



nutritionDay November 2012 in BRAZIL

Dear participant,

Mai 2013

Thank you for your participation in nutritionDay worldwide in November 2012 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	41
Number of patients on nutritionDay:	785
Number of patients completing Sheet 3a:	750
Number of patients completing Sheet 3b:	725

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 7th 2013. 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

Sigrid Kosak

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 2012 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2012.

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 2012 = 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"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of beds (n):		
Actual	34 ± 44	30 ± 30
Maximum	39 ± 42	33 ± 20
Number of patients on the nutritionDay (n):		
Total	785	14093
Did not give consent	20 (2.55%)	1118 (7.93%)
Needed help completing form	441 (56.2%)	7592 (53.9%)
Terminally ill	25 (3.18%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	19 (46.3%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	1 (2.44%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	4 (9.76%)	82 (12.5%)
Internal medicine / cardiology	1 (2.44%)	32 (4.86%)
Internal medicine / infectious diseases	5 (12.2%)	10 (1.52%)
Internal medicine / geriatrics	-	51 (7.75%)
Internal medicine / nephrology	1 (2.44%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	-	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	5 (12.2%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	-	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	1 (2.44%)	8 (1.22%)
Others	4 (9.76%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	13.76 ± 19.38	6.65 ± 9.35
Physicians per patient	0.40 ± 0.57	0.21 ± 0.27
Consultants	1.13 ± 2.21	2.70 ± 4.89
Consultants per patient	0.03 ± 0.08	0.09 ± 0.16
Registrars	5.08 ± 8.59	2.65 ± 4.92
Registrars per patient	0.11 ± 0.15	0.09 ± 0.16
Nurses		
Nurses	4.12 ± 5.39	8.33 ± 9.99
Nurses per patient	0.11 ± 0.08	0.27 ± 0.26
Nursing aides	14.71 ± 25.96	3.46 ± 7.88

Nursing aides per patient	0.31 ± 0.24	0.10 ± 0.12
Dieticians and dietetic assistants	3.73 ± 4.96	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.10 ± 0.09	0.04 ± 0.05

Nutrition Care:

Nutrition Team	39 units (95%) Yes	477 units (72%) Yes
Written procedures		
- individual	27 units (66%) Yes	430 units (65%) Yes
- local	34 units (83%) Yes	276 units (42%) Yes
- national	27 units (66%) Yes	270 units (41%) Yes
- other	3 units (07%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	23 units (56%) Yes	462 units (70%) Yes
When requested	16 units (39%) Yes	341 units (52%) Yes
Once a week	16 units (39%) Yes	243 units (37%) Yes
Occasionally	12 units (29%) Yes	86 units (13%) Yes
Never	- units (00%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	785	14093
Patients who completed sheet 3a	750 (95.5%)	12396 (88.0%)
Patients who completed sheet 3b	725 (92.4%)	12050 (85.5%)
Demographic data:		
Age (years)	58 [14-94]	66 [3-113]
Female gender	352 (44.8%)	6843 (48.6%)
Weight (kg)	66.3 ± 16.1	70.7 ± 19.3
Height (cm)	164.1 ± 9.2	165.4 ± 11.8
BMI (kg/m ²)	24.6 ± 5.4	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	85 (10.8%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	111 (14.1%)	1329 (9.43%)
Postoperative patients	126 (16.1%)	3478 (24.7%)
Length of stay in Hospital (days):	13 [2-100]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	36 (4.59%)	1430 (10.1%)
Transferred to another hospital	9 (1.15%)	315 (2.24%)
Transferred to long-term care	1 (0.13%)	720 (5.11%)
Rehabilitation	2 (0.25%)	417 (2.96%)
Discharge home	444 (56.6%)	9797 (69.5%)
Death	35 (4.46%)	614 (4.36%)
Others	4 (0.51%)	191 (1.36%)
Missing	254 (32.4%)	609 (4.32%)
Readmitted (n):	51 (6.50%)	1341 (9.52%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Nutrition therapy (n)*:		
Enteral nutrition	89 (11.3%)	1007 (7.15%)
Parenteral nutrition	7 (0.89%)	504 (3.58%)
Enteral + parenteral nutrition	1 (0.13%)	164 (1.16%)
Special diet	208 (26.5%)	3511 (24.9%)
Protein supplement	100 (12.7%)	1606 (11.4%)
Hospital food	441 (56.2%)	7651 (54.3%)
Others	32 (4.08%)	775 (5.50%)
Missing	25 (3.18%)	760 (5.39%)
Lines & tubes (n)*:		
None	588 (74.9%)	8953 (63.5%)
Centralvenous	22 (2.80%)	977 (6.93%)
Nasogastric tube	45 (5.73%)	353 (2.50%)
Any other (PEG, PEJ, ...)	130 (16.6%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	89 (11.3%)	1754 (12.4%)
Eye, ear	10 (1.27%)	215 (1.53%)
Nose, throat	31 (3.95%)	337 (2.39%)
Heart, circulation	125 (15.9%)	2339 (16.6%)
Lung	130 (16.6%)	2014 (14.3%)
Liver	53 (6.75%)	645 (4.58%)
Gastrointestinal tract	144 (18.3%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	115 (14.6%)	1812 (12.9%)
Endocrine system	30 (3.82%)	801 (5.68%)
Skeleton, bone, muscle	35 (4.46%)	2123 (15.1%)
Blood, bone marrow	36 (4.59%)	695 (4.93%)
Skin	23 (2.93%)	499 (3.54%)
Ischaemia	8 (1.02%)	172 (1.22%)
Cancer	156 (19.9%)	2464 (17.5%)
Infection	64 (8.15%)	941 (6.68%)
Pregnancy	3 (0.38%)	92 (0.65%)
Others	55 (7.01%)	904 (6.41%)
No affected organ	13 (1.66%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	146 (18.6%)	2631 (18.7%)
Stroke	33 (4.20%)	694 (4.92%)
COPD	24 (3.06%)	876 (6.22%)
Myocardial infarction	13 (1.66%)	436 (3.09%)
Cardiac insufficiency	34 (4.33%)	1477 (10.5%)
Others	358 (45.6%)	6137 (43.5%)
No comorbidity	309 (39.4%)	5101 (36.2%)

Results in percent referring to the total number of patients

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

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Weight loss within the last 3 months (n):		
Total of patients answering	743 (99.1%)	11983 (96.7%)
Yes	467 (62.3%)	5671 (45.7%)
No	172 (22.9%)	4600 (37.1%)
No, I've gained weight	63 (8.40%)	930 (7.50%)
I don't know	41 (5.47%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	467 (62.3%)	5671 (45.7%)
0-4 kg	161 (21.5%)	2488 (20.1%)
5-8 kg	76 (10.1%)	1057 (8.53%)
> 8 kg	169 (22.5%)	1455 (11.7%)
Not sure	58 (7.73%)	581 (4.69%)
Missing	3 (0.40%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	335 (44.7%)	5813 (46.9%)
A bit less than normal	114 (15.2%)	2701 (21.8%)
Less than half of normal	136 (18.1%)	1765 (14.2%)
Less than a quarter to nearly nothing	135 (18.0%)	1645 (13.3%)
Missing	30 (4.00%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	398 (53.1%)	6130 (49.5%)
Loss of appetite	228 (30.4%)	3309 (26.7%)
Problems with swallowing, mastication	34 (4.53%)	612 (4.94%)
Nausea	80 (10.7%)	1019 (8.22%)
Other reasons	125 (16.7%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	480 (64.0%)	7152 (57.7%)
No, only with assistance	157 (20.9%)	3308 (26.7%)
No, I stay in bed	102 (13.6%)	1514 (12.2%)
Missing	11 (1.47%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	43 (5.73%)	452 (3.65%)
Good	45 (6.00%)	1001 (8.08%)
Very good	215 (28.7%)	3855 (31.1%)
Fair	243 (32.4%)	4253 (34.3%)
Poor	185 (24.7%)	2351 (19.0%)
Missing	19 (2.53%)	484 (3.90%)
Results in percent referring to the total number of patients answering		

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

658 units, 14093 patients

YOUR RESULTS REFERENCE ND-12

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	394 (52.5%)	7231 (58.3%)
No	265 (35.3%)	4009 (32.3%)
- I was not hungry	160 (60.4%)	1882 (46.9%)
- Problems with swallowing / mastication	18 (6.79%)	345 (8.61%)
- Nausea	45 (17.0%)	660 (16.5%)
- Others	53 (20.0%)	1147 (28.6%)
no answer	66 (8.80%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	498 (68.7%)	9000 (74.7%)
Drinks per patient & day (l)	0.49	0.39
Patients with supplements	68 (9.38%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	557 (76.8%)	7568 (62.8%)
Milk	342 (47.2%)	2220 (18.4%)
Fruit juice	368 (50.8%)	3083 (25.6%)
Tea, coffee	281 (38.8%)	4258 (35.3%)
Soft drinks	62 (8.55%)	1010 (8.38%)

Lunch intake (n):

 All	267 (36.8%)	4890 (40.6%)
 1/2	173 (23.9%)	3106 (25.8%)
 1/4	133 (18.3%)	1863 (15.5%)
 Nothing	126 (17.4%)	1866 (15.5%)
? No answer	26 (3.59%)	325 (2.70%)

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

I was not hungry	177 (38.6%)	2028 (28.3%)
I had nausea / vomiting	50 (10.9%)	559 (7.81%)
I was not allowed to eat	48 (10.5%)	741 (10.3%)
I kann not eat without help	7 (1.53%)	89 (1.24%)
I had an examination / surgery	36 (7.86%)	506 (7.07%)
I ordered a smaller portion	9 (1.97%)	166 (2.32%)
I was tired	6 (1.31%)	408 (5.70%)
I normaly eat less	18 (3.93%)	475 (6.63%)
I did not like the smell	21 (4.59%)	238 (3.32%)
I did not like the taste	48 (10.5%)	930 (13.0%)

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

Yes	274 (36.5%)	4287 (34.6%)
No	390 (52.0%)	7009 (56.5%)
No answer	61 (8.13%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	110 (40.1%)	1239 (28.9%)
Fresh fruits	172 (62.8%)	1825 (42.6%)
Sandwiches	27 (9.85%)	354 (8.26%)
Dairy products	37 (13.5%)	592 (13.8%)
Preferred dish	16 (5.84%)	425 (9.91%)
Sweets	22 (8.03%)	626 (14.6%)
Fruit Juice	55 (20.1%)	711 (16.6%)
Others	34 (12.4%)	842 (19.6%)

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

Yes	574 (76.5%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires