



## **nutritionDay November 2011 in ITALY**

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:	21
Number of patients on nutritionDay:	313
Number of patients completing Sheet 3a:	300
Number of patients completing Sheet 3b:	300

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 ± 14	37 ± 50
Maximum	34 ± 15	38 ± 31
<b>Number of patients on the nutritionDay (n):</b>		
Total	313	14207
Did not give consent	7 (2.24%)	1205 (8.48%)
Needed help completing form	171 (54.6%)	8324 (58.6%)
Terminally ill	4 (1.28%)	988 (6.95%)
<b>Specialities (n):</b>		
Internal medicine / general	2 (9.52%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	1 (4.76%)	76 (11.2%)
Internal medicine / cardiology	1 (4.76%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	2 (9.52%)	54 (7.96%)
Internal medicine / nephrology	-	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	1 (4.76%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	4 (19.0%)	111 (16.4%)
Cardiothoracic surgery	2 (9.52%)	17 (2.51%)
Orthopedic surgery	1 (4.76%)	39 (5.75%)
Trauma	1 (4.76%)	7 (1.03%)
Neurosurgery	1 (4.76%)	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	5 (23.8%)	81 (11.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.71 ± 2.61	6.98 ± 10.34
Physicians per patient	0.17 ± 0.12	0.21 ± 0.27
Consultants	0.52 ± 2.18	3.16 ± 6.27
Consultants per patient	0.01 ± 0.04	0.10 ± 0.21
Registrars	2.86 ± 4.07	2.59 ± 4.52
Registrars per patient	0.15 ± 0.28	0.08 ± 0.17
Nurses	4.33 ± 3.35	9.92 ± 15.04
Nurses per patient	0.16 ± 0.12	0.27 ± 0.22
Nursing aides	2.90 ± 2.14	2.78 ± 4.15

Nursing aides per patient	0.09 ± 0.05	0.08 ± 0.14
Dieticians and dietetic assistants	0.90 ± 2.66	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.11	0.06 ± 0.57

**Nutrition Care:**

Nutrition Team	8 units (38%) Yes	476 units (70%) Yes
Written procedures		
- individual	9 units (43%) Yes	421 units (62%) Yes
- local	3 units (14%) Yes	261 units (38%) Yes
- national	7 units (33%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

**Patients' weight assessed:**

On admission	7 units (33%) Yes	484 units (71%) Yes
When requested	17 units (81%) 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

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

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
<b>Number of patients (n):</b>		
Total	313	14207
Patients who completed sheet 3a	300 (95.8%)	12770 (89.9%)
Patients who completed sheet 3b	300 (95.8%)	12319 (86.7%)
<b>Demographic data:</b>		
Age (years)	71 [12-92]	67 [2-105]
Female gender	142 (45.4%)	6921 (48.7%)
Weight (kg)	71.3 ± 14.8	69.6 ± 21.0
Height (cm)	165.9 ± 9.1	165.2 ± 14.5
BMI (kg/m <sup>2</sup> )	25.9 ± 4.7	25.4 ± 6.1
<b>ICU-stay:</b>		
Any ICU-stay	37 (11.8%)	1412 (9.94%)
<b>Surgery (n):</b>		
Preoperative patients	33 (10.5%)	1251 (8.81%)
Postoperative patients	122 (39.0%)	3671 (25.8%)
<b>Length of stay in Hospital (days):</b>	16 [3-161]	14 [1-1846]
<b>Outcome after 30 days (n):</b>		
Still in hospital	31 (9.90%)	1726 (12.1%)
Transferred to another hospital	15 (4.79%)	390 (2.75%)
Transferred to long-term care	11 (3.51%)	578 (4.07%)
Rehabilitation	29 (9.27%)	366 (2.58%)
Discharge home	206 (65.8%)	9755 (68.7%)
Death	5 (1.60%)	576 (4.05%)
Others	2 (0.64%)	204 (1.44%)
Missing	14 (4.47%)	612 (4.31%)
<b>Readmitted (n):</b>	4 (1.28%)	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	2 (0.64%)	1136 (8.00%)
Parenteral nutrition	10 (3.19%)	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	54 (17.3%)	3640 (25.6%)
Protein supplement	13 (4.15%)	1363 (9.59%)
Hospital food	230 (73.5%)	8154 (57.4%)
Others	13 (4.15%)	778 (5.48%)
Missing	-	587 (4.13%)
<b>Lines &amp; tubes (n)*:</b>		
None	183 (58.5%)	9416 (66.3%)
Centralvenous	35 (11.2%)	1055 (7.43%)
Nasogastric tube	-	326 (2.29%)
Any other (PEG, PEJ, ...)	95 (30.4%)	3410 (24.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	32 (10.2%)	1926 (13.6%)
Eye, ear	-	304 (2.14%)
Nose, throat	1 (0.32%)	388 (2.73%)
Heart, circulation	119 (38.0%)	2647 (18.6%)
Lung	26 (8.31%)	1961 (13.8%)
Liver	14 (4.47%)	913 (6.43%)
Gastrointestinal tract	52 (16.6%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	28 (8.95%)	1689 (11.9%)
Endocrine system	15 (4.79%)	1059 (7.45%)
Skeleton, bone, muscle	85 (27.2%)	2359 (16.6%)
Blood, bone marrow	19 (6.07%)	851 (5.99%)
Skin	7 (2.24%)	466 (3.28%)
Ischaemia	25 (7.99%)	180 (1.27%)
Cancer	49 (15.7%)	3064 (21.6%)
Infection	17 (5.43%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	9 (2.88%)	1007 (7.09%)
No affected organ	-	590 (4.15%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	66 (21.1%)	2566 (18.1%)
Stroke	21 (6.71%)	798 (5.62%)
COPD	23 (7.35%)	883 (6.22%)
Myocardial infarction	38 (12.1%)	591 (4.16%)
Cardiac insufficiency	44 (14.1%)	1735 (12.2%)
Others	175 (55.9%)	5325 (37.5%)
No comorbidity	59 (18.8%)	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	299 (99.7%)	12269 (96.1%)
Yes	140 (46.7%)	5661 (44.3%)
No	133 (44.3%)	4638 (36.3%)
No, I've gained weight	22 (7.33%)	1067 (8.36%)
I don't know	4 (1.33%)	903 (7.07%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	140 (46.7%)	5661 (44.3%)
0-4 kg	77 (25.7%)	2538 (19.9%)
5-8 kg	16 (5.33%)	1045 (8.18%)
> 8 kg	34 (11.3%)	1423 (11.1%)
Not sure	13 (4.33%)	576 (4.51%)
Missing	-	79 (0.62%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	146 (48.7%)	6081 (47.6%)
A bit less than normal	80 (26.7%)	2575 (20.2%)
Less than half of normal	50 (16.7%)	1838 (14.4%)
Less than a quarter to nearly nothing	24 (8.00%)	1716 (13.4%)
Missing	-	560 (4.39%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	147 (49.0%)	6075 (47.6%)
Loss of appetite	74 (24.7%)	3243 (25.4%)
Problems with swallowing, mastication	12 (4.00%)	609 (4.77%)
Nausea	20 (6.67%)	1074 (8.41%)
Other reasons	58 (19.3%)	2325 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	193 (64.3%)	7570 (59.3%)
No, only with assistance	75 (25.0%)	3323 (26.0%)
No, I stay in bed	32 (10.7%)	1417 (11.1%)
Missing	-	460 (3.60%)
<b>"In general would you say your health is" (n):</b>		
Excellent	-	341 (2.67%)
Good	20 (6.67%)	852 (6.67%)
Very good	97 (32.3%)	3898 (30.5%)
Fair	125 (41.7%)	4501 (35.2%)
Poor	48 (16.0%)	2543 (19.9%)
Missing	10 (3.33%)	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	185 (61.7%)	7557 (59.2%)
No	109 (36.3%)	3941 (30.9%)
- I was not hungry	64 (58.7%)	1936 (49.1%)
- Problems with swallowing / mastication	2 (1.83%)	326 (8.27%)
- Nausea	17 (15.6%)	671 (17.0%)
- Others	10 (9.17%)	969 (24.6%)
no answer	6 (2.00%)	821 (6.43%)

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

Patients with fluid intake	256 (85.3%)	9318 (75.6%)
Drinks per patient & day (l)	0.46	0.55
Patients with supplements	15 (5.00%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

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

Water	285 (95.0%)	7925 (64.3%)
Milk	130 (43.3%)	2062 (16.7%)
Fruit juice	54 (18.0%)	3006 (24.4%)
Tea, coffee	199 (66.3%)	4583 (37.2%)
Soft drinks	7 (2.33%)	746 (6.06%)

##### Lunch intake (n):

 All	122 (40.7%)	5174 (42.0%)
 1/2	84 (28.0%)	3053 (24.8%)
 1/4	41 (13.7%)	1890 (15.3%)
 Nothing	51 (17.0%)	1954 (15.9%)
? No answer	2 (0.67%)	248 (2.01%)

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

I was not hungry	44 (24.7%)	2066 (28.9%)
I had nausea / vomiting	13 (7.30%)	685 (9.59%)
I was not allowed to eat	16 (8.99%)	702 (9.83%)
I kann not eat without help	3 (1.69%)	104 (1.46%)
I had an examination / surgery	32 (18.0%)	553 (7.74%)
I ordered a smaller portion	2 (1.12%)	136 (1.90%)
I was tired	6 (3.37%)	434 (6.07%)
I normaly eat less	5 (2.81%)	584 (8.17%)
I did not like the smell	7 (3.93%)	275 (3.85%)
I did not like the taste	27 (15.2%)	945 (13.2%)



---

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

Yes	87 (29.0%)	4578 (35.8%)
No	208 (69.3%)	7056 (55.3%)
No answer	5 (1.67%)	685 (5.36%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	31 (35.6%)	1312 (28.7%)
Fresh fruits	45 (51.7%)	1918 (41.9%)
Sandwiches	4 (4.60%)	396 (8.65%)
Dairy products	8 (9.20%)	650 (14.2%)
Preferred dish	1 (1.15%)	522 (11.4%)
Sweets	8 (9.20%)	699 (15.3%)
Fruit Juice	26 (29.9%)	870 (19.0%)
Others	9 (10.3%)	901 (19.7%)

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

Yes	158 (52.7%)	8581 (67.2%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires