



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in SINGAPORE**

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:	22
Number of patients on nutritionDay:	607
Number of patients completing Sheet 3a:	568
Number of patients completing Sheet 3b:	491

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	32 ± 9	32 ± 33
Maximum	34 ± 8	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	607	14603
Did not give consent	12 (1.98%)	1038 (7.11%)
Needed help completing form	370 (61.0%)	8417 (57.6%)
Terminally ill	17 (2.80%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	10 (45.5%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	-	70 (9.83%)
Internal medicine / cardiology	1 (4.55%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	2 (9.09%)	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	-	19 (2.67%)
Psychiatry	1 (4.55%)	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	6 (27.3%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	1 (4.55%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	1 (4.55%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	12.41 ± 20.79	5.99 ± 7.60
Physicians per patient	0.33 ± 0.51	0.19 ± 0.22
Consultants	5.18 ± 7.19	2.80 ± 5.81
Consultants per patient	0.16 ± 0.22	0.08 ± 0.16
Registrars	3.14 ± 5.89	2.77 ± 10.24
Registrars per patient	0.09 ± 0.15	0.06 ± 0.13
Nurses	11.09 ± 9.54	9.02 ± 9.73
Nurses per patient	0.31 ± 0.23	0.27 ± 0.27
Nursing aides	2.95 ± 3.46	4.76 ± 13.73

Nursing aides per patient	0.09 ± 0.09	0.11 ± 0.20
Dieticians and dietetic assistants	1.18 ± 0.66	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.04 ± 0.04	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	22 units (100%) Yes	556 units (78%) Yes
Written procedures		
- individual	21 units (95%) Yes	439 units (62%) Yes
- local	3 units (14%) Yes	287 units (40%) Yes
- national	2 units (09%) Yes	314 units (44%) Yes
- other	2 units (09%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	17 units (77%) Yes	534 units (75%) Yes
When requested	9 units (41%) Yes	377 units (53%) Yes
Once a week	16 units (73%) 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	607	14603
Patients who completed sheet 3a	568 (93.6%)	12993 (89.0%)
Patients who completed sheet 3b	491 (80.9%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	71 [18-106]	67 [1-110]
Female gender	268 (44.2%)	7396 (50.6%)
Weight (kg)	59.5 ± 16.0	70.1 ± 20.6
Height (cm)	159.4 ± 12.6	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	23.5 ± 6.5	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	37 (6.10%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	17 (2.80%)	1198 (8.20%)
Postoperative patients	77 (12.7%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	10 [1-301]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	110 (18.1%)	1571 (10.8%)
Transferred to another hospital	5 (0.82%)	400 (2.74%)
Transferred to long-term care	31 (5.11%)	774 (5.30%)
Rehabilitation	36 (5.93%)	535 (3.66%)
Discharge home	399 (65.7%)	10301 (70.5%)
Death	21 (3.46%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	5 (0.82%)	299 (2.05%)
<b>Readmitted (n):</b>	55 (9.06%)	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	74 (12.2%)	861 (5.90%)
Parenteral nutrition	1 (0.16%)	467 (3.20%)
Enteral + parenteral nutrition	2 (0.33%)	91 (0.62%)
Special diet	151 (24.9%)	4371 (29.9%)
Protein supplement	71 (11.7%)	1555 (10.6%)
Hospital food	399 (65.7%)	8212 (56.2%)
Others	14 (2.31%)	774 (5.30%)
Missing	4 (0.66%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	446 (73.5%)	9592 (65.7%)
Centralvenous	10 (1.65%)	1025 (7.02%)
Nasogastric tube	71 (11.7%)	386 (2.64%)
Any other (PEG, PEJ, ...)	80 (13.2%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	119 (19.6%)	1961 (13.4%)
Eye, ear	8 (1.32%)	265 (1.81%)
Nose, throat	17 (2.80%)	296 (2.03%)
Heart, circulation	105 (17.3%)	2966 (20.3%)
Lung	108 (17.8%)	2175 (14.9%)
Liver	28 (4.61%)	674 (4.62%)
Gastrointestinal tract	70 (11.5%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	104 (17.1%)	2151 (14.7%)
Endocrine system	62 (10.2%)	1109 (7.59%)
Skeleton, bone, muscle	102 (16.8%)	2645 (18.1%)
Blood, bone marrow	25 (4.12%)	631 (4.32%)
Skin	23 (3.79%)	576 (3.94%)
Ischaemia	3 (0.49%)	116 (0.79%)
Cancer	7 (1.15%)	1957 (13.4%)
Infection	60 (9.88%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	41 (6.75%)	914 (6.26%)
No affected organ	9 (1.48%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	193 (31.8%)	3064 (21.0%)
Stroke	80 (13.2%)	907 (6.21%)
COPD	25 (4.12%)	1117 (7.65%)
Myocardial infarction	36 (5.93%)	537 (3.68%)
Cardiac insufficiency	67 (11.0%)	1757 (12.0%)
Others	378 (62.3%)	5885 (40.3%)
No comorbidity	44 (7.25%)	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	488 (85.9%)	12546 (96.6%)
Yes	158 (27.8%)	5548 (42.7%)
No	138 (24.3%)	4958 (38.2%)
No, I've gained weight	26 (4.58%)	1013 (7.80%)
I don't know	166 (29.2%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	158 (27.8%)	5548 (42.7%)
0-4 kg	83 (14.6%)	2434 (18.7%)
5-8 kg	21 (3.70%)	1007 (7.75%)
> 8 kg	17 (2.99%)	1378 (10.6%)
Not sure	34 (5.99%)	634 (4.88%)
Missing	3 (0.53%)	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	251 (44.2%)	6236 (48.0%)
A bit less than normal	103 (18.1%)	2728 (21.0%)
Less than half of normal	69 (12.1%)	1935 (14.9%)
Less than a quarter to nearly nothing	40 (7.04%)	1606 (12.4%)
Missing	105 (18.5%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	211 (37.1%)	6184 (47.6%)
Loss of appetite	138 (24.3%)	3308 (25.5%)
Problems with swallowing, mastication	14 (2.46%)	611 (4.70%)
Nausea	14 (2.46%)	985 (7.58%)
Other reasons	66 (11.6%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	197 (34.7%)	7370 (56.7%)
No, only with assistance	192 (33.8%)	3695 (28.4%)
No, I stay in bed	92 (16.2%)	1530 (11.8%)
Missing	87 (15.3%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	18 (3.17%)	477 (3.67%)
Very good	46 (8.10%)	1178 (9.07%)
Good	162 (28.5%)	4089 (31.5%)
Fair	162 (28.5%)	4393 (33.8%)
Poor	60 (10.6%)	2288 (17.6%)
Missing	120 (21.1%)	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	299 (52.6%)	7656 (58.9%)
No	129 (22.7%)	4168 (32.1%)
- I was not hungry	44 (34.1%)	2155 (51.7%)
- Problems with swallowing / mastication	10 (7.75%)	328 (7.87%)
- Nausea	5 (3.88%)	616 (14.8%)
- Others	37 (28.7%)	1062 (25.5%)
no answer	63 (11.1%)	779 (6.00%)

##### Fluid and supplement intake (n):

Patients with fluid intake	368 (74.9%)	9694 (76.9%)
Drinks per patient & day (l)	0.31	0.36
Patients with supplements	39 (7.94%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03

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

Water	327 (66.6%)	7866 (62.4%)
Milk	174 (35.4%)	2359 (18.7%)
Fruit juice	13 (2.65%)	3495 (27.7%)
Tea, coffee	204 (41.5%)	4645 (36.9%)
Soft drinks	6 (1.22%)	1270 (10.1%)

##### Lunch intake (n):

 All	230 (46.8%)	5279 (41.9%)
 1/2	124 (25.3%)	3261 (25.9%)
 1/4	62 (12.6%)	1911 (15.2%)
 Nothing	60 (12.2%)	1878 (14.9%)
? No answer	15 (3.05%)	274 (2.17%)

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

I was not hungry	58 (22.2%)	2255 (30.8%)
I had nausea / vomiting	9 (3.45%)	587 (8.01%)
I was not allowed to eat	15 (5.75%)	660 (9.01%)
I can not eat without help	3 (1.15%)	110 (1.50%)
I had an examination / surgery	9 (3.45%)	458 (6.25%)
I ordered a smaller portion	1 (0.38%)	146 (1.99%)
I was tired	8 (3.07%)	349 (4.77%)
I normally eat less	25 (9.58%)	544 (7.43%)
I did not like the smell	7 (2.68%)	242 (3.30%)
I did not like the taste	22 (8.43%)	936 (12.8%)



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

Yes	145 (25.5%)	4047 (31.1%)
No	290 (51.1%)	7833 (60.3%)
No answer	56 (9.86%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	37 (25.5%)	1241 (30.7%)
Fresh fruits	36 (24.8%)	1527 (37.7%)
Sandwiches	18 (12.4%)	369 (9.12%)
Dairy products	4 (2.76%)	583 (14.4%)
Preferred dish	28 (19.3%)	406 (10.0%)
Sweets	2 (1.38%)	659 (16.3%)
Fruit Juice	16 (11.0%)	675 (16.7%)
Others	46 (31.7%)	885 (21.9%)

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

Yes	333 (58.6%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires