



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in BRAZIL**

Dear participant,

Mai 2016

thank you for your participation in nutritionDay worldwide in November 2015 and for your effort. We can finally present you your country report of the following sample size:

Number of units on nutritionDay:	38
Number of patients on nutritionDay:	749
Number of patients completing Sheet 3a:	742
Number of patients completing Sheet 3b:	695

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 in November 2016. 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 2015 = 20*

*Fluid status (n):*  
*dehydrated 4*

**Explanation:** 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2015.

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 2015 = 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)  $75 \pm 15$

Median and range are displayed that way:

**For example:** LOS (days)  $8 [5-15]$

## I. DESCRIPTION OF THE UNIT ("Sheet 1"):

	882 units, 18242 patients	
	YOUR RESULTS	REFERENCE ND-15
<b>Number of beds (n):</b>		
Actual	23 ± 13	26 ± 14
Maximum	32 ± 17	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	749	18242
Did not give consent	2 (0.27%)	1878 (10.3%)
Needed help completing form	467 (62.3%)	9572 (52.5%)
Terminally ill	34 (4.54%)	2221 (12.2%)
<b>Specialities (n):</b>		
Internal medicine / general	25 (65.8%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	-	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	2 (5.26%)	72 (8.16%)
Internal medicine / cardiology	3 (7.89%)	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	1 (2.63%)	65 (7.37%)
Internal medicine / nephrology	-	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	-	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	5 (13.2%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	2 (5.26%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	-	85 (9.64%)
<b>Staff /Staff per patient (n):</b>		
Physicians	6.92 ± 5.48	5.42 ± 5.91
Physicians per patient	0.23 ± 0.17	0.18 ± 0.18
Consultants	1.60 ± 3.89	2.49 ± 4.49
Consultants per patient	0.05 ± 0.11	0.08 ± 0.16
Registrars	4.17 ± 6.36	1.47 ± 2.99
Registrars per patient	0.12 ± 0.18	0.05 ± 0.10
Nurses	5.03 ± 8.02	7.55 ± 7.10
Nurses per patient	0.14 ± 0.13	0.24 ± 0.21
Nursing aides	6.45 ± 4.26	2.84 ± 3.63

Nursing aides per patient	0.23 ± 0.15	0.09 ± 0.10
Dieticians and dietetic assistants	2.08 ± 1.53	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.08 ± 0.06	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	35 units (92%) Yes	724 units (82%) Yes
Written procedures		
- individual	29 units (76%) Yes	605 units (69%) Yes
- local	26 units (68%) Yes	418 units (47%) Yes
- national	35 units (92%) Yes	429 units (49%) Yes
- other	8 units (21%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	16 units (42%) Yes	679 units (77%) Yes
When requested	16 units (42%) Yes	486 units (55%) Yes
Once a week	13 units (34%) Yes	343 units (39%) Yes
Occasionally	14 units (37%) Yes	105 units (12%) Yes
Never	- units (00%) Yes	13 units (01%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	882 units, 18242 patients	
	YOUR RESULTS	REFERENCE ND-15
<b>Number of patients (n):</b>		
Total	749	18242
Patients who completed sheet 3a	742 (99.1%)	15848 (86.9%)
Patients who completed sheet 3b	695 (92.8%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	60 [11-106]	68 [1-116]
Female gender	356 (47.5%)	9222 (50.6%)
Weight (kg)	67.9 ± 17.4	71.9 ± 20.0
Height (cm)	164.0 ± 9.1	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	25.2 ± 5.8	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	90 (12.0%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	94 (12.6%)	1385 (7.59%)
Postoperative patients	159 (21.2%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	15 [1-148]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	62 (8.28%)	1628 (8.92%)
Transferred to another hospital	8 (1.07%)	383 (2.10%)
Transferred to long-term care	1 (0.13%)	1046 (5.73%)
Rehabilitation	1 (0.13%)	730 (4.00%)
Discharge home	328 (43.8%)	12413 (68.0%)
Death	44 (5.87%)	666 (3.65%)
Others	-	797 (4.37%)
Missing	305 (40.7%)	579 (3.17%)
<b>Readmitted (n):</b>	38 (5.07%)	2068 (11.3%)

Results in percent referring to the total number of patients

## II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	74 (9.88%)	1150 (6.30%)
Parenteral nutrition	5 (0.67%)	618 (3.39%)
Enteral + parenteral nutrition	1 (0.13%)	131 (0.72%)
Special diet	198 (26.4%)	4436 (24.3%)
Protein supplement	136 (18.2%)	1913 (10.5%)
Hospital food	445 (59.4%)	10834 (59.4%)
Others	11 (1.47%)	835 (4.58%)
Missing	6 (0.80%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	381 (50.9%)	11305 (62.0%)
Centralvenous	17 (2.27%)	1299 (7.12%)
Nasogastric tube	33 (4.41%)	335 (1.84%)
Any other (PEG, PEJ, ...)	318 (42.5%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	75 (10.0%)	2365 (13.0%)
Eye, ear	1 (0.13%)	359 (1.97%)
Nose, throat	6 (0.80%)	400 (2.19%)
Heart, circulation	167 (22.3%)	3905 (21.4%)
Lung	85 (11.3%)	2587 (14.2%)
Liver	40 (5.34%)	1061 (5.82%)
Gastrointestinal tract	105 (14.0%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	116 (15.5%)	2618 (14.4%)
Endocrine system	53 (7.08%)	1561 (8.56%)
Skeleton, bone, muscle	124 (16.6%)	3235 (17.7%)
Blood, bone marrow	36 (4.81%)	842 (4.62%)
Skin	30 (4.01%)	711 (3.90%)
Ischaemia	5 (0.67%)	271 (1.49%)
Cancer	87 (11.6%)	2381 (13.1%)
Infection	31 (4.14%)	1096 (6.01%)
Pregnancy	2 (0.27%)	134 (0.73%)
Others	50 (6.68%)	1167 (6.40%)
No affected organ	2 (0.27%)	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	153 (20.4%)	3788 (20.8%)
Stroke	33 (4.41%)	1084 (5.94%)
COPD	28 (3.74%)	1290 (7.07%)
Myocardial infarction	27 (3.60%)	615 (3.37%)
Cardiac insufficiency	44 (5.87%)	2373 (13.0%)
Others	268 (35.8%)	7888 (43.2%)
No comorbidity	341 (45.5%)	5897 (32.3%)

Results in percent referring to the total number of patients





### III. YOUR PATIENTS ("Sheet 3a"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	735 (99.1%)	15261 (96.3%)
Yes	402 (54.2%)	6612 (41.7%)
No	240 (32.3%)	6290 (39.7%)
No, I've gained weight	44 (5.93%)	1189 (7.50%)
I don't know	49 (6.60%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	402 (54.2%)	6612 (41.7%)
0-4 kg	156 (21.0%)	2966 (18.7%)
5-8 kg	79 (10.6%)	1210 (7.64%)
> 8 kg	113 (15.2%)	1665 (10.5%)
Not sure	51 (6.87%)	696 (4.39%)
Missing	3 (0.40%)	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	363 (48.9%)	7491 (47.3%)
A bit less than normal	146 (19.7%)	3584 (22.6%)
Less than half of normal	106 (14.3%)	2302 (14.5%)
Less than a quarter to nearly nothing	109 (14.7%)	1782 (11.2%)
Missing	14 (1.89%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	352 (47.4%)	7679 (48.5%)
Loss of appetite	194 (26.1%)	4361 (27.5%)
Problems with swallowing, mastication	29 (3.91%)	708 (4.47%)
Nausea	42 (5.66%)	1215 (7.67%)
Other reasons	122 (16.4%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	440 (59.3%)	9574 (60.4%)
No, only with assistance	155 (20.9%)	4110 (25.9%)
No, I stay in bed	138 (18.6%)	1589 (10.0%)
Missing	8 (1.08%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	38 (5.12%)	529 (3.34%)
Very good	61 (8.22%)	1343 (8.47%)
Good	237 (31.9%)	4726 (29.8%)
Fair	228 (30.7%)	5561 (35.1%)
Poor	168 (22.6%)	2997 (18.9%)
Missing	10 (1.35%)	692 (4.37%)
Results in percent referring to the total number of patients answering		

### III. YOUR PATIENTS ("Sheet 3b"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	402 (54.2%)	9474 (59.8%)
No	238 (32.1%)	4730 (29.8%)
- I was not hungry	153 (64.3%)	2568 (54.3%)
- Problems with swallowing / mastication	22 (9.24%)	346 (7.32%)
- Nausea	29 (12.2%)	722 (15.3%)
- Others	38 (16.0%)	1174 (24.8%)
No answer	55 (7.41%)	1211 (7.64%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	514 (74.0%)	11895 (77.2%)
Drinks per patient & day (l)	0.62	0.43
Patients with supplements	100 (14.4%)	1566 (10.2%)
Supplements per patient & day (l)	0.04	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	552 (79.4%)	9843 (63.9%)
Milk	317 (45.6%)	2050 (13.3%)
Fruit juice	316 (45.5%)	3313 (21.5%)
Tea, coffee	263 (37.8%)	6515 (42.3%)
Soft drinks	49 (7.05%)	1406 (9.12%)
<b>Lunch intake (n):</b>		
 All	280 (40.3%)	6329 (41.1%)
 1/2	193 (27.8%)	4364 (28.3%)
 1/4	125 (18.0%)	2363 (15.3%)
 Nothing	88 (12.7%)	1984 (12.9%)
? No answer	9 (1.29%)	375 (2.43%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	155 (37.3%)	2743 (30.2%)
I had nausea / vomiting	38 (9.16%)	678 (7.46%)
I was not allowed to eat	14 (3.37%)	850 (9.36%)
I can not eat without help	8 (1.93%)	125 (1.38%)
I had an examination / surgery	38 (9.16%)	564 (6.21%)
I ordered a smaller portion	3 (0.72%)	201 (2.21%)
I was tired	12 (2.89%)	439 (4.83%)
I normally eat less	39 (9.40%)	853 (9.39%)
I did not like the smell	17 (4.10%)	258 (2.84%)
I did not like the taste	41 (9.88%)	1127 (12.4%)



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

Yes	223 (30.1%)	5109 (32.2%)
No	436 (58.8%)	9242 (58.3%)
No answer	36 (4.85%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	102 (45.7%)	1581 (30.9%)
Fresh fruits	106 (47.5%)	2214 (43.3%)
Sandwiches	10 (4.48%)	456 (8.93%)
Dairy products	25 (11.2%)	690 (13.5%)
Preferred dish	13 (5.83%)	504 (9.86%)
Sweets	15 (6.73%)	849 (16.6%)
Fruit Juice	29 (13.0%)	691 (13.5%)
Others	30 (13.5%)	840 (16.4%)

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

Yes	539 (72.6%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires