



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in KUWAIT

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:	108
Number of patients completing Sheet 3a:	92
Number of patients completing Sheet 3b:	91

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	22 ± 12	32 ± 33
Maximum	37 ± 23	39 ± 51
Number of patients on the nutritionDay (n):		
Total	108	14603
Did not give consent	18 (16.7%)	1038 (7.11%)
Needed help completing form	67 (62.0%)	8417 (57.6%)
Terminally ill	25 (23.1%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	-	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	3 (75.0%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	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	1 (25.0%)	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	18.25 ± 14.13	5.99 ± 7.60
Physicians per patient	0.75 ± 0.59	0.19 ± 0.22
Consultants	8.25 ± 5.44	2.80 ± 5.81
Consultants per patient	0.28 ± 0.18	0.08 ± 0.16
Registrars	12.00 ± 4.83	2.77 ± 10.24
Registrars per patient	0.40 ± 0.17	0.06 ± 0.13
Nurses	44.50 ± 15.02	9.02 ± 9.73
Nurses per patient	1.64 ± 1.07	0.27 ± 0.27
Nursing aides	17.75 ± 1.71	4.76 ± 13.73

Nursing aides per patient	0.87 ± 0.93	0.11 ± 0.20
Dieticians and dietetic assistants	2.00 ± 1.41	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.15 ± 0.23	0.04 ± 0.04

Nutrition Care:

Nutrition Team	4 units (100%) Yes	556 units (78%) Yes
Written procedures		
- individual	4 units (100%) Yes	439 units (62%) Yes
- local	3 units (75%) Yes	287 units (40%) Yes
- national	2 units (50%) Yes	314 units (44%) Yes
- other	1 units (25%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	3 units (75%) Yes	534 units (75%) Yes
When requested	1 units (25%) Yes	377 units (53%) Yes
Once a week	3 units (75%) 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	108	14603
Patients who completed sheet 3a	92 (85.2%)	12993 (89.0%)
Patients who completed sheet 3b	91 (84.3%)	12603 (86.3%)
Demographic data:		
Age (years)	56 [17-92]	67 [1-110]
Female gender	53 (49.1%)	7396 (50.6%)
Weight (kg)	66.0 ± 14.3	70.1 ± 20.6
Height (cm)	163.5 ± 9.7	164.4 ± 12.9
BMI (kg/m ²)	24.8 ± 5.3	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	12 (11.1%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	6 (5.56%)	1198 (8.20%)
Postoperative patients	7 (6.48%)	3544 (24.3%)
Length of stay in Hospital (days):	-	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	-	1571 (10.8%)
Transferred to another hospital	-	400 (2.74%)
Transferred to long-term care	-	774 (5.30%)
Rehabilitation	-	535 (3.66%)
Discharge home	-	10301 (70.5%)
Death	-	505 (3.46%)
Others	-	218 (1.49%)
Missing	108 (100%)	299 (2.05%)
Readmitted (n):	-	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	7 (6.48%)	861 (5.90%)
Parenteral nutrition	2 (1.85%)	467 (3.20%)
Enteral + parenteral nutrition	1 (0.93%)	91 (0.62%)
Special diet	29 (26.9%)	4371 (29.9%)
Protein supplement	12 (11.1%)	1555 (10.6%)
Hospital food	54 (50.0%)	8212 (56.2%)
Others	2 (1.85%)	774 (5.30%)
Missing	7 (6.48%)	517 (3.54%)
Lines & tubes (n)*:		
None	47 (43.5%)	9592 (65.7%)
Centralvenous	27 (25.0%)	1025 (7.02%)
Nasogastric tube	5 (4.63%)	386 (2.64%)
Any other (PEG, PEJ, ...)	29 (26.9%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	3 (2.78%)	1961 (13.4%)
Eye, ear	-	265 (1.81%)
Nose, throat	7 (6.48%)	296 (2.03%)
Heart, circulation	-	2966 (20.3%)
Lung	4 (3.70%)	2175 (14.9%)
Liver	1 (0.93%)	674 (4.62%)
Gastrointestinal tract	2 (1.85%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	8 (7.41%)	2151 (14.7%)
Endocrine system	3 (2.78%)	1109 (7.59%)
Skeleton, bone, muscle	-	2645 (18.1%)
Blood, bone marrow	15 (13.9%)	631 (4.32%)
Skin	-	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	59 (54.6%)	1957 (13.4%)
Infection	-	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	6 (5.56%)	914 (6.26%)
No affected organ	1 (0.93%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	50 (46.3%)	3064 (21.0%)
Stroke	1 (0.93%)	907 (6.21%)
COPD	-	1117 (7.65%)
Myocardial infarction	2 (1.85%)	537 (3.68%)
Cardiac insufficiency	1 (0.93%)	1757 (12.0%)
Others	49 (45.4%)	5885 (40.3%)
No comorbidity	28 (25.9%)	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	85 (92.4%)	12546 (96.6%)
Yes	48 (52.2%)	5548 (42.7%)
No	13 (14.1%)	4958 (38.2%)
No, I've gained weight	5 (5.43%)	1013 (7.80%)
I don't know	19 (20.7%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	48 (52.2%)	5548 (42.7%)
0-4 kg	19 (20.7%)	2434 (18.7%)
5-8 kg	7 (7.61%)	1007 (7.75%)
> 8 kg	16 (17.4%)	1378 (10.6%)
Not sure	5 (5.43%)	634 (4.88%)
Missing	1 (1.09%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	21 (22.8%)	6236 (48.0%)
A bit less than normal	27 (29.3%)	2728 (21.0%)
Less than half of normal	33 (35.9%)	1935 (14.9%)
Less than a quarter to nearly nothing	9 (9.78%)	1606 (12.4%)
Missing	2 (2.17%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	75 (81.5%)	6184 (47.6%)
Loss of appetite	45 (48.9%)	3308 (25.5%)
Problems with swallowing, mastication	9 (9.78%)	611 (4.70%)
Nausea	20 (21.7%)	985 (7.58%)
Other reasons	8 (8.70%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	44 (47.8%)	7370 (56.7%)
No, only with assistance	26 (28.3%)	3695 (28.4%)
No, I stay in bed	16 (17.4%)	1530 (11.8%)
Missing	6 (6.52%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	-	477 (3.67%)
Very good	11 (12.0%)	1178 (9.07%)
Good	42 (45.7%)	4089 (31.5%)
Fair	19 (20.7%)	4393 (33.8%)
Poor	20 (21.7%)	2288 (17.6%)
Missing	-	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	43 (46.7%)	7656 (58.9%)
No	28 (30.4%)	4168 (32.1%)
- I was not hungry	13 (46.4%)	2155 (51.7%)
- Problems with swallowing / mastication	3 (10.7%)	328 (7.87%)
- Nausea	6 (21.4%)	616 (14.8%)
- Others	2 (7.14%)	1062 (25.5%)
no answer	20 (21.7%)	779 (6.00%)


Fluid and supplement intake (n):

Patients with fluid intake	53 (58.2%)	9694 (76.9%)
Drinks per patient & day (l)	0.50	0.36
Patients with supplements	29 (31.9%)	1320 (10.5%)
Supplements per patient & day (l)	0.10	0.03

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

Water	67 (73.6%)	7866 (62.4%)
Milk	54 (59.3%)	2359 (18.7%)
Fruit juice	41 (45.1%)	3495 (27.7%)
Tea, coffee	27 (29.7%)	4645 (36.9%)
Soft drinks	-	1270 (10.1%)

Lunch intake (n):

 All	7 (7.69%)	5279 (41.9%)
 1/2	48 (52.7%)	3261 (25.9%)
 1/4	21 (23.1%)	1911 (15.2%)
 Nothing	5 (5.49%)	1878 (14.9%)
? No answer	10 (11.0%)	274 (2.17%)

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

I was not hungry	24 (28.6%)	2255 (30.8%)
I had nausea / vomiting	15 (17.9%)	587 (8.01%)
I was not allowed to eat	3 (3.57%)	660 (9.01%)
I can not eat without help	5 (5.95%)	110 (1.50%)
I had an examination / surgery	-	458 (6.25%)
I ordered a smaller portion	1 (1.19%)	146 (1.99%)
I was tired	18 (21.4%)	349 (4.77%)
I normally eat less	3 (3.57%)	544 (7.43%)
I did not like the smell	4 (4.76%)	242 (3.30%)
I did not like the taste	8 (9.52%)	936 (12.8%)

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

Yes	39 (42.4%)	4047 (31.1%)
No	31 (33.7%)	7833 (60.3%)
No answer	21 (22.8%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	5 (12.8%)	1241 (30.7%)
Fresh fruits	10 (25.6%)	1527 (37.7%)
Sandwiches	3 (7.69%)	369 (9.12%)
Dairy products	3 (7.69%)	583 (14.4%)
Preferred dish	11 (28.2%)	406 (10.0%)
Sweets	4 (10.3%)	659 (16.3%)
Fruit Juice	7 (17.9%)	675 (16.7%)
Others	3 (7.69%)	885 (21.9%)

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

Yes	69 (75.0%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires