nutritionDay November 2011 in FINLAND

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:	2
Number of patients on nutritionDay:	58
Number of patients completing Sheet 3a:	23
Number of patients completing Sheet 3b:	23

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]

nutritionDay
WORLDWIDE

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

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Number of beds (n):		
Actual	31 ± 5	37 ± 50
Maximum	31 ± 5	38 ± 31
Number of patients on the nutritionDay (n):		
Total	58	14207
Did not give consent	2 (3.45%)	1205 (8.48%)
Needed help completing form	23 (39.7%)	8324 (58.6%)
Terminally ill	8 (13.8%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	-	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	-	76 (11.2%)
Internal medicine / cardiology	-	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	1 (50.0%)	54 (7.96%)
Internal medicine / nephrology	-	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	1 (50.0%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	-	111 (16.4%)
Cardiothoracic surgery	-	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	-	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	2.00 ± 0.00	6.98 ± 10.34
Physicians per patient	0.07 ± 0.01	0.21 ± 0.27
Consultants	0.50 ± 0.71	3.16 ± 6.27
Consultants per patient	0.01 ± 0.02	0.10 ± 0.21
Registrars	0.00	2.59 ± 4.52
Registrars per patient	0.00	0.08 ± 0.17
Nurses	3.50 ± 0.71	9.92 ± 15.04
Nurses per patient	0.12 ± 0.04	0.27 ± 0.22
Nursing aides	6.00 ± 1.41	2.78 ± 4.15

Nursing aides per patient	0.20 ± 0.01	0.08 ± 0.14
Dieticians and dietetic assistants	1.00 ± 0.00	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.03 ± 0.01	0.06 ± 0.57

Nutrition Care:

Nutrition Team	1 units (50%) Yes	476 units (70%) Yes
Written procedures		
- individual	2 units (100%) Yes	421 units (62%) Yes
- local	1 units (50%) Yes	261 units (38%) Yes
- national	1 units (50%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	2 units (100%) Yes	484 units (71%) Yes
When requested	2 units (100%) Yes	385 units (57%) Yes
Once a week	- units (00%) Yes	249 units (37%) Yes
Occasionally	- units (00%) Yes	59 units (09%) Yes
Never	- units (00%) Yes	18 units (03%) Yes

nutritionDay
WORLDWIDE

II. YOUR PATIENTS ("Sheet 2"):

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

Number of patients (n):

Total	58	14207
Patients who completed sheet 3a	23 (39.7%)	12770 (89.9%)
Patients who completed sheet 3b	23 (39.7%)	12319 (86.7%)

Demographic data:

Age (years)	80 [44-95]	67 [2-105]
Female gender	26 (44.8%)	6921 (48.7%)
Weight (kg)	71.0 ± 15.8	69.6 ± 21.0
Height (cm)	168.6 ± 10.8	165.2 ± 14.5
BMI (kg/m^2)	24.9 ± 3.7	25.4 ± 6.1

ICU-stay:

Any ICU-stay	5 (8.62%)	1412 (9.94%)

Surgery (n):

Preoperative patients	-	1251 (8.81%)
Postoperative patients	7 (12.1%)	3671 (25.8%)

Length of stay in Hospital (days): 54 [20-271]   14 [1-1846]

Outcome after 30 days (n):

Still in hospital	35 (60.3%)	1726 (12.1%)
Transferred to another hospital	1 (1.72%)	390 (2.75%)
Transferred to long-term care	8 (13.8%)	578 (4.07%)
Rehabilitation	1 (1.72%)	366 (2.58%)
Discharge home	5 (8.62%)	9755 (68.7%)
Death	8 (13.8%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	-	612 (4.31%)

Readmitted (n): 3 (5.17%)   1497 (10.5%)

Results in percent referring to the total number of patients

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Nutrition therapy (n)*:		
Enteral nutrition	1 (1.72%)	1136 (8.00%)
Parenteral nutrition	1 (1.72%)	640 (4.50%)
Enteral + parenteral nutrition	1 (1.72%)	140 (0.99%)
Special diet	7 (12.1%)	3640 (25.6%)
Protein supplement	-	1363 (9.59%)
Hospital food	45 (77.6%)	8154 (57.4%)
Others	-	778 (5.48%)
Missing	3 (5.17%)	587 (4.13%)
Lines & tubes (n)*:		
None	3 (5.17%)	9416 (66.3%)
Centralvenous	-	1055 (7.43%)
Nasogastric tube	-	326 (2.29%)
Any other (PEG, PEJ, ...)	55 (94.8%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	37 (63.8%)	1926 (13.6%)
Eye, ear	2 (3.45%)	304 (2.14%)
Nose, throat	-	388 (2.73%)
Heart, circulation	16 (27.6%)	2647 (18.6%)
Lung	3 (5.17%)	1961 (13.8%)
Liver	-	913 (6.43%)
Gastrointestinal tract	-	3161 (22.2%)
Kidney, urinary tract, female genital tract	2 (3.45%)	1689 (11.9%)
Endocrine system	5 (8.62%)	1059 (7.45%)
Skeleton, bone, muscle	4 (6.90%)	2359 (16.6%)
Blood, bone marrow	-	851 (5.99%)
Skin	2 (3.45%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	9 (15.5%)	3064 (21.6%)
Infection	3 (5.17%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	2 (3.45%)	1007 (7.09%)
No affected organ	3 (5.17%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	12 (20.7%)	2566 (18.1%)
Stroke	11 (19.0%)	798 (5.62%)
COPD	6 (10.3%)	883 (6.22%)
Myocardial infarction	1 (1.72%)	591 (4.16%)
Cardiac insufficiency	7 (12.1%)	1735 (12.2%)
Others	17 (29.3%)	5325 (37.5%)
No comorbidity	19 (32.8%)	5505 (38.7%)

Results in percent referring to the total number of patients

nutritionDay
WORLDWIDE

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Weight loss within the last 3 months (n):		
Total of patients answering	23 (100%)	12269 (96.1%)
Yes	9 (39.1%)	5661 (44.3%)
No	11 (47.8%)	4638 (36.3%)
No, I've gained weight	2 (8.70%)	1067 (8.36%)
I don't know	1 (4.35%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	9 (39.1%)	5661 (44.3%)
0-4 kg	4 (17.4%)	2538 (19.9%)
5-8 kg	2 (8.70%)	1045 (8.18%)
> 8 kg	1 (4.35%)	1423 (11.1%)
Not sure	2 (8.70%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	17 (73.9%)	6081 (47.6%)
A bit less than normal	2 (8.70%)	2575 (20.2%)
Less than half of normal	1 (4.35%)	1838 (14.4%)
Less than a quarter to nearly nothing	2 (8.70%)	1716 (13.4%)
Missing	1 (4.35%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	6 (26.1%)	6075 (47.6%)
Loss of appetite	5 (21.7%)	3243 (25.4%)
Problems with swallowing, mastication	-	609 (4.77%)
Nausea	1 (4.35%)	1074 (8.41%)
Other reasons	1 (4.35%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	7 (30.4%)	7570 (59.3%)
No, only with assistance	9 (39.1%)	3323 (26.0%)
No, I stay in bed	6 (26.1%)	1417 (11.1%)
Missing	1 (4.35%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	-	341 (2.67%)
Good	-	852 (6.67%)
Very good	4 (17.4%)	3898 (30.5%)
Fair	13 (56.5%)	4501 (35.2%)
Poor	4 (17.4%)	2543 (19.9%)
Missing	2 (8.70%)	635 (4.97%)

Results in percent referring to the total number of patients answering

nutritionDay
WORLDWIDE

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

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

Hospital food intake:

„Is your appetite normal?" (n):

Yes	21 (91.3%)	7557 (59.2%)
No	2 (8.70%)	3941 (30.9%)
- I was not hungry	1 (50.0%)	1936 (49.1%)
- Problems with swallowing / mastication	-	326 (8.27%)
- Nausea	-	671 (17.0%)
- Others	1 (50.0%)	969 (24.6%)
no answer	-	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	21 (91.3%)	9318 (75.6%)
Drinks per patient & day (l)	0.26	0.55
Patients with supplements	2 (8.70%)	1147 (9.31%)
Supplements per patient & day (l)	0.02	0.04

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

Water	8 (34.8%)	7925 (64.3%)
Milk	20 (87.0%)	2062 (16.7%)
Fruit juice	2 (8.70%)	3006 (24.4%)
Tea, coffee	-	4583 (37.2%)
Soft drinks	-	746 (6.06%)

Lunch intake (n):

All	9 (39.1%)	5174 (42.0%)
1/2	9 (39.1%)	3053 (24.8%)
1/4	4 (17.4%)	1890 (15.3%)
Nothing	1 (4.35%)	1954 (15.9%)
? No answer	-	248 (2.01%)

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

I was not hungry	4 (28.6%)	2066 (28.9%)
I had nausea / vomiting	-	685 (9.59%)
I was not allowed to eat	-	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	-	553 (7.74%)
I ordered a smaller portion	-	136 (1.90%)
I was tired	-	434 (6.07%)
I normaly eat less	3 (21.4%)	584 (8.17%)
I did not like the smell	1 (7.14%)	275 (3.85%)
I did not like the taste	8 (57.1%)	945 (13.2%)

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

Yes	-	4578 (35.8%)
No	23 (100%)	7056 (55.3%)
No answer	-	685 (5.36%)

„What do you eat?" (n)*:

Cakes, biscuits	-	1312 (28.7%)
Fresh fruits	-	1918 (41.9%)
Sandwiches	-	396 (8.65%)
Dairy products	-	650 (14.2%)
Preferred dish	-	522 (11.4%)
Sweets	-	699 (15.3%)
Fruit Juice	-	870 (19.0%)
Others	-	901 (19.7%)

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

Yes	22 (95.7%)	8581 (67.2%)

Results referring to the total number of completed questionnaires