



## nutritionDay November 2013 in AUSTRIA

Dear participant,

February 2014

Thank you for your participation in nutritionDay worldwide in November 2013 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	29
Number of patients on nutritionDay:	639
Number of patients completing Sheet 3a:	380
Number of patients completing Sheet 3b:	365

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 6<sup>th</sup> 2014. 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!

Prof. Dr. Michael Hiesmayr

PD. Dr. Karin Schindler

Sigrid Kosak, MA

## 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 2013 = 20*

*Fluid status (n):*  
*dehydrated 4*

**Explanation:** 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2013.

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 2013 = 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"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Number of beds (n):</b>		
Actual	24 ± 7	27 ± 15
Maximum	27 ± 8	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	639	9897
Did not give consent	233 (36.5%)	873 (8.82%)
Needed help completing form	109 (17.1%)	5232 (52.9%)
Terminally ill	184 (28.8%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (3.45%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	1 (3.45%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	9 (31.0%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	1 (3.45%)	2 (0.40%)
Internal medicine / geriatrics	-	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	1 (3.45%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	3 (10.3%)	5 (1.01%)
General surgery	3 (10.3%)	56 (11.3%)
Cardiothoracic surgery	1 (3.45%)	4 (0.80%)
Orthopedic surgery	1 (3.45%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	1 (3.45%)	6 (1.21%)
Gynecology	2 (6.90%)	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	5 (17.2%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2.26 ± 1.79	7.20 ± 8.91
Physicians per patient	0.10 ± 0.09	0.25 ± 0.32
Consultants	2.28 ± 2.22	2.71 ± 5.30
Consultants per patient	0.10 ± 0.12	0.09 ± 0.18
Registrars	1.85 ± 2.48	2.12 ± 4.43
Registrars per patient	0.09 ± 0.18	0.07 ± 0.13
Nurses	7.41 ± 4.73	8.34 ± 8.65
Nurses per patient	0.33 ± 0.30	0.27 ± 0.25
Nursing aides	1.63 ± 3.40	3.08 ± 3.31

Nursing aides per patient	0.09 ± 0.28	0.10 ± 0.10
Dieticians and dietetic assistants	0.78 ± 1.19	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.03 ± 0.05	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	19 units (66%) Yes	390 units (78%) Yes
Written procedures		
- individual	23 units (79%) Yes	316 units (64%) Yes
- local	6 units (21%) Yes	221 units (44%) Yes
- national	16 units (55%) Yes	225 units (45%) Yes
- other	2 units (07%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	15 units (52%) Yes	396 units (80%) Yes
When requested	20 units (69%) Yes	282 units (57%) Yes
Once a week	8 units (28%) Yes	203 units (41%) Yes
Occasionally	3 units (10%) Yes	61 units (12%) Yes
Never	1 units (03%) Yes	2 units (00%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Number of patients (n):</b>		
Total	639	9897
Patients who completed sheet 3a	380 (59.5%)	8656 (87.5%)
Patients who completed sheet 3b	365 (57.1%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	61 [1-95]	67 [2-109]
Female gender	265 (41.5%)	4907 (49.6%)
Weight (kg)	77.5 ± 19.2	71.7 ± 20.6
Height (cm)	170.4 ± 11.2	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	26.7 ± 6.2	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	22 (3.44%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	36 (5.63%)	799 (8.07%)
Postoperative patients	124 (19.4%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	11 [2-108]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	9 (1.41%)	1017 (10.3%)
Transferred to another hospital	7 (1.10%)	230 (2.32%)
Transferred to long-term care	17 (2.66%)	598 (6.04%)
Rehabilitation	5 (0.78%)	377 (3.81%)
Discharge home	48 (7.51%)	6785 (68.6%)
Death	-	390 (3.94%)
Others	-	110 (1.11%)
Missing	553 (86.5%)	390 (3.94%)
<b>Readmitted (n):</b>	10 (1.56%)	1144 (11.6%)

Results in percent referring to the total number of patients

## II. YOUR PATIENTS ("Sheet 2"):





	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	6 (0.94%)	729 (7.37%)
Parenteral nutrition	7 (1.10%)	276 (2.79%)
Enteral + parenteral nutrition	3 (0.47%)	57 (0.58%)
Special diet	52 (8.14%)	2520 (25.5%)
Protein supplement	16 (2.50%)	1215 (12.3%)
Hospital food	325 (50.9%)	5906 (59.7%)
Others	6 (0.94%)	477 (4.82%)
Missing	247 (38.7%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	546 (85.4%)	6115 (61.8%)
Centralvenous	29 (4.54%)	754 (7.62%)
Nasogastric tube	4 (0.63%)	230 (2.32%)
Any other (PEG, PEJ, ...)	60 (9.39%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	45 (7.04%)	1323 (13.4%)
Eye, ear	12 (1.88%)	190 (1.92%)
Nose, throat	46 (7.20%)	180 (1.82%)
Heart, circulation	16 (2.50%)	2052 (20.7%)
Lung	25 (3.91%)	1428 (14.4%)
Liver	20 (3.13%)	446 (4.51%)
Gastrointestinal tract	32 (5.01%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	67 (10.5%)	1472 (14.9%)
Endocrine system	20 (3.13%)	807 (8.15%)
Skeleton, bone, muscle	20 (3.13%)	1564 (15.8%)
Blood, bone marrow	26 (4.07%)	406 (4.10%)
Skin	44 (6.89%)	400 (4.04%)
Ischaemia	6 (0.94%)	117 (1.18%)
Cancer	126 (19.7%)	1625 (16.4%)
Infection	11 (1.72%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	18 (2.82%)	547 (5.53%)
No affected organ	237 (37.1%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	46 (7.20%)	2238 (22.6%)
Stroke	7 (1.10%)	642 (6.49%)
COPD	15 (2.35%)	686 (6.93%)
Myocardial infarction	6 (0.94%)	363 (3.67%)
Cardiac insufficiency	8 (1.25%)	1262 (12.8%)
Others	143 (22.4%)	3763 (38.0%)
No comorbidity	442 (69.2%)	3551 (35.9%)

Results in percent referring to the total number of patients

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

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	367 (96.6%)	8418 (97.3%)
Yes	137 (36.1%)	3772 (43.6%)
No	181 (47.6%)	3288 (38.0%)
No, I've gained weight	32 (8.42%)	718 (8.29%)
I don't know	17 (4.47%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	137 (36.1%)	3772 (43.6%)
0-4 kg	53 (13.9%)	1679 (19.4%)
5-8 kg	29 (7.63%)	678 (7.83%)
> 8 kg	49 (12.9%)	970 (11.2%)
Not sure	5 (1.32%)	412 (4.76%)
Missing	1 (0.26%)	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	186 (48.9%)	4084 (47.2%)
A bit less than normal	98 (25.8%)	1957 (22.6%)
Less than half of normal	49 (12.9%)	1256 (14.5%)
Less than a quarter to nearly nothing	34 (8.95%)	1074 (12.4%)
Missing	13 (3.42%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	186 (48.9%)	4299 (49.7%)
Loss of appetite	117 (30.8%)	2344 (27.1%)
Problems with swallowing, mastication	27 (7.11%)	448 (5.18%)
Nausea	30 (7.89%)	748 (8.64%)
Other reasons	62 (16.3%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	302 (79.5%)	5059 (58.4%)
No, only with assistance	48 (12.6%)	2373 (27.4%)
No, I stay in bed	17 (4.47%)	968 (11.2%)
Missing	13 (3.42%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	9 (2.37%)	283 (3.27%)
Very good	36 (9.47%)	728 (8.41%)
Good	120 (31.6%)	2708 (31.3%)
Fair	134 (35.3%)	2932 (33.9%)
Poor	62 (16.3%)	1685 (19.5%)
Missing	19 (5.00%)	320 (3.70%)
Results in percent referring to the total number of patients answering		

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

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	243 (63.9%)	4927 (56.9%)
No	96 (25.3%)	2875 (33.2%)
- I was not hungry	57 (59.4%)	1429 (49.7%)
- Problems with swallowing / mastication	16 (16.7%)	238 (8.28%)
- Nausea	19 (19.8%)	546 (19.0%)
- Others	12 (12.5%)	658 (22.9%)
no answer	26 (6.84%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	255 (69.9%)	6289 (75.1%)
Drinks per patient & day (l)	0.41	0.39
Patients with supplements	35 (9.59%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	268 (73.4%)	5783 (69.1%)
Milk	21 (5.75%)	1754 (20.9%)
Fruit juice	71 (19.5%)	1975 (23.6%)
Tea, coffee	186 (51.0%)	3262 (38.9%)
Soft drinks	19 (5.21%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	140 (38.4%)	3380 (40.4%)
 1/2	119 (32.6%)	2315 (27.6%)
 1/4	73 (20.0%)	1405 (16.8%)
 Nothing	25 (6.85%)	1133 (13.5%)
? No answer	8 (2.19%)	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	64 (28.4%)	1554 (31.1%)
I had nausea / vomiting	20 (8.89%)	474 (9.49%)
I was not allowed to eat	11 (4.89%)	473 (9.47%)
I can not eat without help	4 (1.78%)	68 (1.36%)
I had an examination / surgery	11 (4.89%)	292 (5.85%)
I ordered a smaller portion	6 (2.67%)	106 (2.12%)
I was tired	10 (4.44%)	313 (6.27%)
I normally eat less	39 (17.3%)	379 (7.59%)
I did not like the smell	6 (2.67%)	188 (3.76%)
I did not like the taste	33 (14.7%)	664 (13.3%)



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

Yes	165 (43.4%)	2709 (31.3%)
No	184 (48.4%)	5149 (59.5%)
No answer	16 (4.21%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	43 (26.1%)	837 (30.9%)
Fresh fruits	84 (50.9%)	959 (35.4%)
Sandwiches	26 (15.8%)	309 (11.4%)
Dairy products	40 (24.2%)	416 (15.4%)
Preferred dish	15 (9.09%)	312 (11.5%)
Sweets	42 (25.5%)	485 (17.9%)
Fruit Juice	36 (21.8%)	334 (12.3%)
Others	20 (12.1%)	470 (17.3%)

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

Yes	148 (38.9%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires