



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in NORWAY

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:	35
Number of patients on nutritionDay:	634
Number of patients completing Sheet 3a:	490
Number of patients completing Sheet 3b:	462

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	21 ± 8	32 ± 33
Maximum	23 ± 7	39 ± 51
Number of patients on the nutritionDay (n):		
Total	634	14603
Did not give consent	70 (11.0%)	1038 (7.11%)
Needed help completing form	224 (35.3%)	8417 (57.6%)
Terminally ill	33 (5.21%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	3 (8.57%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	2 (5.71%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	3 (8.57%)	70 (9.83%)
Internal medicine / cardiology	2 (5.71%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	1 (2.86%)	53 (7.44%)
Internal medicine / nephrology	1 (2.86%)	11 (1.54%)
Pediatrics	4 (11.4%)	27 (3.79%)
Neurology	1 (2.86%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	1 (2.86%)	13 (1.83%)
General surgery	5 (14.3%)	90 (12.6%)
Cardiothoracic surgery	2 (5.71%)	9 (1.26%)
Orthopedic surgery	6 (17.1%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	1 (2.86%)	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	3 (8.57%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	2.32 ± 2.21	5.99 ± 7.60
Physicians per patient	0.11 ± 0.10	0.19 ± 0.22
Consultants	2.91 ± 2.57	2.80 ± 5.81
Consultants per patient	0.13 ± 0.11	0.08 ± 0.16
Registrars	2.26 ± 2.28	2.77 ± 10.24
Registrars per patient	0.10 ± 0.09	0.06 ± 0.13
Nurses		
Nurses	10.00 ± 4.78	9.02 ± 9.73
Nurses per patient	0.44 ± 0.15	0.27 ± 0.27
Nursing aides	1.51 ± 1.04	4.76 ± 13.73

Nursing aides per patient	0.07 ± 0.05	0.11 ± 0.20
Dieticians and dietetic assistants	0.33 ± 0.65	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.01 ± 0.03	0.04 ± 0.04

Nutrition Care:

Nutrition Team	11 units (31%) Yes	556 units (78%) Yes
Written procedures		
- individual	17 units (49%) Yes	439 units (62%) Yes
- local	7 units (20%) Yes	287 units (40%) Yes
- national	16 units (46%) Yes	314 units (44%) Yes
- other	6 units (17%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	28 units (80%) Yes	534 units (75%) Yes
When requested	19 units (54%) Yes	377 units (53%) Yes
Once a week	11 units (31%) Yes	278 units (39%) Yes
Occasionally	6 units (17%) 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	634	14603
Patients who completed sheet 3a	490 (77.3%)	12993 (89.0%)
Patients who completed sheet 3b	462 (72.9%)	12603 (86.3%)
Demographic data:		
Age (years)	64 [8-98]	67 [1-110]
Female gender	316 (49.8%)	7396 (50.6%)
Weight (kg)	72.2 ± 19.0	70.1 ± 20.6
Height (cm)	170.0 ± 12.0	164.4 ± 12.9
BMI (kg/m ²)	24.9 ± 5.6	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	104 (16.4%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	72 (11.4%)	1198 (8.20%)
Postoperative patients	230 (36.3%)	3544 (24.3%)
Length of stay in Hospital (days):	7 [1-90]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	31 (4.89%)	1571 (10.8%)
Transferred to another hospital	69 (10.9%)	400 (2.74%)
Transferred to long-term care	50 (7.89%)	774 (5.30%)
Rehabilitation	20 (3.15%)	535 (3.66%)
Discharge home	410 (64.7%)	10301 (70.5%)
Death	13 (2.05%)	505 (3.46%)
Others	10 (1.58%)	218 (1.49%)
Missing	31 (4.89%)	299 (2.05%)
Readmitted (n):	78 (12.3%)	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	69 (10.9%)	861 (5.90%)
Parenteral nutrition	47 (7.41%)	467 (3.20%)
Enteral + parenteral nutrition	11 (1.74%)	91 (0.62%)
Special diet	45 (7.10%)	4371 (29.9%)
Protein supplement	50 (7.89%)	1555 (10.6%)
Hospital food	465 (73.3%)	8212 (56.2%)
Others	20 (3.15%)	774 (5.30%)
Missing	43 (6.78%)	517 (3.54%)
Lines & tubes (n)*:		
None	494 (77.9%)	9592 (65.7%)
Centralvenous	67 (10.6%)	1025 (7.02%)
Nasogastric tube	8 (1.26%)	386 (2.64%)
Any other (PEG, PEJ, ...)	65 (10.3%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	66 (10.4%)	1961 (13.4%)
Eye, ear	6 (0.95%)	265 (1.81%)
Nose, throat	16 (2.52%)	296 (2.03%)
Heart, circulation	75 (11.8%)	2966 (20.3%)
Lung	52 (8.20%)	2175 (14.9%)
Liver	26 (4.10%)	674 (4.62%)
Gastrointestinal tract	161 (25.4%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	79 (12.5%)	2151 (14.7%)
Endocrine system	22 (3.47%)	1109 (7.59%)
Skeleton, bone, muscle	102 (16.1%)	2645 (18.1%)
Blood, bone marrow	10 (1.58%)	631 (4.32%)
Skin	43 (6.78%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	94 (14.8%)	1957 (13.4%)
Infection	44 (6.94%)	934 (6.40%)
Pregnancy	7 (1.10%)	106 (0.73%)
Others	22 (3.47%)	914 (6.26%)
No affected organ	33 (5.21%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	69 (10.9%)	3064 (21.0%)
Stroke	21 (3.31%)	907 (6.21%)
COPD	41 (6.47%)	1117 (7.65%)
Myocardial infarction	40 (6.31%)	537 (3.68%)
Cardiac insufficiency	36 (5.68%)	1757 (12.0%)
Others	235 (37.1%)	5885 (40.3%)
No comorbidity	311 (49.1%)	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	473 (96.5%)	12546 (96.6%)
Yes	163 (33.3%)	5548 (42.7%)
No	259 (52.9%)	4958 (38.2%)
No, I've gained weight	34 (6.94%)	1013 (7.80%)
I don't know	17 (3.47%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	163 (33.3%)	5548 (42.7%)
0-4 kg	60 (12.2%)	2434 (18.7%)
5-8 kg	34 (6.94%)	1007 (7.75%)
> 8 kg	57 (11.6%)	1378 (10.6%)
Not sure	12 (2.45%)	634 (4.88%)
Missing	-	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	197 (40.2%)	6236 (48.0%)
A bit less than normal	122 (24.9%)	2728 (21.0%)
Less than half of normal	62 (12.7%)	1935 (14.9%)
Less than a quarter to nearly nothing	90 (18.4%)	1606 (12.4%)
Missing	19 (3.88%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	277 (56.5%)	6184 (47.6%)
Loss of appetite	132 (26.9%)	3308 (25.5%)
Problems with swallowing, mastication	32 (6.53%)	611 (4.70%)
Nausea	78 (15.9%)	985 (7.58%)
Other reasons	116 (23.7%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	336 (68.6%)	7370 (56.7%)
No, only with assistance	117 (23.9%)	3695 (28.4%)
No, I stay in bed	24 (4.90%)	1530 (11.8%)
Missing	13 (2.65%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	18 (3.67%)	477 (3.67%)
Very good	58 (11.8%)	1178 (9.07%)
Good	218 (44.5%)	4089 (31.5%)
Fair	104 (21.2%)	4393 (33.8%)
Poor	76 (15.5%)	2288 (17.6%)
Missing	16 (3.27%)	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	247 (50.4%)	7656 (58.9%)
No	151 (30.8%)	4168 (32.1%)
- I was not hungry	69 (45.7%)	2155 (51.7%)
- Problems with swallowing / mastication	14 (9.27%)	328 (7.87%)
- Nausea	30 (19.9%)	616 (14.8%)
- Others	48 (31.8%)	1062 (25.5%)
no answer	64 (13.1%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	343 (74.2%)	9694 (76.9%)
Drinks per patient & day (l)	0.41	0.36
Patients with supplements	33 (7.14%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03

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

Water	301 (65.2%)	7866 (62.4%)
Milk	82 (17.7%)	2359 (18.7%)
Fruit juice	122 (26.4%)	3495 (27.7%)
Tea, coffee	156 (33.8%)	4645 (36.9%)
Soft drinks	64 (13.9%)	1270 (10.1%)

Lunch intake (n):

 All	208 (45.0%)	5279 (41.9%)
 1/2	90 (19.5%)	3261 (25.9%)
 1/4	53 (11.5%)	1911 (15.2%)
 Nothing	98 (21.2%)	1878 (14.9%)
? No answer	13 (2.81%)	274 (2.17%)

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

I was not hungry	70 (27.6%)	2255 (30.8%)
I had nausea / vomiting	33 (13.0%)	587 (8.01%)
I was not allowed to eat	50 (19.7%)	660 (9.01%)
I can not eat without help	-	110 (1.50%)
I had an examination / surgery	8 (3.15%)	458 (6.25%)
I ordered a smaller portion	16 (6.30%)	146 (1.99%)
I was tired	11 (4.33%)	349 (4.77%)
I normally eat less	18 (7.09%)	544 (7.43%)
I did not like the smell	3 (1.18%)	242 (3.30%)
I did not like the taste	11 (4.33%)	936 (12.8%)

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

Yes	78 (15.9%)	4047 (31.1%)
No	313 (63.9%)	7833 (60.3%)
No answer	71 (14.5%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	8 (10.3%)	1241 (30.7%)
Fresh fruits	22 (28.2%)	1527 (37.7%)
Sandwiches	9 (11.5%)	369 (9.12%)
Dairy products	4 (5.13%)	583 (14.4%)
Preferred dish	5 (6.41%)	406 (10.0%)
Sweets	16 (20.5%)	659 (16.3%)
Fruit Juice	3 (3.85%)	675 (16.7%)
Others	20 (25.6%)	885 (21.9%)

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

Yes	290 (59.2%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires