



## **nutritionDay November 2013 in BELGIUM**

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:	109
Number of patients on nutritionDay:	2277
Number of patients completing Sheet 3a:	2046
Number of patients completing Sheet 3b:	2015

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	25 ± 9	27 ± 15
Maximum	29 ± 8	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	2277	9897
Did not give consent	91 (4.00%)	873 (8.82%)
Needed help completing form	1401 (61.5%)	5232 (52.9%)
Terminally ill	120 (5.27%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	10 (9.17%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	13 (11.9%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	8 (7.34%)	52 (10.5%)
Internal medicine / cardiology	2 (1.83%)	40 (8.05%)
Internal medicine / infectious diseases	1 (0.92%)	2 (0.40%)
Internal medicine / geriatrics	26 (23.9%)	38 (7.65%)
Internal medicine / nephrology	1 (0.92%)	8 (1.61%)
Pediatrics	1 (0.92%)	5 (1.01%)
Neurology	3 (2.75%)	15 (3.02%)
Psychiatry	5 (4.59%)	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	10 (9.17%)	56 (11.3%)
Cardiothoracic surgery	1 (0.92%)	4 (0.80%)
Orthopedic surgery	4 (3.67%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	3 (2.75%)	6 (1.21%)
Gynecology	2 (1.83%)	5 (1.01%)
Long-term-care	4 (3.67%)	6 (1.21%)
Others	15 (13.8%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	3.92 ± 4.65	7.20 ± 8.91
Physicians per patient	0.14 ± 0.16	0.25 ± 0.32
Consultants	0.85 ± 3.39	2.71 ± 5.30
Consultants per patient	0.03 ± 0.09	0.09 ± 0.18
Registrars	1.39 ± 2.59	2.12 ± 4.43
Registrars per patient	0.05 ± 0.14	0.07 ± 0.13
Nurses	5.85 ± 2.77	8.34 ± 8.65
Nurses per patient	0.22 ± 0.14	0.27 ± 0.25
Nursing aides	1.43 ± 1.72	3.08 ± 3.31

Nursing aides per patient	0.05 ± 0.08	0.10 ± 0.10
Dieticians and dietetic assistants	1.28 ± 0.72	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	101 units (93%) Yes	390 units (78%) Yes
Written procedures		
- individual	59 units (54%) Yes	316 units (64%) Yes
- local	40 units (37%) Yes	221 units (44%) Yes
- national	37 units (34%) Yes	225 units (45%) Yes
- other	12 units (11%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	79 units (72%) Yes	396 units (80%) Yes
When requested	45 units (41%) Yes	282 units (57%) Yes
Once a week	64 units (59%) Yes	203 units (41%) Yes
Occasionally	12 units (11%) Yes	61 units (12%) Yes
Never	- units (00%) 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	2277	9897
Patients who completed sheet 3a	2046 (89.9%)	8656 (87.5%)
Patients who completed sheet 3b	2015 (88.5%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	73 [2-103]	67 [2-109]
Female gender	1268 (55.7%)	4907 (49.6%)
Weight (kg)	71.2 ± 17.9	71.7 ± 20.6
Height (cm)	165.5 ± 10.2	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	25.9 ± 5.9	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	246 (10.8%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	179 (7.86%)	799 (8.07%)
Postoperative patients	564 (24.8%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	16 [1-251]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	246 (10.8%)	1017 (10.3%)
Transferred to another hospital	35 (1.54%)	230 (2.32%)
Transferred to long-term care	223 (9.79%)	598 (6.04%)
Rehabilitation	109 (4.79%)	377 (3.81%)
Discharge home	1317 (57.8%)	6785 (68.6%)
Death	82 (3.60%)	390 (3.94%)
Others	38 (1.67%)	110 (1.11%)
Missing	227 (9.97%)	390 (3.94%)
<b>Readmitted (n):</b>	192 (8.43%)	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	170 (7.47%)	729 (7.37%)
Parenteral nutrition	61 (2.68%)	276 (2.79%)
Enteral + parenteral nutrition	5 (0.22%)	57 (0.58%)
Special diet	400 (17.6%)	2520 (25.5%)
Protein supplement	493 (21.7%)	1215 (12.3%)
Hospital food	1555 (68.3%)	5906 (59.7%)
Others	98 (4.30%)	477 (4.82%)
Missing	51 (2.24%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	1699 (74.6%)	6115 (61.8%)
Centralvenous	153 (6.72%)	754 (7.62%)
Nasogastric tube	31 (1.36%)	230 (2.32%)
Any other (PEG, PEJ, ...)	394 (17.3%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	452 (19.9%)	1323 (13.4%)
Eye, ear	53 (2.33%)	190 (1.92%)
Nose, throat	49 (2.15%)	180 (1.82%)
Heart, circulation	405 (17.8%)	2052 (20.7%)
Lung	358 (15.7%)	1428 (14.4%)
Liver	82 (3.60%)	446 (4.51%)
Gastrointestinal tract	454 (19.9%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	416 (18.3%)	1472 (14.9%)
Endocrine system	172 (7.55%)	807 (8.15%)
Skeleton, bone, muscle	487 (21.4%)	1564 (15.8%)
Blood, bone marrow	83 (3.65%)	406 (4.10%)
Skin	117 (5.14%)	400 (4.04%)
Ischaemia	15 (0.66%)	117 (1.18%)
Cancer	269 (11.8%)	1625 (16.4%)
Infection	238 (10.5%)	688 (6.95%)
Pregnancy	16 (0.70%)	93 (0.94%)
Others	168 (7.38%)	547 (5.53%)
No affected organ	75 (3.29%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	455 (20.0%)	2238 (22.6%)
Stroke	181 (7.95%)	642 (6.49%)
COPD	199 (8.74%)	686 (6.93%)
Myocardial infarction	66 (2.90%)	363 (3.67%)
Cardiac insufficiency	274 (12.0%)	1262 (12.8%)
Others	599 (26.3%)	3763 (38.0%)
No comorbidity	981 (43.1%)	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	1964 (96.0%)	8418 (97.3%)
Yes	903 (44.1%)	3772 (43.6%)
No	771 (37.7%)	3288 (38.0%)
No, I've gained weight	195 (9.53%)	718 (8.29%)
I don't know	95 (4.64%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	903 (44.1%)	3772 (43.6%)
0-4 kg	403 (19.7%)	1679 (19.4%)
5-8 kg	160 (7.82%)	678 (7.83%)
> 8 kg	215 (10.5%)	970 (11.2%)
Not sure	108 (5.28%)	412 (4.76%)
Missing	17 (0.83%)	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	946 (46.2%)	4084 (47.2%)
A bit less than normal	523 (25.6%)	1957 (22.6%)
Less than half of normal	291 (14.2%)	1256 (14.5%)
Less than a quarter to nearly nothing	208 (10.2%)	1074 (12.4%)
Missing	78 (3.81%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	1031 (50.4%)	4299 (49.7%)
Loss of appetite	584 (28.5%)	2344 (27.1%)
Problems with swallowing, mastication	99 (4.84%)	448 (5.18%)
Nausea	97 (4.74%)	748 (8.64%)
Other reasons	420 (20.5%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	1136 (55.5%)	5059 (58.4%)
No, only with assistance	630 (30.8%)	2373 (27.4%)
No, I stay in bed	202 (9.87%)	968 (11.2%)
Missing	78 (3.81%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	69 (3.37%)	283 (3.27%)
Very good	176 (8.60%)	728 (8.41%)
Good	712 (34.8%)	2708 (31.3%)
Fair	740 (36.2%)	2932 (33.9%)
Poor	271 (13.2%)	1685 (19.5%)
Missing	78 (3.81%)	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	1181 (57.7%)	4927 (56.9%)
No	689 (33.7%)	2875 (33.2%)
- I was not hungry	347 (50.4%)	1429 (49.7%)
- Problems with swallowing / mastication	50 (7.26%)	238 (8.28%)
- Nausea	73 (10.6%)	546 (19.0%)
- Others	174 (25.3%)	658 (22.9%)
no answer	145 (7.09%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	1515 (75.2%)	6289 (75.1%)
Drinks per patient & day (l)	0.36	0.39
Patients with supplements	222 (11.0%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	1580 (78.4%)	5783 (69.1%)
Milk	100 (4.96%)	1754 (20.9%)
Fruit juice	159 (7.89%)	1975 (23.6%)
Tea, coffee	657 (32.6%)	3262 (38.9%)
Soft drinks	199 (9.88%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	794 (39.4%)	3380 (40.4%)
 1/2	590 (29.3%)	2315 (27.6%)
 1/4	312 (15.5%)	1405 (16.8%)
 Nothing	267 (13.3%)	1133 (13.5%)
? No answer	52 (2.58%)	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	419 (34.3%)	1554 (31.1%)
I had nausea / vomiting	78 (6.39%)	474 (9.49%)
I was not allowed to eat	116 (9.50%)	473 (9.47%)
I can not eat without help	29 (2.38%)	68 (1.36%)
I had an examination / surgery	111 (9.09%)	292 (5.85%)
I ordered a smaller portion	32 (2.62%)	106 (2.12%)
I was tired	61 (5.00%)	313 (6.27%)
I normally eat less	100 (8.19%)	379 (7.59%)
I did not like the smell	27 (2.21%)	188 (3.76%)
I did not like the taste	165 (13.5%)	664 (13.3%)



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

Yes	787 (38.5%)	2709 (31.3%)
No	1101 (53.8%)	5149 (59.5%)
No answer	127 (6.21%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	368 (46.8%)	837 (30.9%)
Fresh fruits	298 (37.9%)	959 (35.4%)
Sandwiches	62 (7.88%)	309 (11.4%)
Dairy products	140 (17.8%)	416 (15.4%)
Preferred dish	88 (11.2%)	312 (11.5%)
Sweets	165 (21.0%)	485 (17.9%)
Fruit Juice	71 (9.02%)	334 (12.3%)
Others	100 (12.7%)	470 (17.3%)

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

Yes	1433 (70.0%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires