



nutritionDay November 2013 in POLAND

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:	3
Number of patients on nutritionDay:	88
Number of patients completing Sheet 3a:	87
Number of patients completing Sheet 3b:	87

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 6th 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
Number of beds (n):		
Actual	40 ± 24	27 ± 15
Maximum	59 ± 26	32 ± 16
Number of patients on the nutritionDay (n):		
Total	88	9897
Did not give consent	1 (1.14%)	873 (8.82%)
Needed help completing form	15 (17.0%)	5232 (52.9%)
Terminally ill	3 (3.41%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	1 (33.3%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	-	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	-	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	-	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	2 (66.7%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	-	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	-	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	19.67 ± 8.02	7.20 ± 8.91
Physicians per patient	0.34 ± 0.04	0.25 ± 0.32
Consultants	2.33 ± 3.21	2.71 ± 5.30
Consultants per patient	0.07 ± 0.10	0.09 ± 0.18
Registrars	1.00 ± 1.73	2.12 ± 4.43
Registrars per patient	0.03 ± 0.05	0.07 ± 0.13
Nurses	23.00 ± 22.72	8.34 ± 8.65
Nurses per patient	0.34 ± 0.22	0.27 ± 0.25
Nursing aides	2.00 ± 3.46	3.08 ± 3.31

Nursing aides per patient	0.03 ± 0.05	0.10 ± 0.10
Dieticians and dietetic assistants	1.33 ± 1.53	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.02 ± 0.02	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	2 units (67%) Yes	390 units (78%) Yes
Written procedures		
- individual	2 units (67%) Yes	316 units (64%) Yes
- local	1 units (33%) Yes	221 units (44%) Yes
- national	3 units (100%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	3 units (100%) Yes	396 units (80%) Yes
When requested	- units (00%) Yes	282 units (57%) Yes
Once a week	1 units (33%) Yes	203 units (41%) Yes
Occasionally	- units (00%) 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
Number of patients (n):		
Total	88	9897
Patients who completed sheet 3a	87 (98.9%)	8656 (87.5%)
Patients who completed sheet 3b	87 (98.9%)	8375 (84.6%)
Demographic data:		
Age (years)	60 [18-83]	67 [2-109]
Female gender	52 (59.1%)	4907 (49.6%)
Weight (kg)	72.5 ± 16.2	71.7 ± 20.6
Height (cm)	168.2 ± 8.6	165.2 ± 11.7
BMI (kg/m ²)	25.6 ± 5.2	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	2 (2.27%)	996 (10.1%)
Surgery (n):		
Preoperative patients	12 (13.6%)	799 (8.07%)
Postoperative patients	26 (29.5%)	2361 (23.9%)
Length of stay in Hospital (days):	15 [4-92]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	4 (4.55%)	1017 (10.3%)
Transferred to another hospital	2 (2.27%)	230 (2.32%)
Transferred to long-term care	-	598 (6.04%)
Rehabilitation	-	377 (3.81%)
Discharge home	35 (39.8%)	6785 (68.6%)
Death	-	390 (3.94%)
Others	-	110 (1.11%)
Missing	47 (53.4%)	390 (3.94%)
Readmitted (n):	2 (2.27%)	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
Nutrition therapy (n)*:		
Enteral nutrition	-	729 (7.37%)
Parenteral nutrition	8 (9.09%)	276 (2.79%)
Enteral + parenteral nutrition	7 (7.95%)	57 (0.58%)
Special diet	12 (13.6%)	2520 (25.5%)
Protein supplement	1 (1.14%)	1215 (12.3%)
Hospital food	28 (31.8%)	5906 (59.7%)
Others	-	477 (4.82%)
Missing	46 (52.3%)	479 (4.84%)
Lines & tubes (n)*:		
None	57 (64.8%)	6115 (61.8%)
Centralvenous	13 (14.8%)	754 (7.62%)
Nasogastric tube	-	230 (2.32%)
Any other (PEG, PEJ, ...)	18 (20.5%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	-	1323 (13.4%)
Eye, ear	-	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	9 (10.2%)	2052 (20.7%)
Lung	1 (1.14%)	1428 (14.4%)
Liver	1 (1.14%)	446 (4.51%)
Gastrointestinal tract	34 (38.6%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	3 (3.41%)	1472 (14.9%)
Endocrine system	10 (11.4%)	807 (8.15%)
Skeleton, bone, muscle	1 (1.14%)	1564 (15.8%)
Blood, bone marrow	-	406 (4.10%)
Skin	-	400 (4.04%)
Ischaemia	1 (1.14%)	117 (1.18%)
Cancer	4 (4.55%)	1625 (16.4%)
Infection	1 (1.14%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	5 (5.68%)	547 (5.53%)
No affected organ	45 (51.1%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	9 (10.2%)	2238 (22.6%)
Stroke	1 (1.14%)	642 (6.49%)
COPD	-	686 (6.93%)
Myocardial infarction	2 (2.27%)	363 (3.67%)
Cardiac insufficiency	3 (3.41%)	1262 (12.8%)
Others	10 (11.4%)	3763 (38.0%)
No comorbidity	71 (80.7%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	87 (100%)	8418 (97.3%)
Yes	34 (39.1%)	3772 (43.6%)
No	44 (50.6%)	3288 (38.0%)
No, I've gained weight	6 (6.90%)	718 (8.29%)
I don't know	3 (3.45%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	34 (39.1%)	3772 (43.6%)
0-4 kg	18 (20.7%)	1679 (19.4%)
5-8 kg	6 (6.90%)	678 (7.83%)
> 8 kg	9 (10.3%)	970 (11.2%)
Not sure	1 (1.15%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	34 (39.1%)	4084 (47.2%)
A bit less than normal	32 (36.8%)	1957 (22.6%)
Less than half of normal	10 (11.5%)	1256 (14.5%)
Less than a quarter to nearly nothing	11 (12.6%)	1074 (12.4%)
Missing	-	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	53 (60.9%)	4299 (49.7%)
Loss of appetite	25 (28.7%)	2344 (27.1%)
Problems with swallowing, mastication	9 (10.3%)	448 (5.18%)
Nausea	8 (9.20%)	748 (8.64%)
Other reasons	19 (21.8%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	73 (83.9%)	5059 (58.4%)
No, only with assistance	14 (16.1%)	2373 (27.4%)
No, I stay in bed	-	968 (11.2%)
Missing	-	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	1 (1.15%)	283 (3.27%)
Very good	4 (4.60%)	728 (8.41%)
Good	26 (29.9%)	2708 (31.3%)
Fair	35 (40.2%)	2932 (33.9%)
Poor	20 (23.0%)	1685 (19.5%)
Missing	1 (1.15%)	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
Hospital food intake:		
„Is your appetite normal?“ (n):		
Yes	51 (58.6%)	4927 (56.9%)
No	30 (34.5%)	2875 (33.2%)
- I was not hungry	18 (60.0%)	1429 (49.7%)
- Problems with swallowing / mastication	6 (20.0%)	238 (8.28%)
- Nausea	6 (20.0%)	546 (19.0%)
- Others	4 (13.3%)	658 (22.9%)
no answer	6 (6.90%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	61 (70.1%)	6289 (75.1%)
Drinks per patient & day (l)	0.61	0.39
Patients with supplements	8 (9.20%)	982 (11.7%)
Supplements per patient & day (l)	0.04	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	70 (80.5%)	5783 (69.1%)
Milk	18 (20.7%)	1754 (20.9%)
Fruit juice	23 (26.4%)	1975 (23.6%)
Tea, coffee	61 (70.1%)	3262 (38.9%)
Soft drinks	3 (3.45%)	872 (10.4%)
Lunch intake (n):		
 All	35 (40.2%)	3380 (40.4%)
 1/2	28 (32.2%)	2315 (27.6%)
 1/4	14 (16.1%)	1405 (16.8%)
 Nothing	10 (11.5%)	1133 (13.5%)
? No answer	-	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	14 (26.9%)	1554 (31.1%)
I had nausea / vomiting	2 (3.85%)	474 (9.49%)
I was not allowed to eat	5 (9.62%)	473 (9.47%)
I can not eat without help	-	68 (1.36%)
I had an examination / surgery	3 (5.77%)	292 (5.85%)
I ordered a smaller portion	1 (1.92%)	106 (2.12%)
I was tired	-	313 (6.27%)
I normally eat less	4 (7.69%)	379 (7.59%)
I did not like the smell	1 (1.92%)	188 (3.76%)
I did not like the taste	5 (9.62%)	664 (13.3%)

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

Yes	45 (51.7%)	2709 (31.3%)
No	40 (46.0%)	5149 (59.5%)
No answer	2 (2.30%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	17 (37.8%)	837 (30.9%)
Fresh fruits	22 (48.9%)	959 (35.4%)
Sandwiches	4 (8.89%)	309 (11.4%)
Dairy products	8 (17.8%)	416 (15.4%)
Preferred dish	6 (13.3%)	312 (11.5%)
Sweets	5 (11.1%)	485 (17.9%)
Fruit Juice	11 (24.4%)	334 (12.3%)
Others	4 (8.89%)	470 (17.3%)

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

Yes	44 (50.6%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires