nutritionDay WORLDWIDE

nutritionDay November 2011 in AUSTRIA

Dear participant,   June 2012

Thank you for your participation in nutritionDay worldwide in November 2011 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	15
Number of patients on nutritionDay:	345
Number of patients completing Sheet 3a:	152
Number of patients completing Sheet 3b:	148

The report consists of 3 parts:
Part I reflects the organisation and the structure of the unit.
Part II describes the patients according to questionnaire "sheet 2".
Part III is the summary of information on nutrition given by the patients according to sheet 3a and 3b.

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 8th 2012. 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!

Michael Hiesmayr   Karin Schindler   Johanna Tripamer

How to read the results

Your report is configured as table with 3 columns. The first column contains the name of the result, possibly with a short description. In the second column you will find your unit's results and in the third column you can see the reference values from units comparable to your patients.

You will find "(n)" in brackets indicating that results are referring to a certain number of patients. Generally the patients' results are based on the number of patients participating at your unit.
For example: *number of patients on nutritionDay 2011 = 20*

> *Fluid status (n):*
> *dehydrated   4*
> *…*

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2011.

If results are referring to an "n" different to the number of patients participating, a short explanation will be given.
For example: *number of patients on nutritionDay 2011 = 20*

> Weight loss within 3 months (n)
> Yes   10
> Category of weight decrease (n):
>> 0-4 kg   4
>> 5-8 kg   2
>> > 8 kg   1
>> not sure   2
>> missing   1

Explanation: 10 of 20 patients reported a weight loss within the last 3 months. The category of weight decrease is only referring to these 10 patients having lost weight.

Be careful! - There are some multiple choice questions in the questionnaires. In this case the total number of answers exceeds the number of patients. These results are marked with an asterisk.
For example: Affected organs (n)*

Mean and standard deviation are displayed as follows:
For example: Weight (kg) 75 ± 15

Median and range are displayed that way:
For example: LOS (days)   8 [5-15]

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I. DESCRIPTION OF THE UNIT ("Sheet 1"):

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Number of beds (n):		
Actual	26 ± 10	37 ± 50
Maximum	27 ± 11	38 ± 31
Number of patients on the nutritionDay (n):		
Total	345	14207
Did not give consent	135 (39.1%)	1205 (8.48%)
Needed help completing form	87 (25.2%)	8324 (58.6%)
Terminally ill	53 (15.4%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	4 (26.7%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	2 (13.3%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	3 (20.0%)	76 (11.2%)
Internal medicine / cardiology	-	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	3 (20.0%)	54 (7.96%)
Internal medicine / nephrology	-	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	-	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	1 (6.67%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	1 (6.67%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	1 (6.67%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	3.00 ± 5.43	6.98 ± 10.34
Physicians per patient	0.09 ± 0.10	0.21 ± 0.27
Consultants	1.08 ± 0.67	3.16 ± 6.27
Consultants per patient	0.04 ± 0.03	0.10 ± 0.21
Registrars	1.58 ± 0.90	2.59 ± 4.52
Registrars per patient	0.06 ± 0.04	0.08 ± 0.17
Nurses	10.08 ± 21.03	9.92 ± 15.04
Nurses per patient	0.28 ± 0.34	0.27 ± 0.22
Nursing aides	1.83 ± 1.34	2.78 ± 4.15

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Nursing aides per patient	0.07 ± 0.05	0.08 ± 0.14
Dieticians and dietetic assistants	1.23 ± 0.93	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.05 ± 0.04	0.06 ± 0.57

Nutrition Care:

Nutrition Team	9 units (60%) Yes	476 units (70%) Yes
Written procedures		
- individual	11 units (73%) Yes	421 units (62%) Yes
- local	5 units (33%) Yes	261 units (38%) Yes
- national	11 units (73%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	10 units (67%) Yes	484 units (71%) Yes
When requested	12 units (80%) Yes	385 units (57%) Yes
Once a week	5 units (33%) Yes	249 units (37%) Yes
Occasionally	- units (00%) Yes	59 units (09%) Yes
Never	- units (00%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Number of patients (n):		
Total	345	14207
Patients who completed sheet 3a	152 (44.1%)	12770 (89.9%)
Patients who completed sheet 3b	148 (42.9%)	12319 (86.7%)
Demographic data:		
Age (years)	72 [14-100]	67 [2-105]
Female gender	159 (46.1%)	6921 (48.7%)
Weight (kg)	76.5 ± 18.9	69.6 ± 21.0
Height (cm)	168.1 ± 9.6	165.2 ± 14.5
BMI (kg/m^2)	27.1 ± 6.4	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	28 (8.12%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	23 (6.67%)	1251 (8.81%)
Postoperative patients	47 (13.6%)	3671 (25.8%)
Length of stay in Hospital (days):	14 [2-138]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	21 (6.09%)	1726 (12.1%)
Transferred to another hospital	8 (2.32%)	390 (2.75%)
Transferred to long-term care	37 (10.7%)	578 (4.07%)
Rehabilitation	4 (1.16%)	366 (2.58%)
Discharge home	216 (62.6%)	9755 (68.7%)
Death	5 (1.45%)	576 (4.05%)
Others	19 (5.51%)	204 (1.44%)
Missing	35 (10.1%)	612 (4.31%)
Readmitted (n):	62 (18.0%)	1497 (10.5%)

Results in percent referring to the total number of patients

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II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Nutrition therapy (n)*:		
Enteral nutrition	2 (0.58%)	1136 (8.00%)
Parenteral nutrition	6 (1.74%)	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	25 (7.25%)	3640 (25.6%)
Protein supplement	22 (6.38%)	1363 (9.59%)
Hospital food	276 (80.0%)	8154 (57.4%)
Others	-	778 (5.48%)
Missing	41 (11.9%)	587 (4.13%)
Lines & tubes (n)*:		
None	245 (71.0%)	9416 (66.3%)
Centralvenous	38 (11.0%)	1055 (7.43%)
Nasogastric tube	-	326 (2.29%)
Any other (PEG, PEJ, ...)	62 (18.0%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	28 (8.12%)	1926 (13.6%)
Eye, ear	2 (0.58%)	304 (2.14%)
Nose, throat	2 (0.58%)	388 (2.73%)
Heart, circulation	67 (19.4%)	2647 (18.6%)
Lung	45 (13.0%)	1961 (13.8%)
Liver	41 (11.9%)	913 (6.43%)
Gastrointestinal tract	75 (21.7%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	38 (11.0%)	1689 (11.9%)
Endocrine system	17 (4.93%)	1059 (7.45%)
Skeleton, bone, muscle	107 (31.0%)	2359 (16.6%)
Blood, bone marrow	14 (4.06%)	851 (5.99%)
Skin	6 (1.74%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	65 (18.8%)	3064 (21.6%)
Infection	9 (2.61%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	15 (4.35%)	1007 (7.09%)
No affected organ	63 (18.3%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	60 (17.4%)	2566 (18.1%)
Stroke	6 (1.74%)	798 (5.62%)
COPD	36 (10.4%)	883 (6.22%)
Myocardial infarction	2 (0.58%)	591 (4.16%)
Cardiac insufficiency	35 (10.1%)	1735 (12.2%)
Others	90 (26.1%)	5325 (37.5%)
No comorbidity	171 (49.6%)	5505 (38.7%)

Results in percent referring to the total number of patients

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Weight loss within the last 3 months (n):		
Total of patients answering	146 (96.1%)	12269 (96.1%)
Yes	63 (41.4%)	5661 (44.3%)
No	60 (39.5%)	4638 (36.3%)
No, I've gained weight	17 (11.2%)	1067 (8.36%)
I don't know	6 (3.95%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	63 (41.4%)	5661 (44.3%)
0-4 kg	22 (14.5%)	2538 (19.9%)
5-8 kg	10 (6.58%)	1045 (8.18%)
> 8 kg	27 (17.8%)	1423 (11.1%)
Not sure	4 (2.63%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	73 (48.0%)	6081 (47.6%)
A bit less than normal	37 (24.3%)	2575 (20.2%)
Less than half of normal	22 (14.5%)	1838 (14.4%)
Less than a quarter to nearly nothing	16 (10.5%)	1716 (13.4%)
Missing	4 (2.63%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	71 (46.7%)	6075 (47.6%)
Loss of appetite	51 (33.6%)	3243 (25.4%)
Problems with swallowing, mastication	6 (3.95%)	609 (4.77%)
Nausea	14 (9.21%)	1074 (8.41%)
Other reasons	18 (11.8%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	105 (69.1%)	7570 (59.3%)
No, only with assistance	40 (26.3%)	3323 (26.0%)
No, I stay in bed	2 (1.32%)	1417 (11.1%)
Missing	5 (3.29%)	460 (3.60%)
"In general would you say your health is"(n):		
Excellent	4 (2.63%)	341 (2.67%)
Good	8 (5.26%)	852 (6.67%)
Very good	42 (27.6%)	3898 (30.5%)
Fair	64 (42.1%)	4501 (35.2%)
Poor	27 (17.8%)	2543 (19.9%)
Missing	7 (4.61%)	635 (4.97%)

Results in percent referring to the total number of patients answering

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	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**

Hospital food intake:

„Is your appetite normal?" (n):

	YOUR RESULTS	REFERENCE ND-11
Yes	100 (65.8%)	7557 (59.2%)
No	41 (27.0%)	3941 (30.9%)
- I was not hungry	29 (70.7%)	1936 (49.1%)
- Problems with swallowing / mastication	4 (9.76%)	326 (8.27%)
- Nausea	1 (2.44%)	671 (17.0%)
- Others	6 (14.6%)	969 (24.6%)
no answer	7 (4.61%)	821 (6.43%)

Fluid and supplement intake (n):

	YOUR RESULTS	REFERENCE ND-11
Patients with fluid intake	130 (87.8%)	9318 (75.6%)
Drinks per patient & day (l)	0.53	0.55
Patients with supplements	6 (4.05%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

„What kind of drinks did you consume?" (n)*:

	YOUR RESULTS	REFERENCE ND-11
Water	107 (72.3%)	7925 (64.3%)
Milk	12 (8.11%)	2062 (16.7%)
Fruit juice	29 (19.6%)	3006 (24.4%)
Tea, coffee	88 (59.5%)	4583 (37.2%)
Soft drinks	9 (6.08%)	746 (6.06%)

Lunch intake (n):

	YOUR RESULTS	REFERENCE ND-11
All	62 (41.9%)	5174 (42.0%)
1/2	41 (27.7%)	3053 (24.8%)
1/4	26 (17.6%)	1890 (15.3%)
Nothing	15 (10.1%)	1954 (15.9%)
? No answer	4 (2.70%)	248 (2.01%)

„I did not eat everything because" (n)*:

	YOUR RESULTS	REFERENCE ND-11
I was not hungry	25 (29.1%)	2066 (28.9%)
I had nausea / vomiting	5 (5.81%)	685 (9.59%)
I was not allowed to eat	3 (3.49%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	3 (3.49%)	553 (7.74%)
I ordered a smaller portion	5 (5.81%)	136 (1.90%)
I was tired	1 (1.16%)	434 (6.07%)
I normaly eat less	25 (29.1%)	584 (8.17%)
I did not like the smell	3 (3.49%)	275 (3.85%)
I did not like the taste	21 (24.4%)	945 (13.2%)

„Do you eat any food apart from hospital food?" (n):

Yes	58 (38.2%)	4578 (35.8%)
No	85 (55.9%)	7056 (55.3%)
No answer	5 (3.29%)	685 (5.36%)

„What do you eat?" (n)*:

Cakes, biscuits	18 (31.0%)	1312 (28.7%)
Fresh fruits	26 (44.8%)	1918 (41.9%)
Sandwiches	8 (13.8%)	396 (8.65%)
Dairy products	11 (19.0%)	650 (14.2%)
Preferred dish	2 (3.45%)	522 (11.4%)
Sweets	9 (15.5%)	699 (15.3%)
Fruit Juice	16 (27.6%)	870 (19.0%)
Others	6 (10.3%)	901 (19.7%)

"Did you need help to complete the questionnaire?"(according to patient) (n):

Yes	89 (58.6%)	8581 (67.2%)

Results referring to the total number of completed questionnaires

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