



nutritionDay November 2011 in OMAN

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:	7
Number of patients on nutritionDay:	130
Number of patients completing Sheet 3a:	64
Number of patients completing Sheet 3b:	61

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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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	25 ± 2	37 ± 50
Maximum	27 ± 2	38 ± 31
Number of patients on the nutritionDay (n):		
Total	130	14207
Did not give consent	64 (49.2%)	1205 (8.48%)
Needed help completing form	28 (21.5%)	8324 (58.6%)
Terminally ill	34 (26.2%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	1 (14.3%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	2 (28.6%)	76 (11.2%)
Internal medicine / cardiology	-	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)	1 (14.3%)	18 (2.65%)
General surgery	1 (14.3%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	-	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	2 (28.6%)	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	-	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	7.17 ± 8.11	6.98 ± 10.34
Physicians per patient	0.27 ± 0.30	0.21 ± 0.27
Consultants	5.29 ± 7.30	3.16 ± 6.27
Consultants per patient	0.19 ± 0.27	0.10 ± 0.21
Registrars	4.14 ± 7.20	2.59 ± 4.52
Registrars per patient	0.15 ± 0.27	0.08 ± 0.17
Nurses	16.71 ± 10.90	9.92 ± 15.04
Nurses per patient	0.63 ± 0.40	0.27 ± 0.22
Nursing aides	0.86 ± 1.86	2.78 ± 4.15

Nursing aides per patient	0.03 ± 0.08	0.08 ± 0.14
Dieticians and dietetic assistants	1.71 ± 0.76	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.06 ± 0.03	0.06 ± 0.57

Nutrition Care:

Nutrition Team	- units (00%) Yes	476 units (70%) Yes
Written procedures		
- individual	7 units (100%) Yes	421 units (62%) Yes
- local	1 units (14%) Yes	261 units (38%) Yes
- national	- units (00%) Yes	234 units (35%) Yes
- other	7 units (100%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	7 units (100%) Yes	484 units (71%) Yes
When requested	2 units (29%) Yes	385 units (57%) Yes
Once a week	2 units (29%) 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	130	14207
Patients who completed sheet 3a	64 (49.2%)	12770 (89.9%)
Patients who completed sheet 3b	61 (46.9%)	12319 (86.7%)
Demographic data:		
Age (years)	37 [19-90]	67 [2-105]
Female gender	87 (66.9%)	6921 (48.7%)
Weight (kg)	64.1 ± 22.5	69.6 ± 21.0
Height (cm)	150.8 ± 34.1	165.2 ± 14.5
BMI (kg/m ²)	28.5 ± 10.4	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	-	1412 (9.94%)
Surgery (n):		
Preoperative patients	25 (19.2%)	1251 (8.81%)
Postoperative patients	13 (10.0%)	3671 (25.8%)
Length of stay in Hospital (days):	8 [3-99]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	5 (3.85%)	1726 (12.1%)
Transferred to another hospital	-	390 (2.75%)
Transferred to long-term care	-	578 (4.07%)
Rehabilitation	-	366 (2.58%)
Discharge home	55 (42.3%)	9755 (68.7%)
Death	7 (5.38%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	63 (48.5%)	612 (4.31%)
Readmitted (n):	18 (13.8%)	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	2 (1.54%)	1136 (8.00%)
Parenteral nutrition	-	640 (4.50%)
Enteral + parenteral nutrition	1 (0.77%)	140 (0.99%)
Special diet	17 (13.1%)	3640 (25.6%)
Protein supplement	6 (4.62%)	1363 (9.59%)
Hospital food	88 (67.7%)	8154 (57.4%)
Others	17 (13.1%)	778 (5.48%)
Missing	9 (6.92%)	587 (4.13%)
Lines & tubes (n)*:		
None	14 (10.8%)	9416 (66.3%)
Centralvenous	12 (9.23%)	1055 (7.43%)
Nasogastric tube	1 (0.77%)	326 (2.29%)
Any other (PEG, PEJ, ...)	103 (79.2%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	1 (0.77%)	1926 (13.6%)
Eye, ear	17 (13.1%)	304 (2.14%)
Nose, throat	3 (2.31%)	388 (2.73%)
Heart, circulation	7 (5.38%)	2647 (18.6%)
Lung	4 (3.08%)	1961 (13.8%)
Liver	3 (2.31%)	913 (6.43%)
Gastrointestinal tract	5 (3.85%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	22 (16.9%)	1689 (11.9%)
Endocrine system	17 (13.1%)	1059 (7.45%)
Skeleton, bone, muscle	2 (1.54%)	2359 (16.6%)
Blood, bone marrow	24 (18.5%)	851 (5.99%)
Skin	3 (2.31%)	466 (3.28%)
Ischaemia	1 (0.77%)	180 (1.27%)
Cancer	24 (18.5%)	3064 (21.6%)
Infection	2 (1.54%)	1078 (7.59%)
Pregnancy	13 (10.0%)	36 (0.25%)
Others	21 (16.2%)	1007 (7.09%)
No affected organ	10 (7.69%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	26 (20.0%)	2566 (18.1%)
Stroke	1 (0.77%)	798 (5.62%)
COPD	-	883 (6.22%)
Myocardial infarction	2 (1.54%)	591 (4.16%)
Cardiac insufficiency	-	1735 (12.2%)
Others	100 (76.9%)	5325 (37.5%)
No comorbidity	14 (10.8%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	59 (92.2%)	12269 (96.1%)
Yes	22 (34.4%)	5661 (44.3%)
No	19 (29.7%)	4638 (36.3%)
No, I've gained weight	11 (17.2%)	1067 (8.36%)
I don't know	7 (10.9%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	22 (34.4%)	5661 (44.3%)
0-4 kg	12 (18.8%)	2538 (19.9%)
5-8 kg	2 (3.13%)	1045 (8.18%)
> 8 kg	7 (10.9%)	1423 (11.1%)
Not sure	1 (1.56%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	25 (39.1%)	6081 (47.6%)
A bit less than normal	19 (29.7%)	2575 (20.2%)
Less than half of normal	8 (12.5%)	1838 (14.4%)
Less than a quarter to nearly nothing	9 (14.1%)	1716 (13.4%)
Missing	3 (4.69%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	34 (53.1%)	6075 (47.6%)
Loss of appetite	26 (40.6%)	3243 (25.4%)
Problems with swallowing, mastication	2 (3.13%)	609 (4.77%)
Nausea	7 (10.9%)	1074 (8.41%)
Other reasons	4 (6.25%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	46 (71.9%)	7570 (59.3%)
No, only with assistance	8 (12.5%)	3323 (26.0%)
No, I stay in bed	7 (10.9%)	1417 (11.1%)
Missing	3 (4.69%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	4 (6.25%)	341 (2.67%)
Good	8 (12.5%)	852 (6.67%)
Very good	36 (56.3%)	3898 (30.5%)
Fair	2 (3.13%)	4501 (35.2%)
Poor	10 (15.6%)	2543 (19.9%)
Missing	4 (6.25%)	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	27 (42.2%)	7557 (59.2%)
No	23 (35.9%)	3941 (30.9%)
- I was not hungry	4 (17.4%)	1936 (49.1%)
- Problems with swallowing / mastication	1 (4.35%)	326 (8.27%)
- Nausea	5 (21.7%)	671 (17.0%)
- Others	2 (8.70%)	969 (24.6%)
no answer	11 (17.2%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	43 (70.5%)	9318 (75.6%)
Drinks per patient & day (l)	0.33	0.55
Patients with supplements	8 (13.1%)	1147 (9.31%)
Supplements per patient & day (l)	0.04	0.04

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

Water	53 (86.9%)	7925 (64.3%)
Milk	16 (26.2%)	2062 (16.7%)
Fruit juice	20 (32.8%)	3006 (24.4%)
Tea, coffee	8 (13.1%)	4583 (37.2%)
Soft drinks	-	746 (6.06%)

Lunch intake (n):

 All	7 (11.5%)	5174 (42.0%)
 1/2	17 (27.9%)	3053 (24.8%)
 1/4	26 (42.6%)	1890 (15.3%)
 Nothing	10 (16.4%)	1954 (15.9%)
? No answer	1 (1.64%)	248 (2.01%)

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

I was not hungry	8 (14.8%)	2066 (28.9%)
I had nausea / vomiting	9 (16.7%)	685 (9.59%)
I was not allowed to eat	1 (1.85%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	2 (3.70%)	553 (7.74%)
I ordered a smaller portion	6 (11.1%)	136 (1.90%)
I was tired	6 (11.1%)	434 (6.07%)
I normaly eat less	1 (1.85%)	584 (8.17%)
I did not like the smell	4 (7.41%)	275 (3.85%)
I did not like the taste	10 (18.5%)	945 (13.2%)

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

Yes	28 (43.8%)	4578 (35.8%)
No	31 (48.4%)	7056 (55.3%)
No answer	2 (3.13%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	10 (35.7%)	1312 (28.7%)
Fresh fruits	8 (28.6%)	1918 (41.9%)
Sandwiches	7 (25.0%)	396 (8.65%)
Dairy products	8 (28.6%)	650 (14.2%)
Preferred dish	5 (17.9%)	522 (11.4%)
Sweets	5 (17.9%)	699 (15.3%)
Fruit Juice	15 (53.6%)	870 (19.0%)
Others	1 (3.57%)	901 (19.7%)

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

Yes	33 (51.6%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires