



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in UNITED STATES OF AMERICA

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:	148
Number of patients on nutritionDay:	2806
Number of patients completing Sheet 3a:	2572
Number of patients completing Sheet 3b:	2507

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	25 ± 9	32 ± 33
Maximum	34 ± 12	39 ± 51
Number of patients on the nutritionDay (n):		
Total	2806	14603
Did not give consent	218 (7.77%)	1038 (7.11%)
Needed help completing form	1414 (50.4%)	8417 (57.6%)
Terminally ill	127 (4.53%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	74 (50.0%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	3 (2.03%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	8 (5.41%)	70 (9.83%)
Internal medicine / cardiology	20 (13.5%)	44 (6.18%)
Internal medicine / infectious diseases	1 (0.68%)	4 (0.56%)
Internal medicine / geriatrics	4 (2.70%)	53 (7.44%)
Internal medicine / nephrology	1 (0.68%)	11 (1.54%)
Pediatrics	3 (2.03%)	27 (3.79%)
Neurology	1 (0.68%)	19 (2.67%)
Psychiatry	2 (1.35%)	8 (1.12%)
Ear Nose Throat (ENT)	1 (0.68%)	13 (1.83%)
General surgery	12 (8.11%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	8 (5.41%)	45 (6.32%)
Trauma	1 (0.68%)	7 (0.98%)
Neurosurgery	1 (0.68%)	10 (1.40%)
Gynecology	1 (0.68%)	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	7 (4.73%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	7.50 ± 6.41	5.99 ± 7.60
Physicians per patient	0.25 ± 0.24	0.19 ± 0.22
Consultants	2.93 ± 4.15	2.80 ± 5.81
Consultants per patient	0.09 ± 0.13	0.08 ± 0.16
Registrars	0.53 ± 0.79	2.77 ± 10.24
Registrars per patient	0.02 ± 0.09	0.06 ± 0.13
Nurses	6.71 ± 2.87	9.02 ± 9.73
Nurses per patient	0.21 ± 0.10	0.27 ± 0.27
Nursing aides	2.91 ± 1.74	4.76 ± 13.73

Nursing aides per patient	0.09 ± 0.05	0.11 ± 0.20
Dieticians and dietetic assistants	1.43 ± 0.75	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.04 ± 0.04

Nutrition Care:

Nutrition Team	78 units (53%) Yes	556 units (78%) Yes
Written procedures		
- individual	111 units (75%) Yes	439 units (62%) Yes
- local	60 units (41%) Yes	287 units (40%) Yes
- national	111 units (75%) Yes	314 units (44%) Yes
- other	30 units (20%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	131 units (89%) Yes	534 units (75%) Yes
When requested	103 units (70%) Yes	377 units (53%) Yes
Once a week	44 units (30%) Yes	278 units (39%) Yes
Occasionally	21 units (14%) Yes	77 units (11%) Yes
Never	4 units (03%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	2806	14603
Patients who completed sheet 3a	2572 (91.7%)	12993 (89.0%)
Patients who completed sheet 3b	2507 (89.3%)	12603 (86.3%)
Demographic data:		
Age (years)	65 [2-105]	67 [1-110]
Female gender	1547 (55.1%)	7396 (50.6%)
Weight (kg)	82.5 ± 25.0	70.1 ± 20.6
Height (cm)	168.4 ± 11.8	164.4 ± 12.9
BMI (kg/m ²)	28.9 ± 8.0	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	247 (8.80%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	150 (5.35%)	1198 (8.20%)
Postoperative patients	526 (18.7%)	3544 (24.3%)
Length of stay in Hospital (days):	5 [1-319]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	87 (3.10%)	1571 (10.8%)
Transferred to another hospital	41 (1.46%)	400 (2.74%)
Transferred to long-term care	296 (10.5%)	774 (5.30%)
Rehabilitation	258 (9.19%)	535 (3.66%)
Discharge home	1807 (64.4%)	10301 (70.5%)
Death	35 (1.25%)	505 (3.46%)
Others	59 (2.10%)	218 (1.49%)
Missing	223 (7.95%)	299 (2.05%)
Readmitted (n):	330 (11.8%)	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	47 (1.67%)	861 (5.90%)
Parenteral nutrition	29 (1.03%)	467 (3.20%)
Enteral + parenteral nutrition	7 (0.25%)	91 (0.62%)
Special diet	1353 (48.2%)	4371 (29.9%)
Protein supplement	254 (9.05%)	1555 (10.6%)
Hospital food	1404 (50.0%)	8212 (56.2%)
Others	177 (6.31%)	774 (5.30%)
Missing	99 (3.53%)	517 (3.54%)
Lines & tubes (n)*:		
None	1254 (44.7%)	9592 (65.7%)
Centralvenous	342 (12.2%)	1025 (7.02%)
Nasogastric tube	22 (0.78%)	386 (2.64%)
Any other (PEG, PEJ, ...)	1188 (42.3%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	363 (12.9%)	1961 (13.4%)
Eye, ear	40 (1.43%)	265 (1.81%)
Nose, throat	33 (1.18%)	296 (2.03%)
Heart, circulation	974 (34.7%)	2966 (20.3%)
Lung	634 (22.6%)	2175 (14.9%)
Liver	141 (5.02%)	674 (4.62%)
Gastrointestinal tract	597 (21.3%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	532 (19.0%)	2151 (14.7%)
Endocrine system	413 (14.7%)	1109 (7.59%)
Skeleton, bone, muscle	460 (16.4%)	2645 (18.1%)
Blood, bone marrow	174 (6.20%)	631 (4.32%)
Skin	175 (6.24%)	576 (3.94%)
Ischaemia	14 (0.50%)	116 (0.79%)
Cancer	178 (6.34%)	1957 (13.4%)
Infection	232 (8.27%)	934 (6.40%)
Pregnancy	3 (0.11%)	106 (0.73%)
Others	163 (5.81%)	914 (6.26%)
No affected organ	105 (3.74%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	808 (28.8%)	3064 (21.0%)
Stroke	204 (7.27%)	907 (6.21%)
COPD	429 (15.3%)	1117 (7.65%)
Myocardial infarction	137 (4.88%)	537 (3.68%)
Cardiac insufficiency	690 (24.6%)	1757 (12.0%)
Others	1285 (45.8%)	5885 (40.3%)
No comorbidity	626 (22.3%)	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	2495 (97.0%)	12546 (96.6%)
Yes	975 (37.9%)	5548 (42.7%)
No	1151 (44.8%)	4958 (38.2%)
No, I've gained weight	205 (7.97%)	1013 (7.80%)
I don't know	164 (6.38%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	975 (37.9%)	5548 (42.7%)
0-4 kg	346 (13.5%)	2434 (18.7%)
5-8 kg	180 (7.00%)	1007 (7.75%)
> 8 kg	344 (13.4%)	1378 (10.6%)
Not sure	101 (3.93%)	634 (4.88%)
Missing	4 (0.16%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	1042 (40.5%)	6236 (48.0%)
A bit less than normal	548 (21.3%)	2728 (21.0%)
Less than half of normal	460 (17.9%)	1935 (14.9%)
Less than a quarter to nearly nothing	445 (17.3%)	1606 (12.4%)
Missing	77 (2.99%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	1441 (56.0%)	6184 (47.6%)
Loss of appetite	717 (27.9%)	3308 (25.5%)
Problems with swallowing, mastication	96 (3.73%)	611 (4.70%)
Nausea	284 (11.0%)	985 (7.58%)
Other reasons	651 (25.3%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	1493 (58.0%)	7370 (56.7%)
No, only with assistance	839 (32.6%)	3695 (28.4%)
No, I stay in bed	166 (6.45%)	1530 (11.8%)
Missing	74 (2.88%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	102 (3.97%)	477 (3.67%)
Very good	307 (11.9%)	1178 (9.07%)
Good	756 (29.4%)	4089 (31.5%)
Fair	832 (32.3%)	4393 (33.8%)
Poor	469 (18.2%)	2288 (17.6%)
Missing	106 (4.12%)	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	1387 (53.9%)	7656 (58.9%)
No	1006 (39.1%)	4168 (32.1%)
- I was not hungry	524 (52.1%)	2155 (51.7%)
- Problems with swallowing / mastication	66 (6.56%)	328 (7.87%)
- Nausea	177 (17.6%)	616 (14.8%)
- Others	294 (29.2%)	1062 (25.5%)
no answer	114 (4.43%)	779 (6.00%)
Fluid and supplement intake (n):		
Patients with fluid intake	1946 (77.6%)	9694 (76.9%)
Drinks per patient & day (l)	0.34	0.36
Patients with supplements	290 (11.6%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	1258 (50.2%)	7866 (62.4%)
Milk	470 (18.7%)	2359 (18.7%)
Fruit juice	808 (32.2%)	3495 (27.7%)
Tea, coffee	1149 (45.8%)	4645 (36.9%)
Soft drinks	559 (22.3%)	1270 (10.1%)
Lunch intake (n):		
 All	924 (36.9%)	5279 (41.9%)
 1/2	660 (26.3%)	3261 (25.9%)
 1/4	503 (20.1%)	1911 (15.2%)
 Nothing	398 (15.9%)	1878 (14.9%)
? No answer	22 (0.88%)	274 (2.17%)
„I did not eat everything because“ (n)*:		
I was not hungry	518 (32.7%)	2255 (30.8%)
I had nausea / vomiting	159 (10.0%)	587 (8.01%)
I was not allowed to eat	155 (9.79%)	660 (9.01%)
I can not eat without help	19 (1.20%)	110 (1.50%)
I had an examination / surgery	57 (3.60%)	458 (6.25%)
I ordered a smaller portion	23 (1.45%)	146 (1.99%)
I was tired	91 (5.75%)	349 (4.77%)
I normally eat less	99 (6.25%)	544 (7.43%)
I did not like the smell	28 (1.77%)	242 (3.30%)
I did not like the taste	193 (12.2%)	936 (12.8%)

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

Yes	573 (22.3%)	4047 (31.1%)
No	1802 (70.1%)	7833 (60.3%)
No answer	132 (5.13%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	70 (12.2%)	1241 (30.7%)
Fresh fruits	76 (13.3%)	1527 (37.7%)
Sandwiches	71 (12.4%)	369 (9.12%)
Dairy products	32 (5.58%)	583 (14.4%)
Preferred dish	92 (16.1%)	406 (10.0%)
Sweets	104 (18.2%)	659 (16.3%)
Fruit Juice	21 (3.66%)	675 (16.7%)
Others	246 (42.9%)	885 (21.9%)

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

Yes	1741 (67.7%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires