

Brief summary

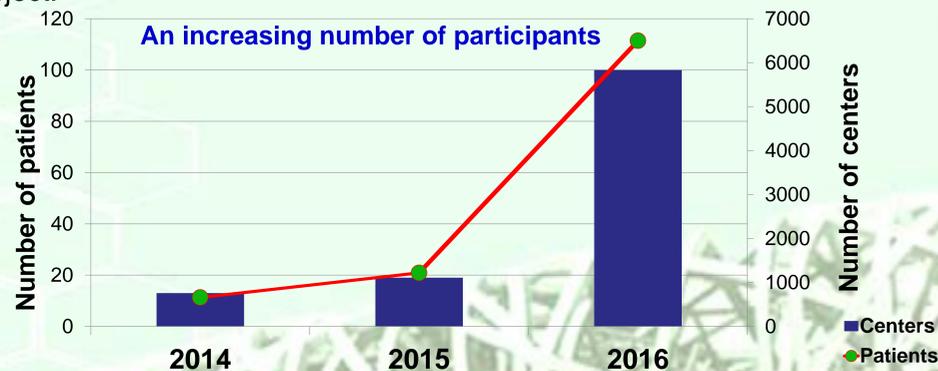
We propose to initiate the third year of "Nutrition Day for Cancer" in hospitalized cancer patients aiming at improving public awareness of the importance of nutritional interventions. This year, 100 participating hospitals across China will carry out commemorative activities in order to investigate the nutritional status of hospitalized cancer patients in every department and at the same time, relevant nutrition information will be provided for the patients. The project will be jointly inaugurated by China's major national professional medical organizations including the Committee of Nutrition and Metabolism of China International Exchange and Promotive Association for Medical and Health Care, the Chinese Anti-Cancer Association, the Chinese Society for Parenteral and Enteral Nutrition and the Chinese Society for Cancer. The Nutrition Day for Cancer adopts the pattern of the ESPEN nutrition day worldwide and shares the same date as the Annual National Nutrition Day. We will motivate 100 hospitals to join this project and the aim of the Nutrition Day for Cancer is to raise awareness, change attitude and summon much more clinical practitioners join the campaign against malnutrition that prevalent in hospitalized cancer patients. We have no doubt such a campaign will enhance standardizing nutritional intervention and clinical follow-up visit and decrease the incidence of cancer-related malnutrition and avoid negative clinical outcomes associated with malnutrition.

Rationale & Background

Cancer is one of the major public health challenges and the incidence is surging in worldwide. China accounts for 20% of world's new cancer cases and 24% of world's cancer death. Although nutritional therapy is recommended by many major national guidelines, little information is available to determine the real situation of nutrition support therapy in Chinese cancer patients. There is an urgent need to examine the actual implementation of nutrition support in hospitalized cancer patients in China.

The Nutrition Day for Cancer adopts the pattern of ESPEN nutritionDay worldwide and shares the same date as the Annual National Nutrition Day. Since 2014, we have successfully piloted two Annual "Nutrition Day for Cancer" activities. These activities were participated by 13 hospitals in 2014 and 19 hospitals in 2015, investigating 658 and 1218 malignant tumor patients respectively(Histogram).

Results show that more than 60% patients have weight loss(>5%), while less than 40% patients were provided nutritional support (including nutrition counseling), which indicates that it's an urgently task to further expand the scope of investigation and motivate more hospitals to participate in this project.



Activities

During the third consecutive year, we'll continue to conduct the campaign. This study is even larger than previous ones.

1. Jointly establish the Nutrition Day for Cancer project by three national professional organizations, enroll 100 hospitals (cancer specialty hospital and comprehensive hospitals) nationwide to investigate nutrition conditions and nutritional support conditions amongst cancer patients on three consecutive Nutrition Days for Cancer.
2. Establish standard nutrition education model for both cancer patients and relevant medical professions in China, including educational slides, videos and rapid diagnosis tools.
3. Establish cohort study, carry out follow-up visits to new cancer cases and their three-year survival expectations, in order to explore the possible effects of standard nutrition intervention on patients' long-term outcome.

Implementation

1. Inaugurate Annual "Nutrition Day for Cancer" Activity by China's three professional organizations including the Committee of Nutrition and Metabolism of China International Exchange and Promotive Association for Medical and Health Care, the Chinese Anti-Cancer Association, the Chinese Society for Parenteral and Enteral Nutrition and the Chinese Society for Cancer. The activity is held in November to enroll China's 100 major hospitals.
2. Training of how to fill investigation form one week ahead of the activity. Establish a "Nutrition Day for Cancer" task force with members from participating hospitals to analyze and demonstrate questionnaires. We will establish a database and website for this project, and every participating hospital will be assigned a unique registration ID that they can log in the database online.
3. Carry out commemorative activities on the Nutrition Day for Cancer. Patients submit questionnaires and the data will be sorted and recorded by professions. All the questionnaires will be verified and recorded in the database. The database will imply logic verification and correct illogic data according to the original medical records. Disseminate educational information regarding tumor nutrition knowledge through Wechat platform.
4. Nutritional intervention methods: focus on tumor patients (weight loss >5% and >10%), implement nutrition assessment and education, oral nutritional supplement (with daily increase of 400-500kcal, ONS), doctors prescribe enteral nutrition feeding and parenteral nutrition support and implement follow-up visit for outpatients and in-patients.
5. Record patients' basic clinical conditions and follow-up visit patients every 30, 90, 180 and 360 days. Record the nutrition intervention conditions and patients' nutrition conditions accordingly.

Success measures

1. Establish Nutrition Day for Cancer of China.
2. Mobilize 100 major China's hospitals to participate in the project and accept training.
3. Adopt standardized Nutrition Day for Cancer questionnaire form according to ESPEN criteria.
4. Establish a designated website (along with data base) for the project and it will play crucial role on supporting the consequent cancer nutrition researches, patient education and related activities.
5. Summarize popular science information regarding nutrition promotion for tumor patients and disseminate the information through social networking sites.
6. Establish follow-up visit system for tumor patients' nutrition intervention.

Results/Outcomes

- We expect to motivate 100 hospitals and more than 2000 clinical practitioners, dietitians and social workers across China to join this campaign. An cancer related malnutrition data base and website will be established.
- Clinical outcomes and patient management: During the follow up visit, (1) Notice the change of patients and their families' knowledge and attitude on nutritional support; (2) Monitor the weight change, morbidity, deathrate and economic parameters.

Conclusions

- Most cancer health care providers have attitude that nutrition intervention should be a part of the overall care plan but there are not enough effective measures and systems for nutrition treatment.
- Health providers are generally lack of nutrition, counseling and diet guidance to cancer patients, plus ineffective assessment and monitor on patients' nutrition status.
- Despite the fact that most medical professions acknowledge the importance of nutritional support in anticancer therapy, nutritional support has not been well delivered in the clinical practice, which is urgent to be solved.

Prospects

As the first nationwide investigation regarding nutrition status of China's cancer patients, it's expected:

- Foster the standardized management for cancer patients at four levels ranging from the society, hospitals, departments to the patients.
- Be an important reference for the government to tailor economic strategy for cancer patients' nutrition treatment.



Resources utilized/or expected (personnel/time/financial)

Personnel expenditure	Year 1 (Euro)	Year 2 (Euro)	Total (Euro)
Investigator:	4,000	4,000	8,000
Research Assistants:	2,400	2,400	4,800
Total personnel expenditure:	6,400	6,400	12,800
Itemize the expendables and services;	Year 1 (Euro)	Year 2 (Euro)	Total (Euro)
Educational flyers	1,200	1,200	2,400
Training workshops	4,000	4,000	8,000
Data process and analysis	2,000	4,000	6,000
Total expendable expenditure:	7,200	9,200	16,400
Other Expenses.	Year 1 (Euro)	Year 2 (Euro)	Total (Euro)
Ethics Review Fees (please specify):	200	0	200
Database Leasing (please specify):	300	300	600
Total Other Expenses	500	300	800
Summary of expenditure:	14,100	15,900	30,000