



nutritionDay November 2011 in SWITZERLAND

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:	9
Number of patients on nutritionDay:	197
Number of patients completing Sheet 3a:	177
Number of patients completing Sheet 3b:	150

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!

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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
Number of beds (n):		
Actual	23 ± 14	37 ± 50
Maximum	27 ± 17	38 ± 31
Number of patients on the nutritionDay (n):		
Total	197	14207
Did not give consent	21 (10.7%)	1205 (8.48%)
Needed help completing form	99 (50.3%)	8324 (58.6%)
Terminally ill	14 (7.11%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	3 (33.3%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	1 (11.1%)	76 (11.2%)
Internal medicine / cardiology	1 (11.1%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	-	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	-	111 (16.4%)
Cardiothoracic surgery	1 (11.1%)	17 (2.51%)
Orthopedic surgery	-	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	3 (33.3%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	2.89 ± 1.54	6.98 ± 10.34
Physicians per patient	0.13 ± 0.09	0.21 ± 0.27
Consultants	0.11 ± 0.33	3.16 ± 6.27
Consultants per patient	0.01 ± 0.02	0.10 ± 0.21
Registrars	2.00 ± 3.28	2.59 ± 4.52
Registrars per patient	0.08 ± 0.15	0.08 ± 0.17
Nurses	6.33 ± 6.24	9.92 ± 15.04
Nurses per patient	0.22 ± 0.10	0.27 ± 0.22
Nursing aides	3.33 ± 2.12	2.78 ± 4.15

Nursing aides per patient	0.13 ± 0.07	0.08 ± 0.14
Dieticians and dietetic assistants	0.78 ± 0.44	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.03 ± 0.03	0.06 ± 0.57

Nutrition Care:

Nutrition Team	8 units (89%) Yes	476 units (70%) Yes
Written procedures		
- individual	8 units (89%) Yes	421 units (62%) Yes
- local	7 units (78%) Yes	261 units (38%) Yes
- national	2 units (22%) Yes	234 units (35%) Yes
- other	1 units (11%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	9 units (100%) Yes	484 units (71%) Yes
When requested	4 units (44%) Yes	385 units (57%) Yes
Once a week	4 units (44%) Yes	249 units (37%) Yes
Occasionally	2 units (22%) Yes	59 units (09%) Yes
Never	1 units (11%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	197	14207
Patients who completed sheet 3a	177 (89.8%)	12770 (89.9%)
Patients who completed sheet 3b	150 (76.1%)	12319 (86.7%)
Demographic data:		
Age (years)	68 [22-103]	67 [2-105]
Female gender	89 (45.2%)	6921 (48.7%)
Weight (kg)	74.6 ± 20.1	69.6 ± 21.0
Height (cm)	168.0 ± 8.7	165.2 ± 14.5
BMI (kg/m ²)	26.4 ± 6.8	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	20 (10.2%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	9 (4.57%)	1251 (8.81%)
Postoperative patients	27 (13.7%)	3671 (25.8%)
Length of stay in Hospital (days):	15 [2-396]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	14 (7.11%)	1726 (12.1%)
Transferred to another hospital	1 (0.51%)	390 (2.75%)
Transferred to long-term care	8 (4.06%)	578 (4.07%)
Rehabilitation	10 (5.08%)	366 (2.58%)
Discharge home	103 (52.3%)	9755 (68.7%)
Death	8 (4.06%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	53 (26.9%)	612 (4.31%)
Readmitted (n):	21 (10.7%)	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
Nutrition therapy (n)*:		
Enteral nutrition	6 (3.05%)	1136 (8.00%)
Parenteral nutrition	8 (4.06%)	640 (4.50%)
Enteral + parenteral nutrition	2 (1.02%)	140 (0.99%)
Special diet	11 (5.58%)	3640 (25.6%)
Protein supplement	7 (3.55%)	1363 (9.59%)
Hospital food	152 (77.2%)	8154 (57.4%)
Others	2 (1.02%)	778 (5.48%)
Missing	20 (10.2%)	587 (4.13%)
Lines & tubes (n)*:		
None	176 (89.3%)	9416 (66.3%)
Centralvenous	8 (4.06%)	1055 (7.43%)
Nasogastric tube	-	326 (2.29%)
Any other (PEG, PEJ, ...)	13 (6.60%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	12 (6.09%)	1926 (13.6%)
Eye, ear	-	304 (2.14%)
Nose, throat	14 (7.11%)	388 (2.73%)
Heart, circulation	50 (25.4%)	2647 (18.6%)
Lung	35 (17.8%)	1961 (13.8%)
Liver	4 (2.03%)	913 (6.43%)
Gastrointestinal tract	33 (16.8%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	19 (9.64%)	1689 (11.9%)
Endocrine system	11 (5.58%)	1059 (7.45%)
Skeleton, bone, muscle	9 (4.57%)	2359 (16.6%)
Blood, bone marrow	5 (2.54%)	851 (5.99%)
Skin	3 (1.52%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	36 (18.3%)	3064 (21.6%)
Infection	10 (5.08%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	11 (5.58%)	1007 (7.09%)
No affected organ	16 (8.12%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	32 (16.2%)	2566 (18.1%)
Stroke	4 (2.03%)	798 (5.62%)
COPD	16 (8.12%)	883 (6.22%)
Myocardial infarction	10 (5.08%)	591 (4.16%)
Cardiac insufficiency	31 (15.7%)	1735 (12.2%)
Others	60 (30.5%)	5325 (37.5%)
No comorbidity	77 (39.1%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	140 (79.1%)	12269 (96.1%)
Yes	68 (38.4%)	5661 (44.3%)
No	53 (29.9%)	4638 (36.3%)
No, I've gained weight	15 (8.47%)	1067 (8.36%)
I don't know	4 (2.26%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	68 (38.4%)	5661 (44.3%)
0-4 kg	34 (19.2%)	2538 (19.9%)
5-8 kg	11 (6.21%)	1045 (8.18%)
> 8 kg	16 (9.04%)	1423 (11.1%)
Not sure	7 (3.95%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	67 (37.9%)	6081 (47.6%)
A bit less than normal	28 (15.8%)	2575 (20.2%)
Less than half of normal	21 (11.9%)	1838 (14.4%)
Less than a quarter to nearly nothing	24 (13.6%)	1716 (13.4%)
Missing	37 (20.9%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	75 (42.4%)	6075 (47.6%)
Loss of appetite	33 (18.6%)	3243 (25.4%)
Problems with swallowing, mastication	8 (4.52%)	609 (4.77%)
Nausea	10 (5.65%)	1074 (8.41%)
Other reasons	35 (19.8%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	110 (62.1%)	7570 (59.3%)
No, only with assistance	21 (11.9%)	3323 (26.0%)
No, I stay in bed	8 (4.52%)	1417 (11.1%)
Missing	38 (21.5%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	3 (1.69%)	341 (2.67%)
Good	15 (8.47%)	852 (6.67%)
Very good	34 (19.2%)	3898 (30.5%)
Fair	46 (26.0%)	4501 (35.2%)
Poor	32 (18.1%)	2543 (19.9%)
Missing	47 (26.6%)	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	84 (47.5%)	7557 (59.2%)
No	51 (28.8%)	3941 (30.9%)
- I was not hungry	26 (51.0%)	1936 (49.1%)
- Problems with swallowing / mastication	3 (5.88%)	326 (8.27%)
- Nausea	4 (7.84%)	671 (17.0%)
- Others	21 (41.2%)	969 (24.6%)
no answer	15 (8.47%)	821 (6.43%)


Fluid and supplement intake (n):

Patients with fluid intake	123 (82.0%)	9318 (75.6%)
Drinks per patient & day (l)	0.46	0.55
Patients with supplements	8 (5.33%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

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

Water	108 (72.0%)	7925 (64.3%)
Milk	6 (4.00%)	2062 (16.7%)
Fruit juice	14 (9.33%)	3006 (24.4%)
Tea, coffee	44 (29.3%)	4583 (37.2%)
Soft drinks	8 (5.33%)	746 (6.06%)

Lunch intake (n):

 All	68 (45.3%)	5174 (42.0%)
 1/2	36 (24.0%)	3053 (24.8%)
 1/4	24 (16.0%)	1890 (15.3%)
 Nothing	19 (12.7%)	1954 (15.9%)
? No answer	3 (2.00%)	248 (2.01%)

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

I was not hungry	26 (31.7%)	2066 (28.9%)
I had nausea / vomiting	6 (7.32%)	685 (9.59%)
I was not allowed to eat	8 (9.76%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	2 (2.44%)	553 (7.74%)
I ordered a smaller portion	4 (4.88%)	136 (1.90%)
I was tired	5 (6.10%)	434 (6.07%)
I normaly eat less	11 (13.4%)	584 (8.17%)
I did not like the smell	3 (3.66%)	275 (3.85%)
I did not like the taste	12 (14.6%)	945 (13.2%)

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

Yes	43 (24.3%)	4578 (35.8%)
No	90 (50.8%)	7056 (55.3%)
No answer	17 (9.60%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	17 (39.5%)	1312 (28.7%)
Fresh fruits	10 (23.3%)	1918 (41.9%)
Sandwiches	5 (11.6%)	396 (8.65%)
Dairy products	3 (6.98%)	650 (14.2%)
Preferred dish	3 (6.98%)	522 (11.4%)
Sweets	9 (20.9%)	699 (15.3%)
Fruit Juice	1 (2.33%)	870 (19.0%)
Others	8 (18.6%)	901 (19.7%)

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

Yes	117 (66.1%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires