



nutritionDay  
WORLDWIDE

## Country Oncology Report

May 2016

### nutritionDay November 2015 in UNITED STATES OF AMERICA

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: 128
Number of units on nutritionDay completing Sheet 1_onco: 18
Number of patients on nutritionDay: 2565
Number of cancer patients on nutritionDay: 150 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 108
Number of patients completing Sheet 3_onco: 98

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>	18	275
<b>Computerized system in hospital:</b>	18 units (100%) YES	262 units (95%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	16 units (89%) YES	245 units (89%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	14 (77.8%)	171 (62.2%)
When patient asks	10 (55.6%)	87 (31.6%)
When body weight loss > 10%	11 (61.1%)	100 (36.4%)
During palliative phase	2 (11.1%)	79 (28.7%)
Other	1 (5.56%)	30 (10.9%)
Missing	1 (5.56%)	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	18 (100%)	195 (70.9%)
Calculation of energy needs	18 (100%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	18 (100%)	242 (88.0%)
None	-	-
Other	2 (11.1%)	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	-	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	15 (83.3%)	170 (61.8%)
At chemotherapy	-	46 (16.7%)
When necessary	2 (11.1%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	1 (5.56%)	5 (1.82%)

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**Anthropometrics (circumference)**

Regularly	4 (22.2%)	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	3 (16.7%)	89 (32.4%)
Never	6 (33.3%)	122 (44.4%)
Unknown	2 (11.1%)	8 (2.91%)
Missing	3 (16.7%)	22 (8.00%)

**BIA**

Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	3 (16.7%)	68 (24.7%)
Never	9 (50.0%)	162 (58.9%)
Unknown	2 (11.1%)	18 (6.55%)
Missing	4 (22.2%)	24 (8.73%)

**CT SCAN**

Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	9 (50.0%)	84 (30.5%)
Never	4 (22.2%)	139 (50.5%)
Unknown	1 (5.56%)	14 (5.09%)
Missing	4 (22.2%)	28 (10.2%)

**DEXA**

Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	6 (33.3%)	60 (21.8%)
Never	6 (33.3%)	159 (57.8%)
Unknown	2 (11.1%)	20 (7.27%)
Missing	4 (22.2%)	31 (11.3%)

**Other (body composition)**

Regularly	2 (11.1%)	6 (2.18%)
At chemotherapy	-	-
When necessary	2 (11.1%)	24 (8.73%)
Never	1 (5.56%)	85 (30.9%)
Unknown	1 (5.56%)	34 (12.4%)
Missing	12 (66.7%)	126 (45.8%)

**Body function:****Handgrip**

Regularly	-	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	1 (5.56%)	62 (22.5%)
Never	11 (61.1%)	167 (60.7%)
Unknown	1 (5.56%)	8 (2.91%)
Missing	5 (27.8%)	22 (8.00%)

**6-minutes walking test**

Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	1 (5.56%)	53 (19.3%)
Never	11 (61.1%)	182 (66.2%)
Unknown	1 (5.56%)	7 (2.55%)

Missing	5 (27.8%)	27 (9.82%)
<b>Other (body function)</b>		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	-	28 (10.2%)
Never	4 (22.2%)	109 (39.6%)
Unknown	3 (16.7%)	32 (11.6%)
Missing	11 (61.1%)	103 (37.5%)
<b>Nutritional requirements, calculated</b>		
Regularly	12 (66.7%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	3 (16.7%)	113 (41.1%)
Never	-	29 (10.5%)
Unknown	-	5 (1.82%)
Missing	3 (16.7%)	53 (19.3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	14 (77.8%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (16.7%)	117 (42.5%)
Never	-	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	1 (5.56%)	42 (15.3%)
<b>1 meal per day</b>		
Regularly	3 (16.7%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	3 (16.7%)	66 (24.0%)
Never	-	65 (23.6%)
Unknown	1 (5.56%)	18 (6.55%)
Missing	11 (61.1%)	105 (38.2%)
<b>2 meals per day</b>		
Regularly	3 (16.7%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (16.7%)	66 (24.0%)
Never	-	69 (25.1%)
Unknown	1 (5.56%)	18 (6.55%)
Missing	11 (61.1%)	103 (37.5%)
<b>24h recall</b>		
Regularly	1 (5.56%)	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	4 (22.2%)	85 (30.9%)
Never	1 (5.56%)	50 (18.2%)
Unknown	1 (5.56%)	14 (5.09%)
Missing	11 (61.1%)	76 (27.6%)
<b>Other (nutritional intake)</b>		
Regularly	1 (5.56%)	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	-	36 (13.1%)

Never	-	58 (21.1%)
Unknown	1 (5.56%)	26 (9.45%)
Missing	16 (88.9%)	142 (51.6%)
<b>Questionnaire completed by</b>		
Dietitian	17 (94.4%)	100 (36.4%)
Nurse	1 (5.56%)	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>	108	2607
<b>Demographic data:</b>		
Age (years)	66 [29-96]	65 [3-105]
Female gender	46 (42.6%)	1167 (44.8%)
Weight (kg)	76.8 ± 20.7	68.0 ± 17.1
Height (cm)	170.6 ± 11.4	166.2 ± 10.3
BMI (kg/m2)	26.5 ± 6.9	24.4 ± 5.2
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	1 (0.93%)	22 (0.84%)
Ward (w)	106 (98.1%)	2580 (99.0%)
Missing	1 (0.93%)	5 (0.19%)
<b>Goal of Therapy</b>		
Curative	61 (56.5%)	1402 (53.8%)
Palliative	34 (31.5%)	1006 (38.6%)
Terminal	7 (6.48%)	113 (4.33%)
Missing	6 (5.56%)	86 (3.30%)
<b>Reason for admission</b>		
Clinical diagnostics	13 (12.0%)	355 (13.6%)
Therapy	16 (14.8%)	1228 (47.1%)
Surgery related	7 (6.48%)	423 (16.2%)
Treatment complications	21 (19.4%)	365 (14.0%)
Poor health status	55 (50.9%)	418 (16.0%)
Independent care difficult	5 (4.63%)	38 (1.46%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	8 (7.41%)	180 (6.90%)
Colon, rectum	12 (11.1%)	427 (16.4%)
Prostate	6 (5.56%)	98 (3.76%)
Lung	33 (30.6%)	312 (12.0%)
Skin	3 (2.78%)	35 (1.34%)
Kidney/bladder	3 (2.78%)	126 (4.83%)
Gastric/oesophageal	2 (1.85%)	274 (10.5%)
Pancreas	13 (12.0%)	126 (4.83%)
Lymphoma	10 (9.26%)	165 (6.33%)
Ears nose throat (ENT)	7 (6.48%)	171 (6.56%)
Leukaemia	6 (5.56%)	163 (6.25%)
Genital tract	3 (2.78%)	121 (4.64%)
Liver	7 (6.48%)	123 (4.72%)
Sarcoma	-	41 (1.57%)
Brain	5 (4.63%)	54 (2.07%)
Testicular	-	17 (0.65%)
Other	11 (10.2%)	257 (9.86%)
Missing	2 (1.85%)	108 (4.14%)
<b>Time since diagnosis</b>		
0-2 months	38 (35.2%)	777 (29.8%)
3-5 months	11 (10.2%)	412 (15.8%)
6-12 months	14 (13.0%)	388 (14.9%)

1-2 years	12 (11.1%)	314 (12.0%)
2-4 years	11 (10.2%)	232 (8.90%)
> 4 years	11 (10.2%)	268 (10.3%)
Missing	6 (5.56%)	172 (6.60%)
<b>Cancer staging</b>		
0=Carcinoma in situ	8 (7.41%)	90 (3.45%)
I=Localized	20 (18.5%)	375 (14.4%)
II=Early locally advanced	10 (9.26%)	345 (13.2%)
III=Late locally advanced	10 (9.26%)	392 (15.0%)
IV=Metastasised	49 (45.4%)	955 (36.6%)
Missing	11 (10.2%)	450 (17.3%)
<b>Time since first therapy start</b>		
No therapy	14 (13.0%)	187 (7.17%)
Tumour staging/diagnosis	10 (9.26%)	200 (7.67%)
0-2 months	28 (25.9%)	736 (28.2%)
3-5 months	12 (11.1%)	345 (13.2%)
6-12 months	6 (5.56%)	338 (13.0%)
1-2 years	7 (6.48%)	232 (8.90%)
2-4 years	10 (9.26%)	176 (6.75%)
> 4 years	10 (9.26%)	250 (9.59%)
Missing	8 (7.41%)	163 (6.25%)
<b>Therapy situation</b>		
Diagnosis	23 (21.3%)	236 (9.05%)
Chemotherapy 1st line	22 (20.4%)	488 (18.7%)
Chemotherapy > 1st line	18 (16.7%)	367 (14.1%)
Radiotherapy	13 (12.0%)	272 (10.4%)
Target therapy	-	84 (3.22%)
Hormone therapy	-	26 (1.00%)
Palliative	19 (17.6%)	359 (13.8%)
Surgery	14 (13.0%)	504 (19.3%)
Cancer related complications	8 (7.41%)	266 (10.2%)
Therapy related complications	11 (10.2%)	127 (4.87%)
Missing	11 (10.2%)	153 (5.87%)
<b>Infections</b>		
None	74 (68.5%)	1808 (69.4%)
Local	21 (19.4%)	381 (14.6%)
General	10 (9.26%)	179 (6.87%)
Missing	3 (2.78%)	239 (9.17%)
<b>Nutrition Treatment</b>		
No special diet	60 (55.6%)	1080 (41.4%)
Individualized diet plan	33 (30.6%)	572 (21.9%)
Energy rich/protein rich ONS	27 (25.0%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	4 (3.70%)	128 (4.91%)
Parenteral nutrition	3 (2.78%)	240 (9.21%)
ONS enriched with special nutrients	4 (3.70%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	28 (1.07%)
Personal preferences	23 (21.3%)	284 (10.9%)
Counselling	8 (7.41%)	355 (13.6%)
Other	7 (6.48%)	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>	98	2474
<b>Body weight prior to becoming ill</b>	82 [44-175]	73 [30-199]
<b>Actual body weight</b>	74 [41-147]	67 [10-200]
<b>Change in weight was</b>		
Intentional	5 (4.63%)	64 (2.45%)
Unintentional	60 (55.6%)	1489 (57.1%)
Weight is stable	18 (16.7%)	318 (12.2%)
Missing	3 (2.78%)	111 (4.26%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	20 (18.5%)	709 (27.2%)
A little	15 (13.9%)	596 (22.9%)
Quite a bit	24 (22.2%)	419 (16.1%)
Very much	28 (25.9%)	332 (12.7%)
Missing	19 (17.6%)	530 (20.3%)
<b>Patients who needed a rest:</b>		
Not at all	9 (8.33%)	391 (15.0%)
A little	18 (16.7%)	592 (22.7%)
Quite a bit	25 (23.1%)	575 (22.1%)
Very much	35 (32.4%)	488 (18.7%)
Missing	19 (17.6%)	540 (20.7%)
<b>Patients who felt weak:</b>		
Not at all	8 (7.41%)	420 (16.1%)
A little	20 (18.5%)	583 (22.4%)
Quite a bit	23 (21.3%)	535 (20.5%)
Very much	33 (30.6%)	499 (19.1%)
Missing	21 (19.4%)	544 (20.9%)
<b>Patients who felt depressed:</b>		
Not at all	56 (51.9%)	775 (29.7%)
A little	15 (13.9%)	601 (23.1%)
Quite a bit	5 (4.63%)	356 (13.7%)
Very much	9 (8.33%)	298 (11.4%)
Missing	20 (18.5%)	546 (20.9%)
<b>Patients who were tired:</b>		
Not at all	8 (7.41%)	445 (17.1%)
A little	17 (15.7%)	611 (23.4%)
Quite a bit	24 (22.2%)	534 (20.5%)
Very much	36 (33.3%)	449 (17.2%)
Missing	20 (18.5%)	539 (20.7%)
<b>Patients whose pain interfered with their daily activities:</b>		
Not at all	26 (24.1%)	766 (29.4%)
A little	10 (9.26%)	458 (17.6%)
Quite a bit	14 (13.0%)	366 (14.0%)

Very much	36 (33.3%)	398 (15.3%)
Missing	21 (19.4%)	582 (22.3%)
<b>Patients who lacked appetite:</b>		
Not at all	25 (23.1%)	779 (29.9%)
A little	26 (24.1%)	485 (18.6%)
Quite a bit	11 (10.2%)	378 (14.5%)
Very much	25 (23.1%)	391 (15.0%)
Missing	19 (17.6%)	548 (21.0%)
<b>Just now</b>		
<b>Patients who have pain:</b>		
Not at all	34 (31.5%)	901 (34.6%)
A little	30 (27.8%)	676 (25.9%)
Quite a bit	13 (12.0%)	327 (12.5%)
Very much	11 (10.2%)	152 (5.83%)
Missing	19 (17.6%)	533 (20.4%)
<b>Patients who need a rest:</b>		
Not at all	21 (19.4%)	438 (16.8%)
A little	26 (24.1%)	705 (27.0%)
Quite a bit	17 (15.7%)	555 (21.3%)
Very much	23 (21.3%)	347 (13.3%)
Missing	20 (18.5%)	538 (20.6%)
<b>Patients who feel weak:</b>		
Not at all	24 (22.2%)	503 (19.3%)
A little	28 (25.9%)	647 (24.8%)
Quite a bit	12 (11.1%)	538 (20.6%)
Very much	23 (21.3%)	352 (13.5%)
Missing	20 (18.5%)	541 (20.8%)
<b>Patients who are depressed:</b>		
Not at all	68 (63.0%)	915 (35.1%)
A little	11 (10.2%)	559 (21.4%)
Quite a bit	3 (2.78%)	332 (12.7%)
Very much	5 (4.63%)	225 (8.63%)
Missing	19 (17.6%)	549 (21.1%)
<b>Patients who are tired:</b>		
Not at all	19 (17.6%)	537 (20.6%)
A little	36 (33.3%)	669 (25.7%)
Quite a bit	12 (11.1%)	500 (19.2%)
Very much	21 (19.4%)	326 (12.5%)
Missing	19 (17.6%)	549 (21.1%)
<b>Patients whose pain interferes with their daily activities:</b>		
Not at all	33 (30.6%)	881 (33.8%)
A little	18 (16.7%)	483 (18.5%)
Quite a bit	13 (12.0%)	346 (13.3%)
Very much	23 (21.3%)	301 (11.5%)
Missing	20 (18.5%)	563 (21.6%)

<b>Patients who lack appetite:</b>		
Not at all	37 (34.3%)	882 (33.8%)
A little	17 (15.7%)	503 (19.3%)
Quite a bit	13 (12.0%)	341 (13.1%)
Very much	19 (17.6%)	309 (11.9%)
Missing	21 (19.4%)	547 (21.0%)
<b>Reasons for change in appetite/food intake</b>		
Nausea/Vomiting	33 (30.6%)	396 (15.2%)
Inflammation in mouth	6 (5.56%)	111 (4.26%)
Pain	24 (22.2%)	288 (11.0%)
Constipation	14 (13.0%)	167 (6.41%)
Diarrhea	9 (8.33%)	107 (4.10%)
Change in taste/smell	17 (15.7%)	318 (12.2%)
Early satiation/Loss of appetite	26 (24.1%)	520 (19.9%)
Other	16 (14.8%)	340 (13.0%)
Missing	1 (0.93%)	86 (3.30%)
<b>Maximum activity performed by patients</b>		
Able to do sports	-	56 (2.15%)
Fully active	11 (10.2%)	316 (12.1%)
Able to carry out light activities	21 (19.4%)	501 (19.2%)
Able to carry out self-care	21 (19.4%)	497 (19.1%)
Able to carry out limited self-care	19 (17.6%)	361 (13.8%)
Confined to bed or chair	15 (13.9%)	312 (12.0%)
Missing	21 (19.4%)	550 (21.1%)
<b>Patient takes additional (without prescription)</b>		
Nothing	43 (39.8%)	1426 (54.7%)
Herbal tea	3 (2.78%)	198 (7.59%)
Nutritional supplements	18 (16.7%)	199 (7.63%)
Multivitamin	18 (16.7%)	80 (3.07%)
Other medication	3 (2.78%)	85 (3.26%)
Other	11 (10.2%)	112 (4.30%)
Missing	21 (19.4%)	612 (23.5%)
<b>Additional activities performed</b>		
Nothing	65 (60.2%)	1475 (56.6%)
Psychotherapy	-	70 (2.69%)
Yoga	-	24 (0.92%)
Meditation	9 (8.33%)	82 (3.15%)
Progressive muscle relaxation	-	49 (1.88%)
Qigong	-	3 (0.12%)
Other	13 (12.0%)	225 (8.63%)
Missing	23 (21.3%)	713 (27.3%)
<b>Patients having difficulties in complying with treatment</b>	15 (13.9%)	545 (20.9%)
<b>Patients needing help to complete questionnaire</b>	80 (74.1%)	1332 (51.1%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them</b>	71 (65.7%)	1364 (52.3%)