

Supplementary Material

Application of Clinical Decision Support System to assist breast cancer patients with lifestyle modifications during the COVID-19 pandemic: a randomised controlled trial

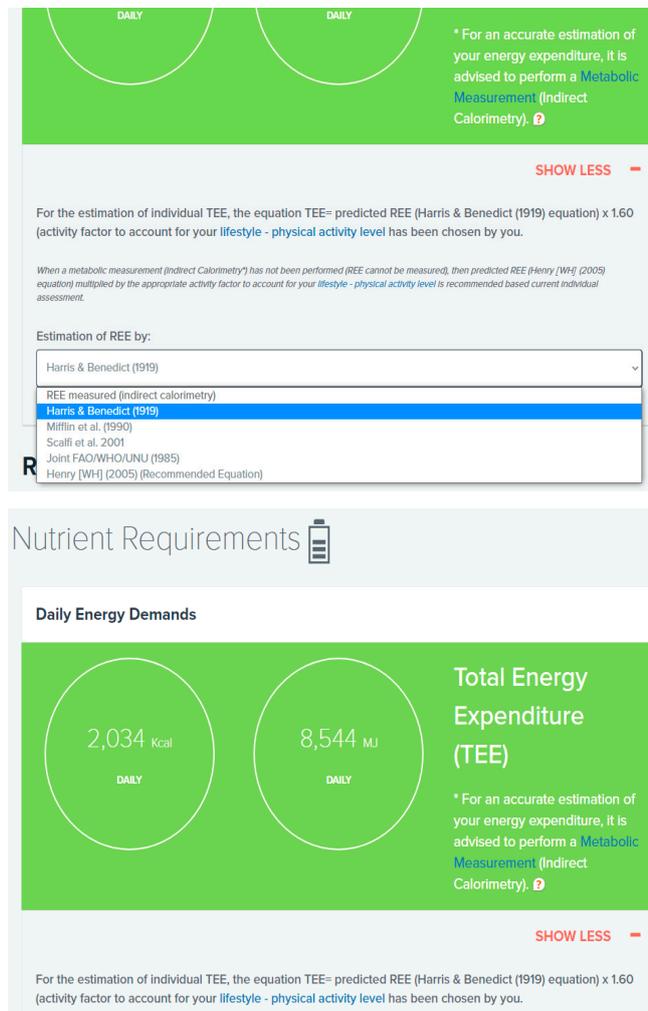


Figure S1. Energy requirements assessed by the clinical decision support system (CDSS).

Step 2 - Lifestyle

Classify your lifestyle in relation to the intensity of habitual physical activity

Physical Activity Calculator

Are you physically active?
Find the intensity level of your activity!







1 - Low active (sedentary)

This category includes people that:

- As professionals, they work in offices (sedentary occupations) or they do tasks requiring light physical effort or sedentary (they spend ≥ 6 hours sitting) and
- Only occasionally engage in physically demanding activities (e.g. walking to and from work, climbing stairs) and at slow pace

Generally, it is about people who use car and/or the public transportation and devote most of their spare time in sedentary activities (e.g. TV watching, PC use). Plus, in case they work out/ participate in moderate or strenuous leisure

2 - Moderately active

People that belong in this category:

- As professionals, they work in offices (sedentary occupations) or they do tasks requiring light physical effort and
- Concerning their physical activity habits, they workout regularly. More specifically:

1. Spend 5-7 times/ week (300-420 min/wk) in intense walking (≥ 3 mph) or leisurely swimming or in other exercise of medium intensity or
2. Spend 30 minutes per day (about 150 - 200 minutes/ week) in vigorous intensity activities (exercises of

3 - Active

This category includes people that:

- As professionals, they are students or they work in fields requiring long hours (≥ 6 hours) standing (e.g. nurses, waiters, physical education teachers etc.) or medium physical effort, or spend most of their time doing moderate household chores (e.g. gardening, lifting and moving of light weights), and
- Concerning their physical activity habits, they have little (< 3 days per week and < 120-150 mins per week) or no moderate/ intense physical exercising during their free time.

4 - Vigorous or highly active

This category comprises:

- People with strenuous occupation, meaning ≥ 3 hours hard physically active (e.g. carrying heavy loads, gardening vigorous effort, horse grooming) and
- Concerning their physical activity habits, they do a little (< 3 days per week and < 120-150 mins per week) or no medium or intense physical exercising during their free time.

or

- People having standing work or spend most of their day doing moderate household chores, and
- Concerning their physical activity habits, they spend: a) 5-7 times per week (300-420 mins) in intense walking (≥ 3 mph) or other activities of a medium intensity (e.g. swimming) or b) 30 minutes per day (about 150 - 200 minutes/ week) in vigorous intensity activities or c) 4 times/ week (about 250 min/ week) in a combination of moderate and vigorous intensity exercises.

or

People having sedentary occupations or doing light household chores who spend 1 hour daily in vigorous intensity activities.

5 - Athlete

As an athlete is considered everyone who is occupied, professionally or as an amateur, with sports and athletics. Physical activity is distinguished from sports, as "athletics" aims mainly in body training and often includes the idea of competition so that better performance is achieved.

Limitation of activities due to disability

- Bed or chair bound (not able to get out of a bed/ chair without the assistance of another person)
- Able to get out of bed/ chair, without assistance, but unable to go out of home

Figure S2. Physical activity status assessed by the clinical decision support system (CDSS).



'MUST'

'MUST' is a five-step screening tool to identify **adults**, who are malnourished, at risk of malnutrition (undernutrition), or obese. It also includes management guidelines which can be used to develop a care plan.

It is for use in hospitals, community and other care settings and can be used by all care workers.

This guide contains:

- A flow chart showing the 5 steps to use for screening and management
- BMI charts
- Weight loss tables
- Alternative measurements when BMI cannot be obtained by measuring weight and height.

The 5 'MUST' Steps

Step 1
Measure height and weight to get a BMI score using chart provided. If unable to obtain height and weight, use the alternative procedures shown in this guide.

Step 2
Note percentage unplanned weight loss and score using tables provided.

Step 3

Nutrition Assessment

BODY COMPOSITION **NUTRITIONAL STATUS** NUTRITIONAL CONCERNS

Nutritional status

OVERNUTRITION



Obesity

CRITERIA
BMI kg/m² and involuntary weight loss;
Malnutrition Universal Screening Tool (MUST)

DOWNLOAD MUST PDF

Figure S3. Nutritional status assessed by the clinical decision support system (CDSS).