoming ill	75 [33-130]	73 [30-199]
Actual body weight	59 [43-100]	67 [10-200]
Change in weight was		
Intentional	1 (2.38%)	64 (2.45%)
Unintentional	29 (69.0%)	1489 (57.1%)
Weight is stable	3 (7.14%)	318 (12.2%)
Missing	-	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	9 (21.4%)	709 (27.2%)
A little	9 (21.4%)	596 (22.9%)
Quite a bit	5 (11.9%)	419 (16.1%)
Very much	10 (23.8%)	332 (12.7%)
Missing	9 (21.4%)	530 (20.3%)
Patients who needed a rest:		
Not at all	7 (16.7%)	391 (15.0%)
A little	5 (11.9%)	592 (22.7%)
Quite a bit	10 (23.8%)	575 (22.1%)
Very much	10 (23.8%)	488 (18.7%)
Missing	9 (21.4%)	540 (20.7%)
Patients who felt weak:		
Not at all	4 (9.52%)	420 (16.1%)
A little	9 (21.4%)	583 (22.4%)
Quite a bit	8 (19.0%)	535 (20.5%)
Very much	11 (26.2%)	499 (19.1%)
Missing	10 (23.8%)	544 (20.9%)
Patients who felt depressed:		
Not at all	18 (42.9%)	775 (29.7%)
A little	6 (14.3%)	601 (23.1%)
Quite a bit	5 (11.9%)	356 (13.7%)
Very much	4 (9.52%)	298 (11.4%)
Missing	9 (21.4%)	546 (20.9%)
Patients who were tired:		
Not at all	8 (19.0%)	445 (17.1%)
A little	7 (16.7%)	611 (23.4%)
Quite a bit	10 (23.8%)	534 (20.5%)
Very much	8 (19.0%)	449 (17.2%)
Missing	9 (21.4%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	11 (26.2%)	766 (29.4%)
A little	7 (16.7%)	458 (17.6%)
Quite a bit	6 (14.3%)	366 (14.0%)

Very much	8 (19.0%)	398 (15.3%)
Missing	9 (21.4%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	13 (31.0%)	779 (29.9%)
A little	7 (16.7%)	485 (18.6%)
Quite a bit	5 (11.9%)	378 (14.5%)
Very much	7 (16.7%)	391 (15.0%)
Missing	9 (21.4%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	14 (33.3%)	901 (34.6%)
A little	10 (23.8%)	676 (25.9%)
Quite a bit	4 (9.52%)	327 (12.5%)
Very much	5 (11.9%)	152 (5.83%)
Missing	9 (21.4%)	533 (20.4%)
Patients who need a rest:		
Not at all	11 (26.2%)	438 (16.8%)
A little	6 (14.3%)	705 (27.0%)
Quite a bit	9 (21.4%)	555 (21.3%)
Very much	5 (11.9%)	347 (13.3%)
Missing	9 (21.4%)	538 (20.6%)
Patients who feel weak:		
Not at all	7 (16.7%)	503 (19.3%)
A little	9 (21.4%)	647 (24.8%)
Quite a bit	13 (31.0%)	538 (20.6%)
Very much	4 (9.52%)	352 (13.5%)
Missing	9 (21.4%)	541 (20.8%)
Patients who are depressed:		
Not at all	19 (45.2%)	915 (35.1%)
A little	6 (14.3%)	559 (21.4%)
Quite a bit	3 (7.14%)	332 (12.7%)
Very much	4 (9.52%)	225 (8.63%)
Missing	10 (23.8%)	549 (21.1%)
Patients who are tired:		
Not at all	11 (26.2%)	537 (20.6%)
A little	8 (19.0%)	669 (25.7%)
Quite a bit	10 (23.8%)	500 (19.2%)
Very much	3 (7.14%)	326 (12.5%)
Missing	10 (23.8%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	12 (28.6%)	881 (33.8%)
A little	4 (9.52%)	483 (18.5%)
Quite a bit	8 (19.0%)	346 (13.3%)
Very much	7 (16.7%)	301 (11.5%)
Missing	10 (23.8%)	563 (21.6%)

Patients who lack appetite:		
Not at all	17 (40.5%)	882 (33.8%)
A little	7 (16.7%)	503 (19.3%)
Quite a bit	4 (9.52%)	341 (13.1%)
Very much	4 (9.52%)	309 (11.9%)
Missing	9 (21.4%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	7 (16.7%)	396 (15.2%)
Inflammation in mouth	-	111 (4.26%)
Pain	9 (21.4%)	288 (11.0%)
Constipation	1 (2.38%)	167 (6.41%)
Diarrhea	-	107 (4.10%)
Change in taste/smell	5 (11.9%)	318 (12.2%)
Early satiation/Loss of appetite	2 (4.76%)	520 (19.9%)
Other	5 (11.9%)	340 (13.0%)
Missing	1 (2.38%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	-	56 (2.15%)
Fully active	2 (4.76%)	316 (12.1%)
Able to carry out light activities	7 (16.7%)	501 (19.2%)
Able to carry out self-care	9 (21.4%)	497 (19.1%)
Able to carry out limited self-care	6 (14.3%)	361 (13.8%)
Confined to bed or chair	8 (19.0%)	312 (12.0%)
Missing	9 (21.4%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	24 (57.1%)	1426 (54.7%)
Herbal tea	4 (9.52%)	198 (7.59%)
Nutritional supplements	-	199 (7.63%)
Multivitamin	2 (4.76%)	80 (3.07%)
Other medication	1 (2.38%)	85 (3.26%)
Other	3 (7.14%)	112 (4.30%)
Missing	10 (23.8%)	612 (23.5%)
Additional activities performed		
Nothing	26 (61.9%)	1475 (56.6%)
Psychotherapy	1 (2.38%)	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	-	82 (3.15%)
Progressive muscle relaxation	-	49 (1.88%)
Qigong	-	3 (0.12%)
Other	6 (14.3%)	225 (8.63%)
Missing	9 (21.4%)	713 (27.3%)
Patients having difficulties in complying with treatment	8 (19.0%)	545 (20.9%)
Patients needing help to complete questionnaire	31 (73.8%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	32 (76.2%)	1364 (52.3%)