



nutritionDay
WORLDWIDE

Country Oncology Report

May 2016

nutritionDay November 2015 in JAPAN

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: 62
Number of units on nutritionDay completing Sheet 1_onco: 33
Number of patients on nutritionDay: 1114
Number of cancer patients on nutritionDay: 303 <i>(referring to sheet 2 regular "affected organs")</i>
Number of patients completing Sheet 2_onco: 312
Number of patients completing Sheet 3_onco: 282

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:	33	275
Computerized system in hospital:	33 units (100%) YES	262 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	20 units (61%) YES	245 units (89%) YES
Nutritional treatment is considered...		
Routinely	7 (21.2%)	171 (62.2%)
When patient asks	3 (9.09%)	87 (31.6%)
When body weight loss > 10%	5 (15.2%)	100 (36.4%)
During palliative phase	11 (33.3%)	79 (28.7%)
Other	3 (9.09%)	30 (10.9%)
Missing	12 (36.4%)	23 (8.36%)
Nutritional treatment is not part of the comprehensive approach due to...		
Lack of evidence	3 (9.09%)	6 (2.18%)
No knowledge of the field	3 (9.09%)	11 (4.00%)
No reimbursement	2 (6.06%)	8 (2.91%)
It feeds the tumour	-	-
Other	2 (6.06%)	16 (5.82%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	12 (36.4%)	195 (70.9%)
Calculation of energy needs	15 (45.5%)	164 (59.6%)
Monitoring patients intake and use of oral supplements	27 (81.8%)	242 (88.0%)
None	-	-
Other	1 (3.03%)	26 (9.45%)
Missing	3 (9.09%)	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	26 (78.8%)	170 (61.8%)
At chemotherapy	1 (3.03%)	46 (16.7%)
When necessary	3 (9.09%)	52 (18.9%)
Never	-	1 (0.36%)
Unknown	-	1 (0.36%)
Missing	3 (9.09%)	5 (1.82%)

Anthropometrics (circumference)		
Regularly	3 (9.09%)	25 (9.09%)
At chemotherapy	-	9 (3.27%)
When necessary	14 (42.4%)	89 (32.4%)
Never	13 (39.4%)	122 (44.4%)
Unknown	-	8 (2.91%)
Missing	3 (9.09%)	22 (8.00%)
BIA		
Regularly	-	3 (1.09%)
At chemotherapy	-	-
When necessary	10 (30.3%)	68 (24.7%)
Never	14 (42.4%)	162 (58.9%)
Unknown	5 (15.2%)	18 (6.55%)
Missing	4 (12.1%)	24 (8.73%)
CT SCAN		
Regularly	-	10 (3.64%)
At chemotherapy	-	-
When necessary	25 (75.8%)	84 (30.5%)
Never	5 (15.2%)	139 (50.5%)
Unknown	-	14 (5.09%)
Missing	3 (9.09%)	28 (10.2%)
DEXA		
Regularly	-	3 (1.09%)
At chemotherapy	-	2 (0.73%)
When necessary	11 (33.3%)	60 (21.8%)
Never	15 (45.5%)	159 (57.8%)
Unknown	2 (6.06%)	20 (7.27%)
Missing	5 (15.2%)	31 (11.3%)
Other (body composition)		
Regularly	-	6 (2.18%)
At chemotherapy	-	-
When necessary	5 (15.2%)	24 (8.73%)
Never	15 (45.5%)	85 (30.9%)
Unknown	5 (15.2%)	34 (12.4%)
Missing	8 (24.2%)	126 (45.8%)
Body function:		
Handgrip		
Regularly	1 (3.03%)	15 (5.45%)
At chemotherapy	-	1 (0.36%)
When necessary	9 (27.3%)	62 (22.5%)
Never	19 (57.6%)	167 (60.7%)
Unknown	1 (3.03%)	8 (2.91%)
Missing	3 (9.09%)	22 (8.00%)
6-minutes walking test		
Regularly	-	4 (1.45%)
At chemotherapy	-	2 (0.73%)
When necessary	7 (21.2%)	53 (19.3%)
Never	23 (69.7%)	182 (66.2%)
Unknown	-	7 (2.55%)

Missing	3 (9.09%)	27 (9.82%)
Other (body function)		
Regularly	-	2 (0.73%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (15.2%)	28 (10.2%)
Never	15 (45.5%)	109 (39.6%)
Unknown	4 (12.1%)	32 (11.6%)
Missing	9 (27.3%)	103 (37.5%)
Nutritional requirements, calculated		
Regularly	8 (24.2%)	71 (25.8%)
At chemotherapy	-	4 (1.45%)
When necessary	15 (45.5%)	113 (41.1%)
Never	3 (9.09%)	29 (10.5%)
Unknown	1 (3.03%)	5 (1.82%)
Missing	6 (18.2%)	53 (19.3%)
Nutritional intake:		
Every meal		
Regularly	17 (51.5%)	66 (24.0%)
At chemotherapy	-	2 (0.73%)
When necessary	9 (27.3%)	117 (42.5%)
Never	3 (9.09%)	40 (14.5%)
Unknown	-	8 (2.91%)
Missing	4 (12.1%)	42 (15.3%)
1 meal per day		
Regularly	4 (12.1%)	20 (7.27%)
At chemotherapy	-	1 (0.36%)
When necessary	5 (15.2%)	66 (24.0%)
Never	10 (30.3%)	65 (23.6%)
Unknown	5 (15.2%)	18 (6.55%)
Missing	9 (27.3%)	105 (38.2%)
2 meals per day		
Regularly	2 (6.06%)	17 (6.18%)
At chemotherapy	-	2 (0.73%)
When necessary	5 (15.2%)	66 (24.0%)
Never	12 (36.4%)	69 (25.1%)
Unknown	5 (15.2%)	18 (6.55%)
Missing	9 (27.3%)	103 (37.5%)
24h recall		
Regularly	-	48 (17.5%)
At chemotherapy	-	2 (0.73%)
When necessary	3 (9.09%)	85 (30.9%)
Never	17 (51.5%)	50 (18.2%)
Unknown	4 (12.1%)	14 (5.09%)
Missing	9 (27.3%)	76 (27.6%)
Other (nutritional intake)		
Regularly	-	12 (4.36%)
At chemotherapy	-	1 (0.36%)
When necessary	3 (9.09%)	36 (13.1%)

Never	11 (33.3%)	58 (21.1%)
Unknown	4 (12.1%)	26 (9.45%)
Missing	15 (45.5%)	142 (51.6%)
Questionnaire completed by		
Dietitian	8 (24.2%)	100 (36.4%)
Nurse	15 (45.5%)	105 (38.2%)
Physician	6 (18.2%)	43 (15.6%)
Nutritional scientist	1 (3.03%)	19 (6.91%)
Other	1 (3.03%)	4 (1.45%)
Missing	2 (6.06%)	4 (1.45%)

PATIENTS REPORT ("Sheet 2"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	312	2607
Demographic data:		
Age (years)	71 [28-104]	65 [3-105]
Female gender	114 (36.5%)	1167 (44.8%)
Weight (kg)	55.8 ± 12.6	68.0 ± 17.1
Height (cm)	160.2 ± 8.8	166.2 ± 10.3
BMI (kg/m ²)	21.6 ± 3.8	24.4 ± 5.2
Outpatient (o)/Ward (w)		
Outpatient(o)	1 (0.32%)	22 (0.84%)
Ward (w)	311 (99.7%)	2580 (99.0%)
Missing	-	5 (0.19%)
Goal of Therapy		
Curative	124 (39.7%)	1402 (53.8%)
Palliative	137 (43.9%)	1006 (38.6%)
Terminal	47 (15.1%)	113 (4.33%)
Missing	4 (1.28%)	86 (3.30%)
Reason for admission		
Clinical diagnostics	22 (7.05%)	355 (13.6%)
Therapy	196 (62.8%)	1228 (47.1%)
Surgery related	48 (15.4%)	423 (16.2%)
Treatment complications	15 (4.81%)	365 (14.0%)
Poor health status	52 (16.7%)	418 (16.0%)
Independent care difficult	4 (1.28%)	38 (1.46%)
Missing	-	-
Present cancer diagnosis		
Breast	12 (3.85%)	180 (6.90%)
Colon, rectum	65 (20.8%)	427 (16.4%)
Prostate	4 (1.28%)	98 (3.76%)
Lung	46 (14.7%)	312 (12.0%)
Skin	2 (0.64%)	35 (1.34%)
Kidney/bladder	18 (5.77%)	126 (4.83%)
Gastric/oesophageal	56 (17.9%)	274 (10.5%)
Pancreas	19 (6.09%)	126 (4.83%)
Lymphoma	14 (4.49%)	165 (6.33%)
Ears nose throat (ENT)	21 (6.73%)	171 (6.56%)
Leukaemia	8 (2.56%)	163 (6.25%)
Genital tract	8 (2.56%)	121 (4.64%)
Liver	42 (13.5%)	123 (4.72%)
Sarcoma	2 (0.64%)	41 (1.57%)
Brain	4 (1.28%)	54 (2.07%)
Testicular	-	17 (0.65%)
Other	17 (5.45%)	257 (9.86%)
Missing	2 (0.64%)	108 (4.14%)
Time since diagnosis		
0-2 months	116 (37.2%)	777 (29.8%)
3-5 months	45 (14.4%)	412 (15.8%)
6-12 months	39 (12.5%)	388 (14.9%)

1-2 years	34 (10.9%)	314 (12.0%)
2-4 years	35 (11.2%)	232 (8.90%)
> 4 years	37 (11.9%)	268 (10.3%)
Missing	6 (1.92%)	172 (6.60%)
Cancer staging		
0=Carcinoma in situ	8 (2.56%)	90 (3.45%)
I=Localized	32 (10.3%)	375 (14.4%)
II=Early locally advanced	48 (15.4%)	345 (13.2%)
III=Late locally advanced	72 (23.1%)	392 (15.0%)
IV=Metastatised	138 (44.2%)	955 (36.6%)
Missing	14 (4.49%)	450 (17.3%)
Time since first therapy start		
No therapy	19 (6.09%)	187 (7.17%)
Tumour staging/diagnosis	23 (7.37%)	200 (7.67%)
0-2 months	108 (34.6%)	736 (28.2%)
3-5 months	36 (11.5%)	345 (13.2%)
6-12 months	35 (11.2%)	338 (13.0%)
1-2 years	26 (8.33%)	232 (8.90%)
2-4 years	30 (9.62%)	176 (6.75%)
> 4 years	39 (12.5%)	250 (9.59%)
Missing	1 (0.32%)	163 (6.25%)
Therapy situation		
Diagnosis	21 (6.73%)	236 (9.05%)
Chemotherapy 1st line	75 (24.0%)	488 (18.7%)
Chemotherapy > 1st line	43 (13.8%)	367 (14.1%)
Radiotherapy	44 (14.1%)	272 (10.4%)
Target therapy	6 (1.92%)	84 (3.22%)
Hormone therapy	2 (0.64%)	26 (1.00%)
Palliative	14 (4.49%)	359 (13.8%)
Surgery	92 (29.5%)	504 (19.3%)
Cancer related complications	65 (20.8%)	266 (10.2%)
Therapy related complications	10 (3.21%)	127 (4.87%)
Missing	3 (0.96%)	153 (5.87%)
Infections		
None	275 (88.1%)	1808 (69.4%)
Local	30 (9.62%)	381 (14.6%)
General	6 (1.92%)	179 (6.87%)
Missing	1 (0.32%)	239 (9.17%)
Nutrition Treatment		
No special diet	157 (50.3%)	1080 (41.4%)
Individualized diet plan	56 (17.9%)	572 (21.9%)
Energy rich/protein rich ONS	10 (3.21%)	426 (16.3%)
Enteral nutrition (via NGT/PEG)	8 (2.56%)	128 (4.91%)
Parenteral nutrition	67 (21.5%)	240 (9.21%)
ONS enriched with special nutrients	1 (0.32%)	88 (3.38%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	6 (1.92%)	28 (1.07%)
Personal preferences	22 (7.05%)	284 (10.9%)
Counselling	9 (2.88%)	355 (13.6%)
Other	22 (7.05%)	202 (7.75%)

PATIENTS REPORT ("Sheet 3"):	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	282	2474
Body weight prior to becoming ill	60 [37-104]	73 [30-199]
Actual body weight	55 [31-99]	67 [10-200]
Change in weight was		
Intentional	6 (1.92%)	64 (2.45%)
Unintentional	204 (65.4%)	1489 (57.1%)
Weight is stable	9 (2.88%)	318 (12.2%)
Missing	12 (3.85%)	111 (4.26%)
During the last week		
Patients who have had pain:		
Not at all	96 (30.8%)	709 (27.2%)
A little	98 (31.4%)	596 (22.9%)
Quite a bit	28 (8.97%)	419 (16.1%)
Very much	12 (3.85%)	332 (12.7%)
Missing	77 (24.7%)	530 (20.3%)
Patients who needed a rest:		
Not at all	65 (20.8%)	391 (15.0%)
A little	103 (33.0%)	592 (22.7%)
Quite a bit	42 (13.5%)	575 (22.1%)
Very much	22 (7.05%)	488 (18.7%)
Missing	79 (25.3%)	540 (20.7%)
Patients who felt weak:		
Not at all	33 (10.6%)	420 (16.1%)
A little	94 (30.1%)	583 (22.4%)
Quite a bit	61 (19.6%)	535 (20.5%)
Very much	42 (13.5%)	499 (19.1%)
Missing	81 (26.0%)	544 (20.9%)
Patients who felt depressed:		
Not at all	72 (23.1%)	775 (29.7%)
A little	96 (30.8%)	601 (23.1%)
Quite a bit	41 (13.1%)	356 (13.7%)
Very much	21 (6.73%)	298 (11.4%)
Missing	81 (26.0%)	546 (20.9%)
Patients who were tired:		
Not at all	57 (18.3%)	445 (17.1%)
A little	106 (34.0%)	611 (23.4%)
Quite a bit	48 (15.4%)	534 (20.5%)
Very much	20 (6.41%)	449 (17.2%)
Missing	80 (25.6%)	539 (20.7%)
Patients whose pain interfered with their daily activities:		
Not at all	114 (36.5%)	766 (29.4%)
A little	75 (24.0%)	458 (17.6%)
Quite a bit	27 (8.65%)	366 (14.0%)

Very much	17 (5.45%)	398 (15.3%)
Missing	78 (25.0%)	582 (22.3%)
Patients who lacked appetite:		
Not at all	104 (33.3%)	779 (29.9%)
A little	70 (22.4%)	485 (18.6%)
Quite a bit	40 (12.8%)	378 (14.5%)
Very much	20 (6.41%)	391 (15.0%)
Missing	76 (24.4%)	548 (21.0%)
Just now		
Patients who have pain:		
Not at all	102 (32.7%)	901 (34.6%)
A little	103 (33.0%)	676 (25.9%)
Quite a bit	22 (7.05%)	327 (12.5%)
Very much	8 (2.56%)	152 (5.83%)
Missing	76 (24.4%)	533 (20.4%)
Patients who need a rest:		
Not at all	65 (20.8%)	438 (16.8%)
A little	116 (37.2%)	705 (27.0%)
Quite a bit	28 (8.97%)	555 (21.3%)
Very much	23 (7.37%)	347 (13.3%)
Missing	79 (25.3%)	538 (20.6%)
Patients who feel weak:		
Not at all	32 (10.3%)	503 (19.3%)
A little	105 (33.7%)	647 (24.8%)
Quite a bit	51 (16.3%)	538 (20.6%)
Very much	43 (13.8%)	352 (13.5%)
Missing	80 (25.6%)	541 (20.8%)
Patients who are depressed:		
Not at all	83 (26.6%)	915 (35.1%)
A little	99 (31.7%)	559 (21.4%)
Quite a bit	35 (11.2%)	332 (12.7%)
Very much	15 (4.81%)	225 (8.63%)
Missing	79 (25.3%)	549 (21.1%)
Patients who are tired:		
Not at all	65 (20.8%)	537 (20.6%)
A little	118 (37.8%)	669 (25.7%)
Quite a bit	28 (8.97%)	500 (19.2%)
Very much	20 (6.41%)	326 (12.5%)
Missing	80 (25.6%)	549 (21.1%)
Patients whose pain interferes with their daily activities:		
Not at all	114 (36.5%)	881 (33.8%)
A little	82 (26.3%)	483 (18.5%)
Quite a bit	17 (5.45%)	346 (13.3%)
Very much	15 (4.81%)	301 (11.5%)
Missing	82 (26.3%)	563 (21.6%)

Patients who lack appetite:		
Not at all	106 (34.0%)	882 (33.8%)
A little	78 (25.0%)	503 (19.3%)
Quite a bit	25 (8.01%)	341 (13.1%)
Very much	22 (7.05%)	309 (11.9%)
Missing	80 (25.6%)	547 (21.0%)
Reasons for change in appetite/food intake		
Nausea/Vomiting	22 (7.05%)	396 (15.2%)
Inflammation in mouth	12 (3.85%)	111 (4.26%)
Pain	28 (8.97%)	288 (11.0%)
Constipation	29 (9.29%)	167 (6.41%)
Diarrhea	9 (2.88%)	107 (4.10%)
Change in taste/smell	30 (9.62%)	318 (12.2%)
Early satiation/Loss of appetite	48 (15.4%)	520 (19.9%)
Other	20 (6.41%)	340 (13.0%)
Missing	19 (6.09%)	86 (3.30%)
Maximum activity performed by patients		
Able to do sports	10 (3.21%)	56 (2.15%)
Fully active	38 (12.2%)	316 (12.1%)
Able to carry out light activities	19 (6.09%)	501 (19.2%)
Able to carry out self-care	87 (27.9%)	497 (19.1%)
Able to carry out limited self-care	49 (15.7%)	361 (13.8%)
Confined to bed or chair	22 (7.05%)	312 (12.0%)
Missing	84 (26.9%)	550 (21.1%)
Patient takes additional (without prescription)		
Nothing	182 (58.3%)	1426 (54.7%)
Herbal tea	2 (0.64%)	198 (7.59%)
Nutritional supplements	11 (3.53%)	199 (7.63%)
Multivitamin	7 (2.24%)	80 (3.07%)
Other medication	6 (1.92%)	85 (3.26%)
Other	8 (2.56%)	112 (4.30%)
Missing	98 (31.4%)	612 (23.5%)
Additional activities performed		
Nothing	179 (57.4%)	1475 (56.6%)
Psychotherapy	1 (0.32%)	70 (2.69%)
Yoga	3 (0.96%)	24 (0.92%)
Meditation	4 (1.28%)	82 (3.15%)
Progressive muscle relaxation	7 (2.24%)	49 (1.88%)
Qigong	1 (0.32%)	3 (0.12%)
Other	15 (4.81%)	225 (8.63%)
Missing	105 (33.7%)	713 (27.3%)
Patients having difficulties in complying with treatment	11 (3.53%)	545 (20.9%)
Patients needing help to complete questionnaire	65 (20.8%)	1332 (51.1%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them	121 (38.8%)	1364 (52.3%)