



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in FINLAND**

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:	4
Number of patients on nutritionDay:	75
Number of patients completing Sheet 3a:	44
Number of patients completing Sheet 3b:	45

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 19<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	20 ± 9	32 ± 33
Maximum	23 ± 6	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	75	14603
Did not give consent	7 (9.33%)	1038 (7.11%)
Needed help completing form	28 (37.3%)	8417 (57.6%)
Terminally ill	4 (5.33%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	-	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	-	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	1 (25.0%)	4 (0.56%)
Internal medicine / geriatrics	1 (25.0%)	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	-	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	-	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	2 (50.0%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	1.75 ± 0.50	5.99 ± 7.60
Physicians per patient	0.08 ± 0.01	0.19 ± 0.22
Consultants	0.75 ± 0.50	2.80 ± 5.81
Consultants per patient	0.03 ± 0.02	0.08 ± 0.16
Registrars	1.00 ± 0.82	2.77 ± 10.24
Registrars per patient	0.05 ± 0.04	0.06 ± 0.13
Nurses	5.75 ± 0.96	9.02 ± 9.73
Nurses per patient	0.26 ± 0.08	0.27 ± 0.27
Nursing aides	1.50 ± 1.91	4.76 ± 13.73

Nursing aides per patient	0.05 ± 0.07	0.11 ± 0.20
Dieticians and dietetic assistants	0.50 ± 0.58	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.02 ± 0.02	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	3 units (75%) Yes	556 units (78%) Yes
Written procedures		
- individual	3 units (75%) Yes	439 units (62%) Yes
- local	2 units (50%) Yes	287 units (40%) Yes
- national	2 units (50%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	3 units (75%) Yes	534 units (75%) Yes
When requested	2 units (50%) Yes	377 units (53%) Yes
Once a week	- units (00%) 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
<b>Number of patients (n):</b>		
Total	75	14603
Patients who completed sheet 3a	44 (58.7%)	12993 (89.0%)
Patients who completed sheet 3b	45 (60.0%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	83 [42-99]	67 [1-110]
Female gender	30 (40.0%)	7396 (50.6%)
Weight (kg)	69.1 ± 17.8	70.1 ± 20.6
Height (cm)	168.1 ± 10.8	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	24.4 ± 5.1	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	4 (5.33%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	-	1198 (8.20%)
Postoperative patients	12 (16.0%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	21 [2-57]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	6 (8.00%)	1571 (10.8%)
Transferred to another hospital	5 (6.67%)	400 (2.74%)
Transferred to long-term care	9 (12.0%)	774 (5.30%)
Rehabilitation	15 (20.0%)	535 (3.66%)
Discharge home	36 (48.0%)	10301 (70.5%)
Death	4 (5.33%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	-	299 (2.05%)
<b>Readmitted (n):</b>	21 (28.0%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	1 (1.33%)	861 (5.90%)
Parenteral nutrition	3 (4.00%)	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	8 (10.7%)	4371 (29.9%)
Protein supplement	19 (25.3%)	1555 (10.6%)
Hospital food	64 (85.3%)	8212 (56.2%)
Others	1 (1.33%)	774 (5.30%)
Missing	-	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	-	9592 (65.7%)
Centralvenous	-	1025 (7.02%)
Nasogastric tube	-	386 (2.64%)
Any other (PEG, PEJ, ...)	75 (100%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	22 (29.3%)	1961 (13.4%)
Eye, ear	3 (4.00%)	265 (1.81%)
Nose, throat	2 (2.67%)	296 (2.03%)
Heart, circulation	26 (34.7%)	2966 (20.3%)
Lung	14 (18.7%)	2175 (14.9%)
Liver	-	674 (4.62%)
Gastrointestinal tract	2 (2.67%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	7 (9.33%)	2151 (14.7%)
Endocrine system	6 (8.00%)	1109 (7.59%)
Skeleton, bone, muscle	39 (52.0%)	2645 (18.1%)
Blood, bone marrow	2 (2.67%)	631 (4.32%)
Skin	-	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	11 (14.7%)	1957 (13.4%)
Infection	16 (21.3%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	1 (1.33%)	914 (6.26%)
No affected organ	-	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	15 (20.0%)	3064 (21.0%)
Stroke	3 (4.00%)	907 (6.21%)
COPD	5 (6.67%)	1117 (7.65%)
Myocardial infarction	4 (5.33%)	537 (3.68%)
Cardiac insufficiency	16 (21.3%)	1757 (12.0%)
Others	47 (62.7%)	5885 (40.3%)
No comorbidity	1 (1.33%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	44 (100%)	12546 (96.6%)
Yes	11 (25.0%)	5548 (42.7%)
No	24 (54.5%)	4958 (38.2%)
No, I've gained weight	3 (6.82%)	1013 (7.80%)
I don't know	6 (13.6%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	11 (25.0%)	5548 (42.7%)
0-4 kg	4 (9.09%)	2434 (18.7%)
5-8 kg	1 (2.27%)	1007 (7.75%)
> 8 kg	4 (9.09%)	1378 (10.6%)
Not sure	2 (4.55%)	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	23 (52.3%)	6236 (48.0%)
A bit less than normal	14 (31.8%)	2728 (21.0%)
Less than half of normal	3 (6.82%)	1935 (14.9%)
Less than a quarter to nearly nothing	4 (9.09%)	1606 (12.4%)
Missing	-	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	19 (43.2%)	6184 (47.6%)
Loss of appetite	10 (22.7%)	3308 (25.5%)
Problems with swallowing, mastication	5 (11.4%)	611 (4.70%)
Nausea	2 (4.55%)	985 (7.58%)
Other reasons	6 (13.6%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	25 (56.8%)	7370 (56.7%)
No, only with assistance	12 (27.3%)	3695 (28.4%)
No, I stay in bed	2 (4.55%)	1530 (11.8%)
Missing	5 (11.4%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	-	477 (3.67%)
Very good	-	1178 (9.07%)
Good	9 (20.5%)	4089 (31.5%)
Fair	22 (50.0%)	4393 (33.8%)
Poor	7 (15.9%)	2288 (17.6%)
Missing	6 (13.6%)	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
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	26 (59.1%)	7656 (58.9%)
No	15 (34.1%)	4168 (32.1%)
- I was not hungry	7 (46.7%)	2155 (51.7%)
- Problems with swallowing / mastication	5 (33.3%)	328 (7.87%)
- Nausea	4 (26.7%)	616 (14.8%)
- Others	3 (20.0%)	1062 (25.5%)
no answer	4 (9.09%)	779 (6.00%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	40 (88.9%)	9694 (76.9%)
Drinks per patient & day (l)	0.22	0.36
Patients with supplements	2 (4.44%)	1320 (10.5%)
Supplements per patient & day (l)	0.01	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	29 (64.4%)	7866 (62.4%)
Milk	34 (75.6%)	2359 (18.7%)
Fruit juice	27 (60.0%)	3495 (27.7%)
Tea, coffee	24 (53.3%)	4645 (36.9%)
Soft drinks	5 (11.1%)	1270 (10.1%)
<b>Lunch intake (n):</b>		
 All	24 (53.3%)	5279 (41.9%)
 1/2	14 (31.1%)	3261 (25.9%)
 1/4	3 (6.67%)	1911 (15.2%)
 Nothing	4 (8.89%)	1878 (14.9%)
? No answer	-	274 (2.17%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	3 (14.3%)	2255 (30.8%)
I had nausea / vomiting	3 (14.3%)	587 (8.01%)
I was not allowed to eat	1 (4.76%)	660 (9.01%)
I can not eat without help	-	110 (1.50%)
I had an examination / surgery	-	458 (6.25%)
I ordered a smaller portion	-	146 (1.99%)
I was tired	1 (4.76%)	349 (4.77%)
I normally eat less	2 (9.52%)	544 (7.43%)
I did not like the smell	-	242 (3.30%)
I did not like the taste	2 (9.52%)	936 (12.8%)



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

Yes	12 (27.3%)	4047 (31.1%)
No	25 (56.8%)	7833 (60.3%)
No answer	8 (18.2%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	1 (8.33%)	1241 (30.7%)
Fresh fruits	4 (33.3%)	1527 (37.7%)
Sandwiches	1 (8.33%)	369 (9.12%)
Dairy products	-	583 (14.4%)
Preferred dish	-	406 (10.0%)
Sweets	6 (50.0%)	659 (16.3%)
Fruit Juice	2 (16.7%)	675 (16.7%)
Others	1 (8.33%)	885 (21.9%)

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

Yes	37 (84.1%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires