



nutritionDay November 2012 in POLAND

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:	4
Number of patients on nutritionDay:	137
Number of patients completing Sheet 3a:	136
Number of patients completing Sheet 3b:	136

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	42 ± 16	30 ± 30
Maximum	57 ± 22	33 ± 20
Number of patients on the nutritionDay (n):		
Total	137	14093
Did not give consent	-	1118 (7.93%)
Needed help completing form	25 (18.2%)	7592 (53.9%)
Terminally ill	6 (4.38%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	1 (25.0%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	-	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	3 (75.0%)	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	-	8 (1.22%)
Others	-	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	16.00 ± 4.76	6.65 ± 9.35
Physicians per patient	0.30 ± 0.08	0.21 ± 0.27
Consultants	3.25 ± 4.72	2.70 ± 4.89
Consultants per patient	0.05 ± 0.06	0.09 ± 0.16
Registrars	1.75 ± 2.36	2.65 ± 4.92
Registrars per patient	0.03 ± 0.04	0.09 ± 0.16
Nurses	13.25 ± 10.59	8.33 ± 9.99
Nurses per patient	0.22 ± 0.10	0.27 ± 0.26
Nursing aides	1.25 ± 2.50	3.46 ± 7.88

Nursing aides per patient	0.02 ± 0.03	0.10 ± 0.12
Dieticians and dietetic assistants	2.00 ± 2.16	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.03 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	3 units (75%) Yes	477 units (72%) Yes
Written procedures		
- individual	2 units (50%) Yes	430 units (65%) Yes
- local	1 units (25%) Yes	276 units (42%) Yes
- national	3 units (75%) Yes	270 units (41%) Yes
- other	1 units (25%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	4 units (100%) Yes	462 units (70%) Yes
When requested	1 units (25%) Yes	341 units (52%) Yes
Once a week	1 units (25%) 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
Number of patients (n):		
Total	137	14093
Patients who completed sheet 3a	136 (99.3%)	12396 (88.0%)
Patients who completed sheet 3b	136 (99.3%)	12050 (85.5%)
Demographic data:		
Age (years)	58 [19-97]	66 [3-113]
Female gender	70 (51.1%)	6843 (48.6%)
Weight (kg)	73.0 ± 15.4	70.7 ± 19.3
Height (cm)	168.0 ± 9.3	165.4 ± 11.8
BMI (kg/m ²)	25.7 ± 4.3	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	3 (2.19%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	25 (18.2%)	1329 (9.43%)
Postoperative patients	39 (28.5%)	3478 (24.7%)
Length of stay in Hospital (days):	13 [2-48]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	1 (0.73%)	1430 (10.1%)
Transferred to another hospital	-	315 (2.24%)
Transferred to long-term care	-	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	33 (24.1%)	9797 (69.5%)
Death	-	614 (4.36%)
Others	-	191 (1.36%)
Missing	103 (75.2%)	609 (4.32%)
Readmitted (n):	-	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	5 (3.65%)	1007 (7.15%)
Parenteral nutrition	6 (4.38%)	504 (3.58%)
Enteral + parenteral nutrition	7 (5.11%)	164 (1.16%)
Special diet	13 (9.49%)	3511 (24.9%)
Protein supplement	7 (5.11%)	1606 (11.4%)
Hospital food	67 (48.9%)	7651 (54.3%)
Others	4 (2.92%)	775 (5.50%)
Missing	48 (35.0%)	760 (5.39%)
Lines & tubes (n)*:		
None	126 (92.0%)	8953 (63.5%)
Centralvenous	8 (5.84%)	977 (6.93%)
Nasogastric tube	1 (0.73%)	353 (2.50%)
Any other (PEG, PEJ, ...)	2 (1.46%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	2 (1.46%)	1754 (12.4%)
Eye, ear	1 (0.73%)	215 (1.53%)
Nose, throat	-	337 (2.39%)
Heart, circulation	4 (2.92%)	2339 (16.6%)
Lung	4 (2.92%)	2014 (14.3%)
Liver	1 (0.73%)	645 (4.58%)
Gastrointestinal tract	44 (32.1%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	7 (5.11%)	1812 (12.9%)
Endocrine system	12 (8.76%)	801 (5.68%)
Skeleton, bone, muscle	5 (3.65%)	2123 (15.1%)
Blood, bone marrow	-	695 (4.93%)
Skin	7 (5.11%)	499 (3.54%)
Ischaemia	3 (2.19%)	172 (1.22%)
Cancer	11 (8.03%)	2464 (17.5%)
Infection	2 (1.46%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	11 (8.03%)	904 (6.41%)
No affected organ	58 (42.3%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	6 (4.38%)	2631 (18.7%)
Stroke	2 (1.46%)	694 (4.92%)
COPD	1 (0.73%)	876 (6.22%)
Myocardial infarction	1 (0.73%)	436 (3.09%)
Cardiac insufficiency	9 (6.57%)	1477 (10.5%)
Others	32 (23.4%)	6137 (43.5%)
No comorbidity	92 (67.2%)	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	136 (100%)	11983 (96.7%)
Yes	57 (41.9%)	5671 (45.7%)
No	57 (41.9%)	4600 (37.1%)
No, I've gained weight	15 (11.0%)	930 (7.50%)
I don't know	7 (5.15%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	57 (41.9%)	5671 (45.7%)
0-4 kg	20 (14.7%)	2488 (20.1%)
5-8 kg	8 (5.88%)	1057 (8.53%)
> 8 kg	26 (19.1%)	1455 (11.7%)
Not sure	2 (1.47%)	581 (4.69%)
Missing	1 (0.74%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	62 (45.6%)	5813 (46.9%)
A bit less than normal	33 (24.3%)	2701 (21.8%)
Less than half of normal	21 (15.4%)	1765 (14.2%)
Less than a quarter to nearly nothing	20 (14.7%)	1645 (13.3%)
Missing	-	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	67 (49.3%)	6130 (49.5%)
Loss of appetite	32 (23.5%)	3309 (26.7%)
Problems with swallowing, mastication	5 (3.68%)	612 (4.94%)
Nausea	12 (8.82%)	1019 (8.22%)
Other reasons	30 (22.1%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	108 (79.4%)	7152 (57.7%)
No, only with assistance	23 (16.9%)	3308 (26.7%)
No, I stay in bed	3 (2.21%)	1514 (12.2%)
Missing	2 (1.47%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	2 (1.47%)	452 (3.65%)
Good	11 (8.09%)	1001 (8.08%)
Very good	48 (35.3%)	3855 (31.1%)
Fair	45 (33.1%)	4253 (34.3%)
Poor	28 (20.6%)	2351 (19.0%)
Missing	2 (1.47%)	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	101 (74.3%)	7231 (58.3%)
No	29 (21.3%)	4009 (32.3%)
- I was not hungry	14 (48.3%)	1882 (46.9%)
- Problems with swallowing / mastication	3 (10.3%)	345 (8.61%)
- Nausea	4 (13.8%)	660 (16.5%)
- Others	5 (17.2%)	1147 (28.6%)
no answer	6 (4.41%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	93 (68.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.41	0.39
Patients with supplements	14 (10.3%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	110 (80.9%)	7568 (62.8%)
Milk	16 (11.8%)	2220 (18.4%)
Fruit juice	32 (23.5%)	3083 (25.6%)
Tea, coffee	86 (63.2%)	4258 (35.3%)
Soft drinks	6 (4.41%)	1010 (8.38%)

Lunch intake (n):

 All	57 (41.9%)	4890 (40.6%)
 1/2	38 (27.9%)	3106 (25.8%)
 1/4	12 (8.82%)	1863 (15.5%)
 Nothing	29 (21.3%)	1866 (15.5%)
? No answer	-	325 (2.70%)

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

I was not hungry	25 (31.6%)	2028 (28.3%)
I had nausea / vomiting	5 (6.33%)	559 (7.81%)
I was not allowed to eat	11 (13.9%)	741 (10.3%)
I kann not eat without help	-	89 (1.24%)
I had an examination / surgery	20 (25.3%)	506 (7.07%)
I ordered a smaller portion	1 (1.27%)	166 (2.32%)
I was tired	4 (5.06%)	408 (5.70%)
I normaly eat less	8 (10.1%)	475 (6.63%)
I did not like the smell	1 (1.27%)	238 (3.32%)
I did not like the taste	5 (6.33%)	930 (13.0%)

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

Yes	75 (55.1%)	4287 (34.6%)
No	57 (41.9%)	7009 (56.5%)
No answer	4 (2.94%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	38 (50.7%)	1239 (28.9%)
Fresh fruits	39 (52.0%)	1825 (42.6%)
Sandwiches	8 (10.7%)	354 (8.26%)
Dairy products	14 (18.7%)	592 (13.8%)
Preferred dish	2 (2.67%)	425 (9.91%)
Sweets	12 (16.0%)	626 (14.6%)
Fruit Juice	17 (22.7%)	711 (16.6%)
Others	5 (6.67%)	842 (19.6%)

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

Yes	70 (51.5%)	8563 (69.1%)
-----	------------	--------------

Results referring to the total number of completed questionnaires