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FAQ

Why is the KNOW project a committee of the OncANP?

A part of the mission of the OncANP is 'to enhance the philosophy, science and practice of naturopathic oncology'. The KNOW project is an example of how the OncANP is striving to provide excellence in naturopathic oncology care. KNOW provides clinicians with a user-friendly database compiled of research based in naturopathic oncology care and is the first of its kind. The OncANP and KNOW are working to support oncology focused naturopathic doctors by making research accessible.

How do I get CME for supporting the KNOW project?

You can receive 1 CME hour for every 2 articles you summarize for the KNOW project as a volunteer. Every quarter KNOW will submit your number of credits earned. Contact the KNOW team to learn more about becoming a volunteer summarizer and earn CME while gaining research experience!

How can KNOW be used by a student?

KNOW can be used by students as a resource for finding research articles and learning about evidence based naturopathic interventions for patients with cancer.

How can KNOW be used by a clinician?

KNOW can be used by clinicians as a resource for finding research articles and learning about evidence based naturopathic interventions for patients with cancer. KNOW summaries are a quick resource that contain pertinent information from research including specific dosages, safety and outcomes from studies that can help guide clinicians into making evidence based recommendations and clinical decisions.

How can KNOW be used by a group to write a paper?

The KNOW database can be used by a group to write a paper like a systematic review. The KNOW database makes it easy to search for the research you would like to include in your paper and most articles have full text available.

What is a tag?

A tag is a section of a study summarized in the KNOW database. Each tag is associated with a number. When summarizing an article for the KNOW database, information from the article is gathered for that specific tag. Each tag has a specific set of directions. For example, tag 3.0 is a summary of the population described in the study and specific information is required in this tag like number of participants, cancer type, etc.

What is the outcome results tag?

The outcome results tag (tag 6.0) includes specific outcome results of the summarized study. This tag includes the direction of the outcome with associated confidence intervals and P-values reported. This information comes directly from the results section in the studies.

What is the adverse events tag?

The adverse events tag (tag 7.0) explains any adverse events reported in the study that were associated with the natural therapy. This does not include adverse events associated with conventional treatments. This tag explains what the adverse event(s) was/were, how many participants experienced that event and how it was treated if reported in the study.

Definitions

Cancer

A term for diseases in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymph systems. There are several main types of cancer. Carcinoma is a cancer that begins in the skin or in tissues that line or cover internal organs. Sarcoma is a cancer that begins in bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue. Leukemia is a cancer that starts in blood-forming tissue, such as the bone marrow, and causes large numbers of abnormal blood cells to be produced and enter the blood. Lymphoma and multiple myeloma are cancers that begin in the cells of the immune system. Central nervous system cancers are cancers that begin in the tissues of the brain and spinal cord. Also called malignancy.¹

Cancer Anorexia-Cachexia Syndrome (CACS)

Loss of body weight and muscle mass, and weakness that may occur in patients with cancer, AIDS, or other chronic diseases.¹ Marked weight loss in patients with cancer that cannot be reversed by normal nutritional support. A defining feature is loss of muscle, but fat may be lost as well. The weight loss is involuntary.⁸

Case control

A study that compares two groups of people: those with the disease or condition under study (cases) and a very similar group of people who do not have the disease or condition (controls). Researchers study the medical and lifestyle histories of the people in each group to learn what factors may be associated with the disease or condition. For example, one group may have been exposed to a particular substance that the other was not. Also called retrospective study.¹

Case report

A detailed report of the diagnosis, treatment, and follow-up of an individual patient. Case reports also contain some demographic information about the patient (for example, age, gender, ethnic origin).¹

Case series

A group or series of case reports involving patients who were given similar treatment. Reports of case series usually contain detailed information about the individual patients. This includes demographic information (for example, age, gender, ethnic origin) and information on diagnosis, treatment, response to treatment, and follow-up after treatment.¹

Chemotherapy

Treatment that uses drugs to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing. Chemotherapy may be given by mouth, injection, or infusion, or on the skin, depending on the type and stage of the cancer being treated. It may be given alone or with other treatments, such as surgery, radiation therapy, or biologic therapy.¹

Child-Pugh classification

A validated scoring system to assess the prognosis of chronic liver disease and assigns points for: Total Bilirubin, Serum Albumin, Prothrombin time, Ascites & Hepatic Encephalopathy. The categories resulting from points accumulated are A: 100% 1 year survival and 85% 2 year survival; B: 81% 1 year survival and 57% 2 year survival and C: 45% 1 year survival and 35% 2 year survival. Recent updates to this scoring system have included adding IGF-1 levels.

Clinical outcomes measurements

Clinical outcomes can be measured by activity data such as hospital readmission rates, or by agreed scales and other forms of measurement. They can be recorded by administrators or by clinical staff such as doctors, nurses, psychologists or allied health professionals (e.g. physiotherapists, dietitians).⁸

Clinical trial

A type of research study that tests how well new medical approaches work in people. These studies test new methods of screening, prevention, diagnosis, or treatment of a disease. Also called clinical study.¹

CTCAE

Common Terminology Criteria for Adverse Events. The NCI Common Terminology Criteria for Adverse Events is a descriptive terminology which can be utilized for Adverse Event (AE) reporting. A grading (severity) scale is provided for each AE term.² Common Terminology Criteria for Adverse Events (CTCAE) is widely accepted throughout the oncology community as the standard classification and severity grading scale for adverse events in cancer therapy clinical trials and other oncology settings. Version 4, released in May 2009, is a major update based on extensive international participation by stakeholders and experts. It is harmonized with MedDRA at the Adverse Event (AE) level, includes revised AE terms and severity indicators to reflect clinical effects identified with current oncology interventions, and is a caBIG vocabulary standard. CTCAE is designed to integrate into information networks for safety data exchange, and is expected to have a significant impact in data management for AE data collection, analysis, and patient outcomes associated with cancer research and care.⁵

Disease-free survival

In cancer, the length of time after primary treatment for a cancer ends that the patient survives without any signs or symptoms of that cancer. In a clinical trial, measuring the disease-free survival is one way to see how well a new treatment works. Also called DFS, relapse-free survival, and RFS.¹

ECOG-ACRIN

The Eastern Cooperative Oncology Group (ECOG) Scale of Performance Status measures how disease impacts a patient’s daily living abilities. It describes a patient’s level of functioning in terms of their ability to care for themselves, daily activity, and physical ability. It is graded from 0-5.³

Grade	ECOG Performance Status
0	Fully active, able to carry on all pre-disease performance without restriction. ³
1	Restricted in physically strenuous activity but ambulatory and able to carry out work of a light or sedentary nature, e.g., light house work, office work. ³
2	Ambulatory and capable of all self-care but unable to carry out any work activities; up and about more than 50% of waking hours. ³
3	Capable of only limited self-care; confined to bed or chair more than 50% of waking hours. ³
4	Completely disabled; cannot carry on any self-care; totally confined to bed or chair. ³
5	Dead. ³

EORTC

European Organization for Research and Treatment of Cancer.

FACT-G

Functional Assessment of Cancer Therapy - General.

Guideline

A general rule, principle or piece of advice.⁴

Immunonutrition

Involves feeding (enteral or TPN) enriched with various pharmaconutrients (arginine, glutamine, omega-3-fatty acids, nucleotides and anti-oxidants: copper, selenium, zinc, vitamins B, C and E) to improve immune responses and modulate inflammatory responses.

Immunotherapy

A type of biological therapy that uses substances to stimulate or suppress the immune system to help the body fight cancer, infection, and other diseases. Some types of immunotherapy only target certain cells of the immune system. Others affect the immune system in a general way. Types of immunotherapy include cytokines, vaccines, bacillus Calmette-Guerin (BCG), and some monoclonal antibodies.¹

Karnofsky Index/Performance Status

A standard way of measuring the ability of cancer patients to perform ordinary tasks. The Karnofsky Performance Status scores range from 0 to 100. A higher score means the patient is better able to carry out daily activities. Karnofsky Performance Status may be used to determine a patient's prognosis, to measure changes in a patient's ability to function, or to decide if a patient could be included in a clinical trial. Also called KPS.¹

Grade	Karnovsky Performance Status
100	Normal, no complaints; no evidence of disease. ³
90	Able to carry on normal activity; minor signs or symptoms of disease. ³
80	Normal activity with effort, some signs or symptoms of disease. ³
70	Cares for self but unable to carry on normal activity or to do active work. ³
60	Requires occasional assistance but is able to care for most of personal needs. ³
50	Requires considerable assistance and frequent medical care. ³
40	Disabled; requires special care and assistance. ³
30	Severely disabled; hospitalization is indicated although death not imminent. ³
20	Very ill; hospitalization and active supportive care necessary. ³
10	Moribund. ³
0	Dead. ³

Meta-analysis

A process that analyzes data from different studies done about the same subject. The results of a meta-analysis are usually stronger than the results of any study by itself.¹

MDASI

MD Anderson Symptom Inventory. A multi-symptom patient-reported outcome measure for clinical and research use. It is used to assess the severity of symptoms experienced by patients with cancer and the interference with daily living caused by these symptoms.⁶

MYCAW

Measure Yourself Concerns and Wellbeing. A patient-centered questionnaire that allows cancer patients to identify and quantify the severity of their "concerns" and "wellbeing," as opposed to using a predetermined list. MYCaW administration is brief and aids in prioritizing treatment approaches.⁷

Nested case-control study

A nested case control (NCC) study is a variation of a case-control study in which only a subset of controls from the cohort are compared to the incident cases.¹

Observational study

A type of study in which individuals are observed or certain outcomes are measured. No attempt is made to affect the outcome (for example, no treatment is given).¹

PFS (Progression free survival)

The length of time during and after the treatment of a disease, such as cancer, that a patient lives with the disease but it does not get worse. In a clinical trial, measuring the PFS is one way to see how well a new treatment works. Also called progression-free survival.¹

Prospective cohort study

A research study that follows over time groups of individuals who are alike in many ways but differ by a certain characteristic (for example, female nurses who smoke and those who do not smoke) and compares them for a particular outcome (such as lung cancer).¹

Quality of Life

The overall enjoyment of life. Many clinical trials assess the effects of cancer and its treatment on the quality of life. These studies measure aspects of an individual's sense of well-being and ability to carry out various activities.¹

Retrospective cohort study

A research study in which the medical records of groups of individuals who are alike in many ways but differ by a certain characteristic (for example, female nurses who smoke and those who do not smoke) are compared for a particular outcome (such as lung cancer). Also called historic cohort study.¹

Response rate

The percentage of patients whose cancer shrinks or disappears after treatment.¹

Standard of care treatment

Treatment that is accepted by medical experts as a proper treatment for a certain type of disease and that is widely used by healthcare professionals. Also called best practice, standard medical care, and standard therapy.¹

Surrogate measurements (endpoint)

In clinical trials, an indicator or sign used in place of another to tell if a treatment works. Surrogate endpoints include a shrinking tumor or lower biomarker levels. They may be used instead of stronger indicators, such as longer survival or improved quality of life, because the results of the trial can be measured sooner. The use of surrogate endpoints in clinical trials may allow earlier approval of new drugs to treat serious or life-threatening diseases, such as cancer. Surrogate endpoints are not always true indicators or signs of how well a treatment works.¹

Surveillance

In medicine, closely watching a patient's condition but not treating it unless there are changes in test results. Surveillance is also used to find early signs that a disease has come back. It may also be used for a person who has an increased risk of a disease, such as cancer. During surveillance, certain exams and tests are done on a regular schedule. In public health, surveillance may also refer to the ongoing collection of information about a disease, such as cancer, in a certain group of people. The information collected may include where the disease occurs in a population and whether it affects people of a certain gender, age, or ethnic group.¹

Survivor

One who remains alive and continues to function during and after overcoming a serious hardship or life-threatening disease. In cancer, a person is considered to be a survivor from the time of diagnosis until the end of life.¹

Systematic review

A type of literature review that collects and critically analyzes multiple research studies or papers. A review of existing studies is often quicker and cheaper than embarking on a new study. Researchers use methods that are selected before one or more research questions are formulated, and then they aim to find and analyze studies that relate to and answer those questions.⁴

TTP

The length of time from the date of diagnosis or the start of treatment for a disease until the disease starts to get worse or spread to other parts of the body. In a clinical trial, measuring the TTP is one way to see how well a new treatment works. Also called time to progression.¹

Tumor response rate

The rate at which a tumor responds to a treatment.

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