



## **nutritionDay November 2012 in CHINA**

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:	8
Number of patients on nutritionDay:	515
Number of patients completing Sheet 3a:	504
Number of patients completing Sheet 3b:	500

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 7<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	52 ± 19	30 ± 30
Maximum	58 ± 21	33 ± 20
<b>Number of patients on the nutritionDay (n):</b>		
Total	515	14093
Did not give consent	-	1118 (7.93%)
Needed help completing form	305 (59.2%)	7592 (53.9%)
Terminally ill	11 (2.14%)	962 (6.83%)
<b>Specialities (n):</b>		
Internal medicine / general	-	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	1 (12.5%)	82 (12.5%)
Internal medicine / cardiology	-	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	-	51 (7.75%)
Internal medicine / nephrology	-	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	-	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	1 (12.5%)	99 (15.0%)
Cardiothoracic surgery	1 (12.5%)	7 (1.06%)
Orthopedic surgery	1 (12.5%)	41 (6.23%)
Trauma	1 (12.5%)	11 (1.67%)
Neurosurgery	1 (12.5%)	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	2 (25.0%)	85 (12.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	36.00 ± 26.95	6.65 ± 9.35
Physicians per patient	0.58 ± 0.31	0.21 ± 0.27
Consultants	0.00 ± 0.00	2.70 ± 4.89
Consultants per patient	0.00 ± 0.00	0.09 ± 0.16
Registrars	0.00 ± 0.00	2.65 ± 4.92
Registrars per patient	0.00 ± 0.00	0.09 ± 0.16
Nurses	43.38 ± 31.08	8.33 ± 9.99
Nurses per patient	0.75 ± 0.38	0.27 ± 0.26
Nursing aides	0.88 ± 2.10	3.46 ± 7.88

Nursing aides per patient	0.01 ± 0.03	0.10 ± 0.12
Dieticians and dietetic assistants	0.00 ± 0.00	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.00 ± 0.00	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	8 units (100%) Yes	477 units (72%) Yes
Written procedures		
- individual	8 units (100%) Yes	430 units (65%) Yes
- local	- units (00%) Yes	276 units (42%) Yes
- national	- units (00%) Yes	270 units (41%) Yes
- other	- units (00%) Yes	74 units (11%) Yes

**Patients' weight assessed:**

On admission	8 units (100%) Yes	462 units (70%) Yes
When requested	6 units (75%) Yes	341 units (52%) Yes
Once a week	4 units (50%) Yes	243 units (37%) Yes
Occasionally	- units (00%) 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
<b>Number of patients (n):</b>		
Total	515	14093
Patients who completed sheet 3a	504 (97.9%)	12396 (88.0%)
Patients who completed sheet 3b	500 (97.1%)	12050 (85.5%)
<b>Demographic data:</b>		
Age (years)	53 [3-101]	66 [3-113]
Female gender	206 (40.0%)	6843 (48.6%)
Weight (kg)	63.1 ± 12.0	70.7 ± 19.3
Height (cm)	166.7 ± 8.8	165.4 ± 11.8
BMI (kg/m <sup>2</sup> )	22.6 ± 3.6	25.7 ± 6.3
<b>ICU-stay:</b>		
Any ICU-stay	84 (16.3%)	1433 (10.2%)
<b>Surgery (n):</b>		
Preoperative patients	202 (39.2%)	1329 (9.43%)
Postoperative patients	178 (34.6%)	3478 (24.7%)
<b>Length of stay in Hospital (days):</b>	20 [2-107]	13 [2-107]
<b>Outcome after 30 days (n):</b>		
Still in hospital	50 (9.71%)	1430 (10.1%)
Transferred to another hospital	18 (3.50%)	315 (2.24%)
Transferred to long-term care	3 (0.58%)	720 (5.11%)
Rehabilitation	113 (21.9%)	417 (2.96%)
Discharge home	315 (61.2%)	9797 (69.5%)
Death	16 (3.11%)	614 (4.36%)
Others	-	191 (1.36%)
Missing	-	609 (4.32%)
<b>Readmitted (n):</b>	6 (1.17%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	77 (15.0%)	1007 (7.15%)
Parenteral nutrition	56 (10.9%)	504 (3.58%)
Enteral + parenteral nutrition	56 (10.9%)	164 (1.16%)
Special diet	4 (0.78%)	3511 (24.9%)
Protein supplement	34 (6.60%)	1606 (11.4%)
Hospital food	259 (50.3%)	7651 (54.3%)
Others	101 (19.6%)	775 (5.50%)
Missing	4 (0.78%)	760 (5.39%)
<b>Lines &amp; tubes (n)*:</b>		
None	9 (1.75%)	8953 (63.5%)
Centralvenous	54 (10.5%)	977 (6.93%)
Nasogastric tube	17 (3.30%)	353 (2.50%)
Any other (PEG, PEJ, ...)	435 (84.5%)	3810 (27.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	85 (16.5%)	1754 (12.4%)
Eye, ear	3 (0.58%)	215 (1.53%)
Nose, throat	1 (0.19%)	337 (2.39%)
Heart, circulation	67 (13.0%)	2339 (16.6%)
Lung	59 (11.5%)	2014 (14.3%)
Liver	13 (2.52%)	645 (4.58%)
Gastrointestinal tract	85 (16.5%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	90 (17.5%)	1812 (12.9%)
Endocrine system	3 (0.58%)	801 (5.68%)
Skeleton, bone, muscle	52 (10.1%)	2123 (15.1%)
Blood, bone marrow	6 (1.17%)	695 (4.93%)
Skin	26 (5.05%)	499 (3.54%)
Ischaemia	2 (0.39%)	172 (1.22%)
Cancer	114 (22.1%)	2464 (17.5%)
Infection	11 (2.14%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	143 (27.8%)	904 (6.41%)
No affected organ	1 (0.19%)	840 (5.96%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	2 (0.39%)	2631 (18.7%)
Stroke	-	694 (4.92%)
COPD	1 (0.19%)	876 (6.22%)
Myocardial infarction	1 (0.19%)	436 (3.09%)
Cardiac insufficiency	17 (3.30%)	1477 (10.5%)
Others	505 (98.1%)	6137 (43.5%)
No comorbidity	7 (1.36%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	494 (98.0%)	11983 (96.7%)
Yes	209 (41.5%)	5671 (45.7%)
No	225 (44.6%)	4600 (37.1%)
No, I've gained weight	22 (4.37%)	930 (7.50%)
I don't know	38 (7.54%)	782 (6.31%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	209 (41.5%)	5671 (45.7%)
0-4 kg	143 (28.4%)	2488 (20.1%)
5-8 kg	14 (2.78%)	1057 (8.53%)
> 8 kg	32 (6.35%)	1455 (11.7%)
Not sure	14 (2.78%)	581 (4.69%)
Missing	6 (1.19%)	90 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	297 (58.9%)	5813 (46.9%)
A bit less than normal	109 (21.6%)	2701 (21.8%)
Less than half of normal	35 (6.94%)	1765 (14.2%)
Less than a quarter to nearly nothing	57 (11.3%)	1645 (13.3%)
Missing	6 (1.19%)	472 (3.81%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	217 (43.1%)	6130 (49.5%)
Loss of appetite	79 (15.7%)	3309 (26.7%)
Problems with swallowing, mastication	6 (1.19%)	612 (4.94%)
Nausea	26 (5.16%)	1019 (8.22%)
Other reasons	111 (22.0%)	2337 (18.9%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	263 (52.2%)	7152 (57.7%)
No, only with assistance	110 (21.8%)	3308 (26.7%)
No, I stay in bed	113 (22.4%)	1514 (12.2%)
Missing	18 (3.57%)	422 (3.40%)
<b>"In general would you say your health is" (n):</b>		
Excellent	6 (1.19%)	452 (3.65%)
Good	34 (6.75%)	1001 (8.08%)
Very good	188 (37.3%)	3855 (31.1%)
Fair	206 (40.9%)	4253 (34.3%)
Poor	66 (13.1%)	2351 (19.0%)
Missing	4 (0.79%)	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	323 (64.1%)	7231 (58.3%)
No	171 (33.9%)	4009 (32.3%)
- I was not hungry	43 (25.1%)	1882 (46.9%)
- Problems with swallowing / mastication	5 (2.92%)	345 (8.61%)
- Nausea	7 (4.09%)	660 (16.5%)
- Others	97 (56.7%)	1147 (28.6%)
no answer	6 (1.19%)	810 (6.53%)


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

Patients with fluid intake	177 (35.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.22	0.39
Patients with supplements	119 (23.8%)	1292 (10.7%)
Supplements per patient & day (l)	0.14	0.03

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

Water	308 (61.6%)	7568 (62.8%)
Milk	123 (24.6%)	2220 (18.4%)
Fruit juice	42 (8.40%)	3083 (25.6%)
Tea, coffee	17 (3.40%)	4258 (35.3%)
Soft drinks	4 (0.80%)	1010 (8.38%)

##### Lunch intake (n):

 All	228 (45.6%)	4890 (40.6%)
 1/2	102 (20.4%)	3106 (25.8%)
 1/4	50 (10.0%)	1863 (15.5%)
 Nothing	58 (11.6%)	1866 (15.5%)
? No answer	62 (12.4%)	325 (2.70%)

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

I was not hungry	5 (1.84%)	2028 (28.3%)
I had nausea / vomiting	2 (0.74%)	559 (7.81%)
I was not allowed to eat	78 (28.7%)	741 (10.3%)
I kann not eat without help	1 (0.37%)	89 (1.24%)
I had an examination / surgery	7 (2.57%)	506 (7.07%)
I ordered a smaller portion	3 (1.10%)	166 (2.32%)
I was tired	-	408 (5.70%)
I normaly eat less	4 (1.47%)	475 (6.63%)
I did not like the smell	1 (0.37%)	238 (3.32%)
I did not like the taste	1 (0.37%)	930 (13.0%)



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

Yes	306 (60.7%)	4287 (34.6%)
No	179 (35.5%)	7009 (56.5%)
No answer	15 (2.98%)	754 (6.08%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	50 (16.3%)	1239 (28.9%)
Fresh fruits	229 (74.8%)	1825 (42.6%)
Sandwiches	8 (2.61%)	354 (8.26%)
Dairy products	65 (21.2%)	592 (13.8%)
Preferred dish	53 (17.3%)	425 (9.91%)
Sweets	10 (3.27%)	626 (14.6%)
Fruit Juice	11 (3.59%)	711 (16.6%)
Others	35 (11.4%)	842 (19.6%)

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

Yes	295 (58.5%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires