



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in AUSTRALIA

Dear participant,

June 2015

Thank you for your participation in nutritionDay worldwide in November 2014 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	11
Number of patients on nutritionDay:	198
Number of patients completing Sheet 3a:	178
Number of patients completing Sheet 3b:	174

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 19th November 2015. 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

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 2014 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2014.

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 2014 = 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"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of beds (n):		
Actual	39 ± 19	32 ± 33
Maximum	39 ± 19	39 ± 51
Number of patients on the nutritionDay (n):		
Total	198	14603
Did not give consent	17 (8.59%)	1038 (7.11%)
Needed help completing form	108 (54.5%)	8417 (57.6%)
Terminally ill	2 (1.01%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	3 (27.3%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	1 (9.09%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	1 (9.09%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	1 (9.09%)	4 (0.56%)
Internal medicine / geriatrics	1 (9.09%)	53 (7.44%)
Internal medicine / nephrology	1 (9.09%)	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	1 (9.09%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	1 (9.09%)	13 (1.83%)
General surgery	1 (9.09%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	-	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	-	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	5.44 ± 5.29	5.99 ± 7.60
Physicians per patient	0.11 ± 0.09	0.19 ± 0.22
Consultants	6.00 ± 2.78	2.80 ± 5.81
Consultants per patient	0.18 ± 0.17	0.08 ± 0.16
Registrars	9.11 ± 7.96	2.77 ± 10.24
Registrars per patient	0.32 ± 0.42	0.06 ± 0.13
Nurses	12.88 ± 4.85	9.02 ± 9.73
Nurses per patient	0.32 ± 0.06	0.27 ± 0.27
Nursing aides	0.75 ± 1.04	4.76 ± 13.73

Nursing aides per patient	0.02 ± 0.02	0.11 ± 0.20
Dieticians and dietetic assistants	1.13 ± 0.78	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.03 ± 0.02	0.04 ± 0.04

Nutrition Care:

Nutrition Team	11 units (100%) Yes	556 units (78%) Yes
Written procedures		
- individual	11 units (100%) Yes	439 units (62%) Yes
- local	10 units (91%) Yes	287 units (40%) Yes
- national	9 units (82%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	9 units (82%) Yes	534 units (75%) Yes
When requested	6 units (55%) Yes	377 units (53%) Yes
Once a week	4 units (36%) Yes	278 units (39%) Yes
Occasionally	- units (00%) Yes	77 units (11%) Yes
Never	- units (00%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	198	14603
Patients who completed sheet 3a	178 (89.9%)	12993 (89.0%)
Patients who completed sheet 3b	174 (87.9%)	12603 (86.3%)
Demographic data:		
Age (years)	73 [18-96]	67 [1-110]
Female gender	89 (44.9%)	7396 (50.6%)
Weight (kg)	73.5 ± 19.5	70.1 ± 20.6
Height (cm)	166.9 ± 10.4	164.4 ± 12.9
BMI (kg/m ²)	26.1 ± 5.8	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	18 (9.09%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	15 (7.58%)	1198 (8.20%)
Postoperative patients	46 (23.2%)	3544 (24.3%)
Length of stay in Hospital (days):	21 [1-123]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	29 (14.6%)	1571 (10.8%)
Transferred to another hospital	6 (3.03%)	400 (2.74%)
Transferred to long-term care	6 (3.03%)	774 (5.30%)
Rehabilitation	1 (0.51%)	535 (3.66%)
Discharge home	119 (60.1%)	10301 (70.5%)
Death	3 (1.52%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	34 (17.2%)	299 (2.05%)
Readmitted (n):	2 (1.01%)	1255 (8.59%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Nutrition therapy (n)*:		
Enteral nutrition	3 (1.52%)	861 (5.90%)
Parenteral nutrition	1 (0.51%)	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	38 (19.2%)	4371 (29.9%)
Protein supplement	13 (6.57%)	1555 (10.6%)
Hospital food	126 (63.6%)	8212 (56.2%)
Others	7 (3.54%)	774 (5.30%)
Missing	18 (9.09%)	517 (3.54%)
Lines & tubes (n)*:		
None	172 (86.9%)	9592 (65.7%)
Centralvenous	17 (8.59%)	1025 (7.02%)
Nasogastric tube	5 (2.53%)	386 (2.64%)
Any other (PEG, PEJ, ...)	4 (2.02%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	41 (20.7%)	1961 (13.4%)
Eye, ear	1 (0.51%)	265 (1.81%)
Nose, throat	4 (2.02%)	296 (2.03%)
Heart, circulation	47 (23.7%)	2966 (20.3%)
Lung	15 (7.58%)	2175 (14.9%)
Liver	4 (2.02%)	674 (4.62%)
Gastrointestinal tract	18 (9.09%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	11 (5.56%)	2151 (14.7%)
Endocrine system	3 (1.52%)	1109 (7.59%)
Skeleton, bone, muscle	41 (20.7%)	2645 (18.1%)
Blood, bone marrow	19 (9.60%)	631 (4.32%)
Skin	6 (3.03%)	576 (3.94%)
Ischaemia	1 (0.51%)	116 (0.79%)
Cancer	10 (5.05%)	1957 (13.4%)
Infection	4 (2.02%)	934 (6.40%)
Pregnancy	1 (0.51%)	106 (0.73%)
Others	12 (6.06%)	914 (6.26%)
No affected organ	20 (10.1%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	47 (23.7%)	3064 (21.0%)
Stroke	16 (8.08%)	907 (6.21%)
COPD	14 (7.07%)	1117 (7.65%)
Myocardial infarction	11 (5.56%)	537 (3.68%)
Cardiac insufficiency	27 (13.6%)	1757 (12.0%)
Others	90 (45.5%)	5885 (40.3%)
No comorbidity	55 (27.8%)	5127 (35.1%)

Results in percent referring to the total number of patients

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

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Weight loss within the last 3 months (n):		
Total of patients answering	172 (96.6%)	12546 (96.6%)
Yes	88 (49.4%)	5548 (42.7%)
No	56 (31.5%)	4958 (38.2%)
No, I've gained weight	13 (7.30%)	1013 (7.80%)
I don't know	15 (8.43%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	88 (49.4%)	5548 (42.7%)
0-4 kg	40 (22.5%)	2434 (18.7%)
5-8 kg	11 (6.18%)	1007 (7.75%)
> 8 kg	23 (12.9%)	1378 (10.6%)
Not sure	13 (7.30%)	634 (4.88%)
Missing	1 (0.56%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	65 (36.5%)	6236 (48.0%)
A bit less than normal	43 (24.2%)	2728 (21.0%)
Less than half of normal	45 (25.3%)	1935 (14.9%)
Less than a quarter to nearly nothing	22 (12.4%)	1606 (12.4%)
Missing	3 (1.69%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	96 (53.9%)	6184 (47.6%)
Loss of appetite	61 (34.3%)	3308 (25.5%)
Problems with swallowing, mastication	19 (10.7%)	611 (4.70%)
Nausea	17 (9.55%)	985 (7.58%)
Other reasons	34 (19.1%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	97 (54.5%)	7370 (56.7%)
No, only with assistance	62 (34.8%)	3695 (28.4%)
No, I stay in bed	18 (10.1%)	1530 (11.8%)
Missing	1 (0.56%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	10 (5.62%)	477 (3.67%)
Very good	26 (14.6%)	1178 (9.07%)
Good	63 (35.4%)	4089 (31.5%)
Fair	45 (25.3%)	4393 (33.8%)
Poor	29 (16.3%)	2288 (17.6%)
Missing	5 (2.81%)	568 (4.37%)
Results in percent referring to the total number of patients answering		

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

712 units, 14603 patients

YOUR RESULTS

REFERENCE ND-14

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	95 (53.4%)	7656 (58.9%)
No	59 (33.1%)	4168 (32.1%)
- I was not hungry	42 (71.2%)	2155 (51.7%)
- Problems with swallowing / mastication	9 (15.3%)	328 (7.87%)
- Nausea	8 (13.6%)	616 (14.8%)
- Others	6 (10.2%)	1062 (25.5%)
no answer	20 (11.2%)	779 (6.00%)


Fluid and supplement intake (n):

Patients with fluid intake	131 (75.3%)	9694 (76.9%)
Drinks per patient & day (l)	0.36	0.36
Patients with supplements	21 (12.1%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	115 (66.1%)	7866 (62.4%)
Milk	22 (12.6%)	2359 (18.7%)
Fruit juice	48 (27.6%)	3495 (27.7%)
Tea, coffee	73 (42.0%)	4645 (36.9%)
Soft drinks	18 (10.3%)	1270 (10.1%)

Lunch intake (n):

 All	58 (33.3%)	5279 (41.9%)
 1/2	47 (27.0%)	3261 (25.9%)
 1/4	41 (23.6%)	1911 (15.2%)
 Nothing	23 (13.2%)	1878 (14.9%)
? No answer	5 (2.87%)	274 (2.17%)

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

I was not hungry	38 (32.8%)	2255 (30.8%)
I had nausea / vomiting	9 (7.76%)	587 (8.01%)
I was not allowed to eat	15 (12.9%)	660 (9.01%)
I can not eat without help	1 (0.86%)	110 (1.50%)
I had an examination / surgery	7 (6.03%)	458 (6.25%)
I ordered a smaller portion	4 (3.45%)	146 (1.99%)
I was tired	4 (3.45%)	349 (4.77%)
I normally eat less	8 (6.90%)	544 (7.43%)
I did not like the smell	10 (8.62%)	242 (3.30%)
I did not like the taste	23 (19.8%)	936 (12.8%)

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

Yes	62 (34.8%)	4047 (31.1%)
No	106 (59.6%)	7833 (60.3%)
No answer	6 (3.37%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	13 (21.0%)	1241 (30.7%)
Fresh fruits	14 (22.6%)	1527 (37.7%)
Sandwiches	7 (11.3%)	369 (9.12%)
Dairy products	6 (9.68%)	583 (14.4%)
Preferred dish	8 (12.9%)	406 (10.0%)
Sweets	8 (12.9%)	659 (16.3%)
Fruit Juice	1 (1.61%)	675 (16.7%)
Others	16 (25.8%)	885 (21.9%)

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

Yes	117 (65.7%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires