



Your nutrition is important to us!

Nutrition in cancer plays an important role!

A good nutritional status increases the tolerance to the therapies, reduces side effects and lowers the risk of infection.

How can I determine my nutritional status?



Answer the questions in the following 4 areas (see inside of form).



Hand in the completed questionnaire at the reception desk. Our nutritional counseling team will evaluate the form and report the results to your doctor.



Your doctor will discuss the next steps with you.

Patient data

Name, first name:

Date of birth:

Capture date



1. Weight

In summary of my current and recent weight:

I currently weigh about _____ kg.

I am about _____ cm tall.

One month ago I weighed about _____ kg.

Six months ago I weighed about _____ kg.

During the past two weeks my weight has:

decreased ⁽¹⁾ not changed ⁽⁰⁾ increased ⁽⁰⁾

3. Symptoms

I have had the following problems that have kept me from eating enough during the past two weeks (check all that apply):



- | | |
|--|---|
| <input type="checkbox"/> no problems eating ⁽⁰⁾ | <input type="checkbox"/> Vomiting ⁽³⁾ |
| <input type="checkbox"/> no appetite, just did not feel like eating ⁽³⁾ | <input type="checkbox"/> Diarrhea ⁽³⁾ |
| <input type="checkbox"/> Nausea ⁽¹⁾ | <input type="checkbox"/> dry mouth ⁽¹⁾ |
| <input type="checkbox"/> Constipation ⁽¹⁾ | <input type="checkbox"/> Smells bother me ⁽¹⁾ |
| <input type="checkbox"/> Mouth sores ⁽²⁾ | <input type="checkbox"/> feel full quickly ⁽¹⁾ |
| <input type="checkbox"/> Things taste funny or have no taste ⁽¹⁾ | <input type="checkbox"/> Fatigue ⁽¹⁾ |
| <input type="checkbox"/> Problems swallowing ⁽²⁾ | |
| <input type="checkbox"/> Pain – where? ⁽³⁾ _____ | |
| <input type="checkbox"/> Other ⁽¹⁾ ** _____ | |

**Examples: depression, money, or dental problems



2. Food intake

As compared to my normal intake, I would rate my food intake during the past month as:

- unchanged ⁽⁰⁾
- more than usual ⁽⁰⁾
- less than usual ⁽¹⁾

I am now taking:

- normal food but less than normal amount ⁽¹⁾
- little solid food ⁽²⁾
- only liquids ⁽³⁾
- only nutritional supplements ⁽³⁾
- very little of anything ⁽⁴⁾
- only tube feedings or only nutrition by vein (parenteral) ⁽⁰⁾



4. Activities and Function

Over the past month, I would generally rate my activity as:

- normal with no limitations ⁽⁰⁾
- not my normal self, but able to be up and about with fairly normal activities ⁽¹⁾
- not feeling up to most things, but in bed or chair less than half the day ⁽²⁾
- able to do little activity and spend most of the day in bed or chair ⁽³⁾
- pretty much bed ridden, rarely out of bed ⁽³⁾

- I agree that the data may be evaluated anonymously and used for statistical purposes.

Points:

Information for patients and relatives

The health insurance (basic insurance) covers the costs of nutritional counseling in cases of diagnosed nutritional deficiency or malnutrition.

The prescription form for nutritional counseling SVDE can be found at:



www.svde-asdd.ch/verordnungsformular



direct connection to the form
by scanning the QR code



Do you have any questions? Contact us!

The nutritional counseling team is happy to help you and your family.

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