



## **nutritionDay November 2011 in CANADA**

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:	76
Number of patients on nutritionDay:	737
Number of patients completing Sheet 3a:	733
Number of patients completing Sheet 3b:	728

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 8<sup>th</sup> 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]*

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

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
<b>Number of beds (n):</b>		
Actual	30 ± 12	37 ± 50
Maximum	32 ± 12	38 ± 31
<b>Number of patients on the nutritionDay (n):</b>		
Total	737	14207
Did not give consent	-	1205 (8.48%)
Needed help completing form	331 (44.9%)	8324 (58.6%)
Terminally ill	44 (5.97%)	988 (6.95%)
<b>Specialities (n):</b>		
Internal medicine / general	18 (23.7%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	2 (2.63%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	8 (10.5%)	76 (11.2%)
Internal medicine / cardiology	5 (6.58%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	4 (5.26%)	54 (7.96%)
Internal medicine / nephrology	2 (2.63%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	2 (2.63%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	1 (1.32%)	18 (2.65%)
General surgery	6 (7.89%)	111 (16.4%)
Cardiothoracic surgery	2 (2.63%)	17 (2.51%)
Orthopedic surgery	6 (7.89%)	39 (5.75%)
Trauma	1 (1.32%)	7 (1.03%)
Neurosurgery	2 (2.63%)	11 (1.62%)
Gynecology	1 (1.32%)	8 (1.18%)
Long-term-care	2 (2.63%)	6 (0.88%)
Others	14 (18.4%)	81 (11.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	8.16 ± 7.62	6.98 ± 10.34
Physicians per patient	0.26 ± 0.25	0.21 ± 0.27
Consultants	4.28 ± 5.50	3.16 ± 6.27
Consultants per patient	0.15 ± 0.22	0.10 ± 0.21
Registrars	2.60 ± 4.91	2.59 ± 4.52
Registrars per patient	0.09 ± 0.17	0.08 ± 0.17
Nurses	9.88 ± 8.95	9.92 ± 15.04
Nurses per patient	0.31 ± 0.25	0.27 ± 0.22
Nursing aides	1.84 ± 2.01	2.78 ± 4.15

Nursing aides per patient	0.06 ± 0.10	0.08 ± 0.14
Dieticians and dietetic assistants	1.99 ± 1.03	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.07 ± 0.06	0.06 ± 0.57

**Nutrition Care:**

Nutrition Team	45 units (59%) Yes	476 units (70%) Yes
Written procedures		
- individual	67 units (88%) Yes	421 units (62%) Yes
- local	34 units (45%) Yes	261 units (38%) Yes
- national	42 units (55%) Yes	234 units (35%) Yes
- other	24 units (32%) Yes	105 units (15%) Yes

**Patients' weight assessed:**

On admission	51 units (67%) Yes	484 units (71%) Yes
When requested	54 units (71%) Yes	385 units (57%) Yes
Once a week	22 units (29%) Yes	249 units (37%) Yes
Occasionally	5 units (07%) Yes	59 units (09%) Yes
Never	2 units (03%) Yes	18 units (03%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
<b>Number of patients (n):</b>		
Total	737	14207
Patients who completed sheet 3a	733 (99.5%)	12770 (89.9%)
Patients who completed sheet 3b	728 (98.8%)	12319 (86.7%)
<b>Demographic data:</b>		
Age (years)	65 [16-100]	67 [2-105]
Female gender	361 (49.0%)	6921 (48.7%)
Weight (kg)	76.4 ± 21.2	69.6 ± 21.0
Height (cm)	167.6 ± 10.5	165.2 ± 14.5
BMI (kg/m <sup>2</sup> )	27.1 ± 7.0	25.4 ± 6.1
<b>ICU-stay:</b>		
Any ICU-stay	77 (10.4%)	1412 (9.94%)
<b>Surgery (n):</b>		
Preoperative patients	47 (6.38%)	1251 (8.81%)
Postoperative patients	272 (36.9%)	3671 (25.8%)
<b>Length of stay in Hospital (days):</b>	17 [2-282]	14 [1-1846]
<b>Outcome after 30 days (n):</b>		
Still in hospital	84 (11.4%)	1726 (12.1%)
Transferred to another hospital	16 (2.17%)	390 (2.75%)
Transferred to long-term care	24 (3.26%)	578 (4.07%)
Rehabilitation	24 (3.26%)	366 (2.58%)
Discharge home	337 (45.7%)	9755 (68.7%)
Death	14 (1.90%)	576 (4.05%)
Others	5 (0.68%)	204 (1.44%)
Missing	233 (31.6%)	612 (4.31%)
<b>Readmitted (n):</b>	47 (6.38%)	1497 (10.5%)

Results in percent referring to the total number of patients

## II. YOUR PATIENTS ("Sheet 2"):

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	13 (1.76%)	1136 (8.00%)
Parenteral nutrition	13 (1.76%)	640 (4.50%)
Enteral + parenteral nutrition	4 (0.54%)	140 (0.99%)
Special diet	313 (42.5%)	3640 (25.6%)
Protein supplement	61 (8.28%)	1363 (9.59%)
Hospital food	442 (60.0%)	8154 (57.4%)
Others	50 (6.78%)	778 (5.48%)
Missing	11 (1.49%)	587 (4.13%)
<b>Lines &amp; tubes (n)*:</b>		
None	564 (76.5%)	9416 (66.3%)
Centralvenous	30 (4.07%)	1055 (7.43%)
Nasogastric tube	9 (1.22%)	326 (2.29%)
Any other (PEG, PEJ, ...)	134 (18.2%)	3410 (24.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	111 (15.1%)	1926 (13.6%)
Eye, ear	25 (3.39%)	304 (2.14%)
Nose, throat	16 (2.17%)	388 (2.73%)
Heart, circulation	209 (28.4%)	2647 (18.6%)
Lung	117 (15.9%)	1961 (13.8%)
Liver	60 (8.14%)	913 (6.43%)
Gastrointestinal tract	170 (23.1%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	152 (20.6%)	1689 (11.9%)
Endocrine system	90 (12.2%)	1059 (7.45%)
Skeleton, bone, muscle	197 (26.7%)	2359 (16.6%)
Blood, bone marrow	86 (11.7%)	851 (5.99%)
Skin	34 (4.61%)	466 (3.28%)
Ischaemia	2 (0.27%)	180 (1.27%)
Cancer	151 (20.5%)	3064 (21.6%)
Infection	68 (9.23%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	56 (7.60%)	1007 (7.09%)
No affected organ	3 (0.41%)	590 (4.15%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	175 (23.7%)	2566 (18.1%)
Stroke	58 (7.87%)	798 (5.62%)
COPD	56 (7.60%)	883 (6.22%)
Myocardial infarction	48 (6.51%)	591 (4.16%)
Cardiac insufficiency	167 (22.7%)	1735 (12.2%)
Others	378 (51.3%)	5325 (37.5%)
No comorbidity	172 (23.3%)	5505 (38.7%)

Results in percent referring to the total number of patients

### III. YOUR PATIENTS ("Sheet 3a"):

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	724 (98.8%)	12269 (96.1%)
Yes	339 (46.2%)	5661 (44.3%)
No	281 (38.3%)	4638 (36.3%)
No, I've gained weight	64 (8.73%)	1067 (8.36%)
I don't know	40 (5.46%)	903 (7.07%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	339 (46.2%)	5661 (44.3%)
0-4 kg	123 (16.8%)	2538 (19.9%)
5-8 kg	60 (8.19%)	1045 (8.18%)
> 8 kg	109 (14.9%)	1423 (11.1%)
Not sure	46 (6.28%)	576 (4.51%)
Missing	1 (0.14%)	79 (0.62%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	266 (36.3%)	6081 (47.6%)
A bit less than normal	184 (25.1%)	2575 (20.2%)
Less than half of normal	157 (21.4%)	1838 (14.4%)
Less than a quarter to nearly nothing	116 (15.8%)	1716 (13.4%)
Missing	10 (1.36%)	560 (4.39%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	462 (63.0%)	6075 (47.6%)
Loss of appetite	232 (31.7%)	3243 (25.4%)
Problems with swallowing, mastication	40 (5.46%)	609 (4.77%)
Nausea	78 (10.6%)	1074 (8.41%)
Other reasons	236 (32.2%)	2325 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	360 (49.1%)	7570 (59.3%)
No, only with assistance	295 (40.2%)	3323 (26.0%)
No, I stay in bed	71 (9.69%)	1417 (11.1%)
Missing	7 (0.95%)	460 (3.60%)
<b>"In general would you say your health is" (n):</b>		
Excellent	21 (2.86%)	341 (2.67%)
Good	103 (14.1%)	852 (6.67%)
Very good	219 (29.9%)	3898 (30.5%)
Fair	228 (31.1%)	4501 (35.2%)
Poor	145 (19.8%)	2543 (19.9%)
Missing	17 (2.32%)	635 (4.97%)
Results in percent referring to the total number of patients answering		

### III. YOUR PATIENTS ("Sheet 3b"):

678 units, 14207 patients

YOUR RESULTS      REFERENCE ND-11

#### Hospital food intake:

##### „Is your appetite normal?“ (n):

Yes	415 (56.6%)	7557 (59.2%)
No	259 (35.3%)	3941 (30.9%)
- I was not hungry	126 (48.6%)	1936 (49.1%)
- Problems with swallowing / mastication	15 (5.79%)	326 (8.27%)
- Nausea	48 (18.5%)	671 (17.0%)
- Others	87 (33.6%)	969 (24.6%)
no answer	54 (7.37%)	821 (6.43%)

##### Fluid and supplement intake (n):

Patients with fluid intake	589 (80.9%)	9318 (75.6%)
Drinks per patient & day (l)	0.35	0.55
Patients with supplements	113 (15.5%)	1147 (9.31%)
Supplements per patient & day (l)	0.03	0.04

##### „What kind of drinks did you consume?“ (n)\*:

Water	361 (49.6%)	7925 (64.3%)
Milk	253 (34.8%)	2062 (16.7%)
Fruit juice	294 (40.4%)	3006 (24.4%)
Tea, coffee	365 (50.1%)	4583 (37.2%)
Soft drinks	42 (5.77%)	746 (6.06%)

##### Lunch intake (n):

 All	267 (36.7%)	5174 (42.0%)
 1/2	194 (26.6%)	3053 (24.8%)
 1/4	139 (19.1%)	1890 (15.3%)
 Nothing	119 (16.3%)	1954 (15.9%)
? No answer	9 (1.24%)	248 (2.01%)

##### „I did not eat everything because“ (n)\*:

I was not hungry	138 (29.9%)	2066 (28.9%)
I had nausea / vomiting	45 (9.76%)	685 (9.59%)
I was not allowed to eat	43 (9.33%)	702 (9.83%)
I kann not eat without help	4 (0.87%)	104 (1.46%)
I had an examination / surgery	16 (3.47%)	553 (7.74%)
I ordered a smaller portion	4 (0.87%)	136 (1.90%)
I was tired	36 (7.81%)	434 (6.07%)
I normaly eat less	34 (7.38%)	584 (8.17%)
I did not like the smell	28 (6.07%)	275 (3.85%)
I did not like the taste	105 (22.8%)	945 (13.2%)



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

Yes	329 (44.9%)	4578 (35.8%)
No	352 (48.0%)	7056 (55.3%)
No answer	47 (6.41%)	685 (5.36%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	74 (22.5%)	1312 (28.7%)
Fresh fruits	123 (37.4%)	1918 (41.9%)
Sandwiches	47 (14.3%)	396 (8.65%)
Dairy products	44 (13.4%)	650 (14.2%)
Preferred dish	52 (15.8%)	522 (11.4%)
Sweets	69 (21.0%)	699 (15.3%)
Fruit Juice	41 (12.5%)	870 (19.0%)
Others	138 (41.9%)	901 (19.7%)

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

Yes	413 (56.3%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires