



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in ITALY

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:	7
Number of patients on nutritionDay:	122
Number of patients completing Sheet 3a:	120
Number of patients completing Sheet 3b:	116

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	23 ± 11	32 ± 33
Maximum	23 ± 11	39 ± 51
Number of patients on the nutritionDay (n):		
Total	122	14603
Did not give consent	1 (0.82%)	1038 (7.11%)
Needed help completing form	113 (92.6%)	8417 (57.6%)
Terminally ill	18 (14.8%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	1 (14.3%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	1 (14.3%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	4 (57.1%)	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	1 (14.3%)	11 (1.54%)
Others	-	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	7.64 ± 3.57	5.99 ± 7.60
Physicians per patient	0.43 ± 0.29	0.19 ± 0.22
Consultants	0.57 ± 1.51	2.80 ± 5.81
Consultants per patient	0.03 ± 0.08	0.08 ± 0.16
Registrars	5.07 ± 3.88	2.77 ± 10.24
Registrars per patient	0.29 ± 0.26	0.06 ± 0.13
Nurses	11.86 ± 13.84	9.02 ± 9.73
Nurses per patient	0.65 ± 0.79	0.27 ± 0.27
Nursing aides	2.14 ± 2.34	4.76 ± 13.73

Nursing aides per patient	0.08 ± 0.08	0.11 ± 0.20
Dieticians and dietetic assistants	0.64 ± 1.11	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.02 ± 0.04	0.04 ± 0.04

Nutrition Care:

Nutrition Team	6 units (86%) Yes	556 units (78%) Yes
Written procedures		
- individual	5 units (71%) Yes	439 units (62%) Yes
- local	1 units (14%) Yes	287 units (40%) Yes
- national	5 units (71%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	4 units (57%) Yes	534 units (75%) Yes
When requested	2 units (29%) Yes	377 units (53%) Yes
Once a week	2 units (29%) Yes	278 units (39%) Yes
Occasionally	- units (00%) Yes	77 units (11%) Yes
Never	2 units (29%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	122	14603
Patients who completed sheet 3a	120 (98.4%)	12993 (89.0%)
Patients who completed sheet 3b	116 (95.1%)	12603 (86.3%)
Demographic data:		
Age (years)	83 [45-99]	67 [1-110]
Female gender	82 (67.2%)	7396 (50.6%)
Weight (kg)	68.3 ± 15.2	70.1 ± 20.6
Height (cm)	162.7 ± 8.0	164.4 ± 12.9
BMI (kg/m ²)	25.9 ± 5.8	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	1 (0.82%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	2 (1.64%)	1198 (8.20%)
Postoperative patients	5 (4.10%)	3544 (24.3%)
Length of stay in Hospital (days):	19 [3-238]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	12 (9.84%)	1571 (10.8%)
Transferred to another hospital	1 (0.82%)	400 (2.74%)
Transferred to long-term care	12 (9.84%)	774 (5.30%)
Rehabilitation	1 (0.82%)	535 (3.66%)
Discharge home	64 (52.5%)	10301 (70.5%)
Death	13 (10.7%)	505 (3.46%)
Others	1 (0.82%)	218 (1.49%)
Missing	18 (14.8%)	299 (2.05%)
Readmitted (n):	5 (4.10%)	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	42 (34.4%)	861 (5.90%)
Parenteral nutrition	11 (9.02%)	467 (3.20%)
Enteral + parenteral nutrition	6 (4.92%)	91 (0.62%)
Special diet	2 (1.64%)	4371 (29.9%)
Protein supplement	5 (4.10%)	1555 (10.6%)
Hospital food	59 (48.4%)	8212 (56.2%)
Others	6 (4.92%)	774 (5.30%)
Missing	-	517 (3.54%)
Lines & tubes (n)*:		
None	97 (79.5%)	9592 (65.7%)
Centralvenous	8 (6.56%)	1025 (7.02%)
Nasogastric tube	5 (4.10%)	386 (2.64%)
Any other (PEG, PEJ, ...)	12 (9.84%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	32 (26.2%)	1961 (13.4%)
Eye, ear	1 (0.82%)	265 (1.81%)
Nose, throat	1 (0.82%)	296 (2.03%)
Heart, circulation	25 (20.5%)	2966 (20.3%)
Lung	25 (20.5%)	2175 (14.9%)
Liver	5 (4.10%)	674 (4.62%)
Gastrointestinal tract	13 (10.7%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	11 (9.02%)	2151 (14.7%)
Endocrine system	3 (2.46%)	1109 (7.59%)
Skeleton, bone, muscle	18 (14.8%)	2645 (18.1%)
Blood, bone marrow	7 (5.74%)	631 (4.32%)
Skin	3 (2.46%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	27 (22.1%)	1957 (13.4%)
Infection	13 (10.7%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	2 (1.64%)	914 (6.26%)
No affected organ	-	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	32 (26.2%)	3064 (21.0%)
Stroke	16 (13.1%)	907 (6.21%)
COPD	23 (18.9%)	1117 (7.65%)
Myocardial infarction	9 (7.38%)	537 (3.68%)
Cardiac insufficiency	20 (16.4%)	1757 (12.0%)
Others	70 (57.4%)	5885 (40.3%)
No comorbidity	7 (5.74%)	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	118 (98.3%)	12546 (96.6%)
Yes	58 (48.3%)	5548 (42.7%)
No	49 (40.8%)	4958 (38.2%)
No, I've gained weight	7 (5.83%)	1013 (7.80%)
I don't know	4 (3.33%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	58 (48.3%)	5548 (42.7%)
0-4 kg	35 (29.2%)	2434 (18.7%)
5-8 kg	10 (8.33%)	1007 (7.75%)
> 8 kg	8 (6.67%)	1378 (10.6%)
Not sure	5 (4.17%)	634 (4.88%)
Missing	-	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	48 (40.0%)	6236 (48.0%)
A bit less than normal	32 (26.7%)	2728 (21.0%)
Less than half of normal	13 (10.8%)	1935 (14.9%)
Less than a quarter to nearly nothing	25 (20.8%)	1606 (12.4%)
Missing	2 (1.67%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	74 (61.7%)	6184 (47.6%)
Loss of appetite	40 (33.3%)	3308 (25.5%)
Problems with swallowing, mastication	21 (17.5%)	611 (4.70%)
Nausea	12 (10.0%)	985 (7.58%)
Other reasons	17 (14.2%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	34 (28.3%)	7370 (56.7%)
No, only with assistance	46 (38.3%)	3695 (28.4%)
No, I stay in bed	40 (33.3%)	1530 (11.8%)
Missing	-	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	-	477 (3.67%)
Very good	4 (3.33%)	1178 (9.07%)
Good	13 (10.8%)	4089 (31.5%)
Fair	43 (35.8%)	4393 (33.8%)
Poor	55 (45.8%)	2288 (17.6%)
Missing	5 (4.17%)	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	56 (46.7%)	7656 (58.9%)
No	52 (43.3%)	4168 (32.1%)
- I was not hungry	37 (71.2%)	2155 (51.7%)
- Problems with swallowing / mastication	13 (25.0%)	328 (7.87%)
- Nausea	7 (13.5%)	616 (14.8%)
- Others	6 (11.5%)	1062 (25.5%)
no answer	8 (6.67%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	102 (87.9%)	9694 (76.9%)
Drinks per patient & day (l)	0.61	0.36
Patients with supplements	14 (12.1%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03

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

Water	102 (87.9%)	7866 (62.4%)
Milk	37 (31.9%)	2359 (18.7%)
Fruit juice	11 (9.48%)	3495 (27.7%)
Tea, coffee	33 (28.4%)	4645 (36.9%)
Soft drinks	1 (0.86%)	1270 (10.1%)

Lunch intake (n):

 All	41 (35.3%)	5279 (41.9%)
 1/2	33 (28.4%)	3261 (25.9%)
 1/4	21 (18.1%)	1911 (15.2%)
 Nothing	21 (18.1%)	1878 (14.9%)
? No answer	-	274 (2.17%)

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

I was not hungry	29 (38.7%)	2255 (30.8%)
I had nausea / vomiting	10 (13.3%)	587 (8.01%)
I was not allowed to eat	4 (5.33%)	660 (9.01%)
I can not eat without help	4 (5.33%)	110 (1.50%)
I had an examination / surgery	3 (4.00%)	458 (6.25%)
I ordered a smaller portion	2 (2.67%)	146 (1.99%)
I was tired	9 (12.0%)	349 (4.77%)
I normally eat less	7 (9.33%)	544 (7.43%)
I did not like the smell	12 (16.0%)	242 (3.30%)
I did not like the taste	13 (17.3%)	936 (12.8%)

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

Yes	37 (30.8%)	4047 (31.1%)
No	73 (60.8%)	7833 (60.3%)
No answer	6 (5.00%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	11 (29.7%)	1241 (30.7%)
Fresh fruits	10 (27.0%)	1527 (37.7%)
Sandwiches	-	369 (9.12%)
Dairy products	2 (5.41%)	583 (14.4%)
Preferred dish	6 (16.2%)	406 (10.0%)
Sweets	3 (8.11%)	659 (16.3%)
Fruit Juice	5 (13.5%)	675 (16.7%)
Others	8 (21.6%)	885 (21.9%)

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

Yes	91 (75.8%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires