



nutritionDay November 2012 in UNITED STATES OF AMERICA

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:	78
Number of patients on nutritionDay:	1529
Number of patients completing Sheet 3a:	1355
Number of patients completing Sheet 3b:	1338

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	29 ± 26	30 ± 30
Maximum	33 ± 11	33 ± 20
Number of patients on the nutritionDay (n):		
Total	1529	14093
Did not give consent	134 (8.76%)	1118 (7.93%)
Needed help completing form	715 (46.8%)	7592 (53.9%)
Terminally ill	54 (3.53%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	29 (37.2%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	2 (2.56%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	13 (16.7%)	82 (12.5%)
Internal medicine / cardiology	7 (8.97%)	32 (4.86%)
Internal medicine / infectious diseases	1 (1.28%)	10 (1.52%)
Internal medicine / geriatrics	2 (2.56%)	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	5 (6.41%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	7 (8.97%)	41 (6.23%)
Trauma	3 (3.85%)	11 (1.67%)
Neurosurgery	1 (1.28%)	11 (1.67%)
Gynecology	1 (1.28%)	7 (1.06%)
Long-term-care	1 (1.28%)	8 (1.22%)
Others	6 (7.69%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	9.61 ± 8.08	6.65 ± 9.35
Physicians per patient	0.31 ± 0.28	0.21 ± 0.27
Consultants	4.60 ± 6.27	2.70 ± 4.89
Consultants per patient	0.15 ± 0.20	0.09 ± 0.16
Registrars	0.44 ± 0.77	2.65 ± 4.92
Registrars per patient	0.01 ± 0.02	0.09 ± 0.16
Nurses	8.15 ± 4.22	8.33 ± 9.99
Nurses per patient	0.26 ± 0.13	0.27 ± 0.26
Nursing aides	3.28 ± 1.77	3.46 ± 7.88

Nursing aides per patient	0.11 ± 0.05	0.10 ± 0.12
Dieticians and dietetic assistants	1.56 ± 1.06	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.04 ± 0.05

Nutrition Care:

Nutrition Team	40 units (51%) Yes	477 units (72%) Yes
Written procedures		
- individual	60 units (77%) Yes	430 units (65%) Yes
- local	31 units (40%) Yes	276 units (42%) Yes
- national	53 units (68%) Yes	270 units (41%) Yes
- other	11 units (14%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	68 units (87%) Yes	462 units (70%) Yes
When requested	55 units (71%) Yes	341 units (52%) Yes
Once a week	15 units (19%) Yes	243 units (37%) Yes
Occasionally	9 units (12%) Yes	86 units (13%) Yes
Never	2 units (03%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	1529	14093
Patients who completed sheet 3a	1355 (88.6%)	12396 (88.0%)
Patients who completed sheet 3b	1338 (87.5%)	12050 (85.5%)
Demographic data:		
Age (years)	62 [17-101]	66 [3-113]
Female gender	793 (51.9%)	6843 (48.6%)
Weight (kg)	82.6 ± 24.1	70.7 ± 19.3
Height (cm)	168.2 ± 11.2	165.4 ± 11.8
BMI (kg/m ²)	29.2 ± 8.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	161 (10.5%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	85 (5.56%)	1329 (9.43%)
Postoperative patients	339 (22.2%)	3478 (24.7%)
Length of stay in Hospital (days):	7 [2-87]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	34 (2.22%)	1430 (10.1%)
Transferred to another hospital	18 (1.18%)	315 (2.24%)
Transferred to long-term care	144 (9.42%)	720 (5.11%)
Rehabilitation	105 (6.87%)	417 (2.96%)
Discharge home	950 (62.1%)	9797 (69.5%)
Death	21 (1.37%)	614 (4.36%)
Others	26 (1.70%)	191 (1.36%)
Missing	231 (15.1%)	609 (4.32%)
Readmitted (n):	180 (11.8%)	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	53 (3.47%)	1007 (7.15%)
Parenteral nutrition	25 (1.64%)	504 (3.58%)
Enteral + parenteral nutrition	6 (0.39%)	164 (1.16%)
Special diet	568 (37.1%)	3511 (24.9%)
Protein supplement	133 (8.70%)	1606 (11.4%)
Hospital food	720 (47.1%)	7651 (54.3%)
Others	127 (8.31%)	775 (5.50%)
Missing	131 (8.57%)	760 (5.39%)
Lines & tubes (n)*:		
None	842 (55.1%)	8953 (63.5%)
Centralvenous	131 (8.57%)	977 (6.93%)
Nasogastric tube	14 (0.92%)	353 (2.50%)
Any other (PEG, PEJ, ...)	542 (35.4%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	217 (14.2%)	1754 (12.4%)
Eye, ear	27 (1.77%)	215 (1.53%)
Nose, throat	27 (1.77%)	337 (2.39%)
Heart, circulation	368 (24.1%)	2339 (16.6%)
Lung	275 (18.0%)	2014 (14.3%)
Liver	78 (5.10%)	645 (4.58%)
Gastrointestinal tract	354 (23.2%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	253 (16.5%)	1812 (12.9%)
Endocrine system	210 (13.7%)	801 (5.68%)
Skeleton, bone, muscle	302 (19.8%)	2123 (15.1%)
Blood, bone marrow	104 (6.80%)	695 (4.93%)
Skin	88 (5.76%)	499 (3.54%)
Ischaemia	8 (0.52%)	172 (1.22%)
Cancer	159 (10.4%)	2464 (17.5%)
Infection	112 (7.33%)	941 (6.68%)
Pregnancy	2 (0.13%)	92 (0.65%)
Others	93 (6.08%)	904 (6.41%)
No affected organ	136 (8.89%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	371 (24.3%)	2631 (18.7%)
Stroke	105 (6.87%)	694 (4.92%)
COPD	114 (7.46%)	876 (6.22%)
Myocardial infarction	48 (3.14%)	436 (3.09%)
Cardiac insufficiency	278 (18.2%)	1477 (10.5%)
Others	639 (41.8%)	6137 (43.5%)
No comorbidity	538 (35.2%)	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	1317 (97.2%)	11983 (96.7%)
Yes	553 (40.8%)	5671 (45.7%)
No	596 (44.0%)	4600 (37.1%)
No, I've gained weight	101 (7.45%)	930 (7.50%)
I don't know	67 (4.94%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	553 (40.8%)	5671 (45.7%)
0-4 kg	207 (15.3%)	2488 (20.1%)
5-8 kg	97 (7.16%)	1057 (8.53%)
> 8 kg	200 (14.8%)	1455 (11.7%)
Not sure	46 (3.39%)	581 (4.69%)
Missing	3 (0.22%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	513 (37.9%)	5813 (46.9%)
A bit less than normal	292 (21.5%)	2701 (21.8%)
Less than half of normal	267 (19.7%)	1765 (14.2%)
Less than a quarter to nearly nothing	242 (17.9%)	1645 (13.3%)
Missing	41 (3.03%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	803 (59.3%)	6130 (49.5%)
Loss of appetite	382 (28.2%)	3309 (26.7%)
Problems with swallowing, mastication	59 (4.35%)	612 (4.94%)
Nausea	156 (11.5%)	1019 (8.22%)
Other reasons	385 (28.4%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	756 (55.8%)	7152 (57.7%)
No, only with assistance	462 (34.1%)	3308 (26.7%)
No, I stay in bed	103 (7.60%)	1514 (12.2%)
Missing	34 (2.51%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	70 (5.17%)	452 (3.65%)
Good	184 (13.6%)	1001 (8.08%)
Very good	366 (27.0%)	3855 (31.1%)
Fair	451 (33.3%)	4253 (34.3%)
Poor	232 (17.1%)	2351 (19.0%)
Missing	52 (3.84%)	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	716 (52.8%)	7231 (58.3%)
No	523 (38.6%)	4009 (32.3%)
- I was not hungry	261 (49.9%)	1882 (46.9%)
- Problems with swallowing / mastication	24 (4.59%)	345 (8.61%)
- Nausea	106 (20.3%)	660 (16.5%)
- Others	167 (31.9%)	1147 (28.6%)
no answer	99 (7.31%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	908 (67.9%)	9000 (74.7%)
Drinks per patient & day (l)	0.30	0.39
Patients with supplements	129 (9.64%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	614 (45.9%)	7568 (62.8%)
Milk	232 (17.3%)	2220 (18.4%)
Fruit juice	415 (31.0%)	3083 (25.6%)
Tea, coffee	482 (36.0%)	4258 (35.3%)
Soft drinks	295 (22.0%)	1010 (8.38%)

Lunch intake (n):

 All	496 (37.1%)	4890 (40.6%)
 1/2	381 (28.5%)	3106 (25.8%)
 1/4	237 (17.7%)	1863 (15.5%)
 Nothing	211 (15.8%)	1866 (15.5%)
? No answer	13 (0.97%)	325 (2.70%)

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

I was not hungry	275 (32.7%)	2028 (28.3%)
I had nausea / vomiting	77 (9.14%)	559 (7.81%)
I was not allowed to eat	115 (13.7%)	741 (10.3%)
I kann not eat without help	11 (1.31%)	89 (1.24%)
I had an examination / surgery	35 (4.16%)	506 (7.07%)
I ordered a smaller portion	4 (0.48%)	166 (2.32%)
I was tired	53 (6.29%)	408 (5.70%)
I normaly eat less	54 (6.41%)	475 (6.63%)
I did not like the smell	17 (2.02%)	238 (3.32%)
I did not like the taste	104 (12.4%)	930 (13.0%)

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

Yes	284 (21.0%)	4287 (34.6%)
No	957 (70.6%)	7009 (56.5%)
No answer	97 (7.16%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	50 (17.6%)	1239 (28.9%)
Fresh fruits	53 (18.7%)	1825 (42.6%)
Sandwiches	50 (17.6%)	354 (8.26%)
Dairy products	20 (7.04%)	592 (13.8%)
Preferred dish	43 (15.1%)	425 (9.91%)
Sweets	57 (20.1%)	626 (14.6%)
Fruit Juice	27 (9.51%)	711 (16.6%)
Others	114 (40.1%)	842 (19.6%)

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

Yes	948 (70.0%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires