



nutritionDay November 2013 in PORTUGAL

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:	17
Number of patients on nutritionDay:	562
Number of patients completing Sheet 3a:	424
Number of patients completing Sheet 3b:	405

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	51 ± 39	27 ± 15
Maximum	53 ± 39	32 ± 16
Number of patients on the nutritionDay (n):		
Total	562	9897
Did not give consent	59 (10.5%)	873 (8.82%)
Needed help completing form	291 (51.8%)	5232 (52.9%)
Terminally ill	64 (11.4%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	2 (11.8%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	6 (35.3%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	1 (5.88%)	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 (11.8%)	56 (11.3%)
Cardiothoracic surgery	1 (5.88%)	4 (0.80%)
Orthopedic surgery	-	29 (5.84%)
Trauma	1 (5.88%)	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	4 (23.5%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	11.71 ± 11.00	7.20 ± 8.91
Physicians per patient	0.21 ± 0.16	0.25 ± 0.32
Consultants	1.88 ± 3.30	2.71 ± 5.30
Consultants per patient	0.03 ± 0.04	0.09 ± 0.18
Registrars	8.65 ± 12.92	2.12 ± 4.43
Registrars per patient	0.13 ± 0.11	0.07 ± 0.13
Nurses		
Nurses	12.76 ± 12.20	8.34 ± 8.65
Nurses per patient	0.23 ± 0.11	0.27 ± 0.25
Nursing aides	6.59 ± 5.42	3.08 ± 3.31

Nursing aides per patient	0.15 ± 0.10	0.10 ± 0.10
Dieticians and dietetic assistants	2.41 ± 1.66	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.06 ± 0.03	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	15 units (88%) Yes	390 units (78%) Yes
Written procedures		
- individual	15 units (88%) Yes	316 units (64%) Yes
- local	14 units (82%) Yes	221 units (44%) Yes
- national	5 units (29%) Yes	225 units (45%) Yes
- other	3 units (18%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	12 units (71%) Yes	396 units (80%) Yes
When requested	10 units (59%) Yes	282 units (57%) Yes
Once a week	10 units (59%) Yes	203 units (41%) Yes
Occasionally	5 units (29%) 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	562	9897
Patients who completed sheet 3a	424 (75.4%)	8656 (87.5%)
Patients who completed sheet 3b	405 (72.1%)	8375 (84.6%)
Demographic data:		
Age (years)	67 [20-104]	67 [2-109]
Female gender	250 (44.5%)	4907 (49.6%)
Weight (kg)	68.2 ± 13.4	71.7 ± 20.6
Height (cm)	164.6 ± 8.6	165.2 ± 11.7
BMI (kg/m ²)	25.2 ± 4.9	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	44 (7.83%)	996 (10.1%)
Surgery (n):		
Preoperative patients	30 (5.34%)	799 (8.07%)
Postoperative patients	192 (34.2%)	2361 (23.9%)
Length of stay in Hospital (days):	18 [2-150]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	61 (10.9%)	1017 (10.3%)
Transferred to another hospital	7 (1.25%)	230 (2.32%)
Transferred to long-term care	10 (1.78%)	598 (6.04%)
Rehabilitation	13 (2.31%)	377 (3.81%)
Discharge home	392 (69.8%)	6785 (68.6%)
Death	51 (9.07%)	390 (3.94%)
Others	5 (0.89%)	110 (1.11%)
Missing	23 (4.09%)	390 (3.94%)
Readmitted (n):	39 (6.94%)	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	27 (4.80%)	729 (7.37%)
Parenteral nutrition	6 (1.07%)	276 (2.79%)
Enteral + parenteral nutrition	2 (0.36%)	57 (0.58%)
Special diet	117 (20.8%)	2520 (25.5%)
Protein supplement	40 (7.12%)	1215 (12.3%)
Hospital food	396 (70.5%)	5906 (59.7%)
Others	31 (5.52%)	477 (4.82%)
Missing	24 (4.27%)	479 (4.84%)
Lines & tubes (n)*:		
None	321 (57.1%)	6115 (61.8%)
Centralvenous	59 (10.5%)	754 (7.62%)
Nasogastric tube	21 (3.74%)	230 (2.32%)
Any other (PEG, PEJ, ...)	161 (28.6%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	39 (6.94%)	1323 (13.4%)
Eye, ear	5 (0.89%)	190 (1.92%)
Nose, throat	1 (0.18%)	180 (1.82%)
Heart, circulation	62 (11.0%)	2052 (20.7%)
Lung	68 (12.1%)	1428 (14.4%)
Liver	16 (2.85%)	446 (4.51%)
Gastrointestinal tract	49 (8.72%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	38 (6.76%)	1472 (14.9%)
Endocrine system	20 (3.56%)	807 (8.15%)
Skeleton, bone, muscle	40 (7.12%)	1564 (15.8%)
Blood, bone marrow	26 (4.63%)	406 (4.10%)
Skin	16 (2.85%)	400 (4.04%)
Ischaemia	8 (1.42%)	117 (1.18%)
Cancer	285 (50.7%)	1625 (16.4%)
Infection	28 (4.98%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	4 (0.71%)	547 (5.53%)
No affected organ	8 (1.42%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	126 (22.4%)	2238 (22.6%)
Stroke	40 (7.12%)	642 (6.49%)
COPD	23 (4.09%)	686 (6.93%)
Myocardial infarction	12 (2.14%)	363 (3.67%)
Cardiac insufficiency	45 (8.01%)	1262 (12.8%)
Others	374 (66.5%)	3763 (38.0%)
No comorbidity	102 (18.1%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	417 (98.3%)	8418 (97.3%)
Yes	222 (52.4%)	3772 (43.6%)
No	143 (33.7%)	3288 (38.0%)
No, I've gained weight	18 (4.25%)	718 (8.29%)
I don't know	34 (8.02%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	222 (52.4%)	3772 (43.6%)
0-4 kg	93 (21.9%)	1679 (19.4%)
5-8 kg	44 (10.4%)	678 (7.83%)
> 8 kg	54 (12.7%)	970 (11.2%)
Not sure	30 (7.08%)	412 (4.76%)
Missing	1 (0.24%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	216 (50.9%)	4084 (47.2%)
A bit less than normal	92 (21.7%)	1957 (22.6%)
Less than half of normal	47 (11.1%)	1256 (14.5%)
Less than a quarter to nearly nothing	58 (13.7%)	1074 (12.4%)
Missing	11 (2.59%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	191 (45.0%)	4299 (49.7%)
Loss of appetite	111 (26.2%)	2344 (27.1%)
Problems with swallowing, mastication	24 (5.66%)	448 (5.18%)
Nausea	23 (5.42%)	748 (8.64%)
Other reasons	61 (14.4%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	231 (54.5%)	5059 (58.4%)
No, only with assistance	135 (31.8%)	2373 (27.4%)
No, I stay in bed	48 (11.3%)	968 (11.2%)
Missing	10 (2.36%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	5 (1.18%)	283 (3.27%)
Very good	11 (2.59%)	728 (8.41%)
Good	91 (21.5%)	2708 (31.3%)
Fair	168 (39.6%)	2932 (33.9%)
Poor	129 (30.4%)	1685 (19.5%)
Missing	20 (4.72%)	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	277 (65.3%)	4927 (56.9%)
No	108 (25.5%)	2875 (33.2%)
- I was not hungry	64 (59.3%)	1429 (49.7%)
- Problems with swallowing / mastication	9 (8.33%)	238 (8.28%)
- Nausea	17 (15.7%)	546 (19.0%)
- Others	14 (13.0%)	658 (22.9%)
no answer	20 (4.72%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	290 (71.6%)	6289 (75.1%)
Drinks per patient & day (l)	0.19	0.39
Patients with supplements	19 (4.69%)	982 (11.7%)
Supplements per patient & day (l)	0.01	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	302 (74.6%)	5783 (69.1%)
Milk	26 (6.42%)	1754 (20.9%)
Fruit juice	34 (8.40%)	1975 (23.6%)
Tea, coffee	18 (4.44%)	3262 (38.9%)
Soft drinks	6 (1.48%)	872 (10.4%)
Lunch intake (n):		
 All	190 (46.9%)	3380 (40.4%)
 1/2	109 (26.9%)	2315 (27.6%)
 1/4	56 (13.8%)	1405 (16.8%)
 Nothing	47 (11.6%)	1133 (13.5%)
? No answer	3 (0.74%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	92 (42.8%)	1554 (31.1%)
I had nausea / vomiting	20 (9.30%)	474 (9.49%)
I was not allowed to eat	21 (9.77%)	473 (9.47%)
I can not eat without help	4 (1.86%)	68 (1.36%)
I had an examination / surgery	4 (1.86%)	292 (5.85%)
I ordered a smaller portion	3 (1.40%)	106 (2.12%)
I was tired	11 (5.12%)	313 (6.27%)
I normally eat less	20 (9.30%)	379 (7.59%)
I did not like the smell	7 (3.26%)	188 (3.76%)
I did not like the taste	37 (17.2%)	664 (13.3%)

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

Yes	145 (34.2%)	2709 (31.3%)
No	242 (57.1%)	5149 (59.5%)
No answer	18 (4.25%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	55 (37.9%)	837 (30.9%)
Fresh fruits	70 (48.3%)	959 (35.4%)
Sandwiches	10 (6.90%)	309 (11.4%)
Dairy products	34 (23.4%)	416 (15.4%)
Preferred dish	9 (6.21%)	312 (11.5%)
Sweets	8 (5.52%)	485 (17.9%)
Fruit Juice	29 (20.0%)	334 (12.3%)
Others	20 (13.8%)	470 (17.3%)

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

Yes	345 (81.4%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires