



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in CHINA

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:	13
Number of patients on nutritionDay:	601
Number of patients completing Sheet 3a:	591
Number of patients completing Sheet 3b:	591

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 ± 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
Number of beds (n):		
Actual	51 ± 26	26 ± 14
Maximum	51 ± 26	31 ± 15
Number of patients on the nutritionDay (n):		
Total	601	18242
Did not give consent	-	1878 (10.3%)
Needed help completing form	244 (40.6%)	9572 (52.5%)
Terminally ill	15 (2.50%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	-	210 (23.8%)
Internal medicine / gastroenterology and hepatology	2 (15.4%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	1 (7.69%)	72 (8.16%)
Internal medicine / cardiology	-	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	1 (7.69%)	65 (7.37%)
Internal medicine / nephrology	2 (15.4%)	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	1 (7.69%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	4 (30.8%)	120 (13.6%)
Cardiothoracic surgery	1 (7.69%)	10 (1.13%)
Orthopedic surgery	-	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	1 (7.69%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	20.69 ± 11.16	5.42 ± 5.91
Physicians per patient	0.47 ± 0.26	0.18 ± 0.18
Consultants	0.15 ± 0.38	2.49 ± 4.49
Consultants per patient	0.00 ± 0.01	0.08 ± 0.16
Registrars	0.31 ± 0.75	1.47 ± 2.99
Registrars per patient	0.01 ± 0.02	0.05 ± 0.10
Nurses		
Nurses	19.23 ± 12.13	7.55 ± 7.10
Nurses per patient	0.40 ± 0.17	0.24 ± 0.21
Nursing aides	3.23 ± 5.49	2.84 ± 3.63

Nursing aides per patient	0.08 ± 0.15	0.09 ± 0.10
Dieticians and dietetic assistants	0.23 ± 0.44	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.01 ± 0.01	0.04 ± 0.05

Nutrition Care:

Nutrition Team	13 units (100%) Yes	724 units (82%) Yes
Written procedures		
- individual	4 units (31%) Yes	605 units (69%) Yes
- local	- units (00%) Yes	418 units (47%) Yes
- national	9 units (69%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	10 units (77%) Yes	679 units (77%) Yes
When requested	1 units (08%) Yes	486 units (55%) Yes
Once a week	7 units (54%) Yes	343 units (39%) Yes
Occasionally	- units (00%) Yes	105 units (12%) Yes
Never	1 units (08%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	882 units, 18242 patients	
	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	601	18242
Patients who completed sheet 3a	591 (98.3%)	15848 (86.9%)
Patients who completed sheet 3b	591 (98.3%)	15415 (84.5%)
Demographic data:		
Age (years)	58 [7-95]	68 [1-116]
Female gender	242 (40.3%)	9222 (50.6%)
Weight (kg)	63.5 ± 13.7	71.9 ± 20.0
Height (cm)	166.5 ± 8.1	165.7 ± 11.7
BMI (kg/m ²)	22.9 ± 4.3	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	86 (14.3%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	101 (16.8%)	1385 (7.59%)
Postoperative patients	189 (31.4%)	4159 (22.8%)
Length of stay in Hospital (days):	15 [2-77]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	28 (4.66%)	1628 (8.92%)
Transferred to another hospital	-	383 (2.10%)
Transferred to long-term care	-	1046 (5.73%)
Rehabilitation	74 (12.3%)	730 (4.00%)
Discharge home	263 (43.8%)	12413 (68.0%)
Death	-	666 (3.65%)
Others	13 (2.16%)	797 (4.37%)
Missing	223 (37.1%)	579 (3.17%)
Readmitted (n):	19 (3.16%)	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
Nutrition therapy (n)*:		
Enteral nutrition	53 (8.82%)	1150 (6.30%)
Parenteral nutrition	34 (5.66%)	618 (3.39%)
Enteral + parenteral nutrition	22 (3.66%)	131 (0.72%)
Special diet	89 (14.8%)	4436 (24.3%)
Protein supplement	13 (2.16%)	1913 (10.5%)
Hospital food	257 (42.8%)	10834 (59.4%)
Others	77 (12.8%)	835 (4.58%)
Missing	79 (13.1%)	1115 (6.11%)
Lines & tubes (n)*:		
None	89 (14.8%)	11305 (62.0%)
Centralvenous	32 (5.32%)	1299 (7.12%)
Nasogastric tube	21 (3.49%)	335 (1.84%)
Any other (PEG, PEJ, ...)	459 (76.4%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	26 (4.33%)	2365 (13.0%)
Eye, ear	6 (1.00%)	359 (1.97%)
Nose, throat	9 (1.50%)	400 (2.19%)
Heart, circulation	35 (5.82%)	3905 (21.4%)
Lung	17 (2.83%)	2587 (14.2%)
Liver	31 (5.16%)	1061 (5.82%)
Gastrointestinal tract	228 (37.9%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	94 (15.6%)	2618 (14.4%)
Endocrine system	15 (2.50%)	1561 (8.56%)
Skeleton, bone, muscle	5 (0.83%)	3235 (17.7%)
Blood, bone marrow	16 (2.66%)	842 (4.62%)
Skin	11 (1.83%)	711 (3.90%)
Ischaemia	2 (0.33%)	271 (1.49%)
Cancer	6 (1.00%)	2381 (13.1%)
Infection	11 (1.83%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	147 (24.5%)	1167 (6.40%)
No affected organ	80 (13.3%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	33 (5.49%)	3788 (20.8%)
Stroke	8 (1.33%)	1084 (5.94%)
COPD	2 (0.33%)	1290 (7.07%)
Myocardial infarction	1 (0.17%)	615 (3.37%)
Cardiac insufficiency	21 (3.49%)	2373 (13.0%)
Others	386 (64.2%)	7888 (43.2%)
No comorbidity	181 (30.1%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	584 (98.8%)	15261 (96.3%)
Yes	274 (46.4%)	6612 (41.7%)
No	251 (42.5%)	6290 (39.7%)
No, I've gained weight	44 (7.45%)	1189 (7.50%)
I don't know	15 (2.54%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	274 (46.4%)	6612 (41.7%)
0-4 kg	167 (28.3%)	2966 (18.7%)
5-8 kg	35 (5.92%)	1210 (7.64%)
> 8 kg	45 (7.61%)	1665 (10.5%)
Not sure	24 (4.06%)	696 (4.39%)
Missing	3 (0.51%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	324 (54.8%)	7491 (47.3%)
A bit less than normal	106 (17.9%)	3584 (22.6%)
Less than half of normal	39 (6.60%)	2302 (14.5%)
Less than a quarter to nearly nothing	115 (19.5%)	1782 (11.2%)
Missing	6 (1.02%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	273 (46.2%)	7679 (48.5%)
Loss of appetite	73 (12.4%)	4361 (27.5%)
Problems with swallowing, mastication	10 (1.69%)	708 (4.47%)
Nausea	18 (3.05%)	1215 (7.67%)
Other reasons	182 (30.8%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	434 (73.4%)	9574 (60.4%)
No, only with assistance	77 (13.0%)	4110 (25.9%)
No, I stay in bed	72 (12.2%)	1589 (10.0%)
Missing	5 (0.85%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	6 (1.02%)	529 (3.34%)
Very good	49 (8.29%)	1343 (8.47%)
Good	145 (24.5%)	4726 (29.8%)
Fair	284 (48.1%)	5561 (35.1%)
Poor	102 (17.3%)	2997 (18.9%)
Missing	5 (0.85%)	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
Hospital food intake:		
„Is your appetite normal?“ (n):		
Yes	383 (64.8%)	9474 (59.8%)
No	169 (28.6%)	4730 (29.8%)
- I was not hungry	39 (23.1%)	2568 (54.3%)
- Problems with swallowing / mastication	3 (1.78%)	346 (7.32%)
- Nausea	26 (15.4%)	722 (15.3%)
- Others	67 (39.6%)	1174 (24.8%)
No answer	39 (6.60%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	193 (32.7%)	11895 (77.2%)
Drinks per patient & day (l)	0.14	0.43
Patients with supplements	89 (15.1%)	1566 (10.2%)
Supplements per patient & day (l)	0.05	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	280 (47.4%)	9843 (63.9%)
Milk	55 (9.31%)	2050 (13.3%)
Fruit juice	19 (3.21%)	3313 (21.5%)
Tea, coffee	14 (2.37%)	6515 (42.3%)
Soft drinks	6 (1.02%)	1406 (9.12%)
Lunch intake (n):		
 All	239 (40.4%)	6329 (41.1%)
 1/2	121 (20.5%)	4364 (28.3%)
 1/4	61 (10.3%)	2363 (15.3%)
 Nothing	162 (27.4%)	1984 (12.9%)
? No answer	8 (1.35%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	12 (3.41%)	2743 (30.2%)
I had nausea / vomiting	9 (2.56%)	678 (7.46%)
I was not allowed to eat	120 (34.1%)	850 (9.36%)
I can not eat without help	1 (0.28%)	125 (1.38%)
I had an examination / surgery	22 (6.25%)	564 (6.21%)
I ordered a smaller portion	1 (0.28%)	201 (2.21%)
I was tired	-	439 (4.83%)
I normally eat less	1 (0.28%)	853 (9.39%)
I did not like the smell	-	258 (2.84%)
I did not like the taste	5 (1.42%)	1127 (12.4%)

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

Yes	246 (41.6%)	5109 (32.2%)
No	298 (50.4%)	9242 (58.3%)
No answer	47 (7.95%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	49 (19.9%)	1581 (30.9%)
Fresh fruits	167 (67.9%)	2214 (43.3%)
Sandwiches	-	456 (8.93%)
Dairy products	38 (15.4%)	690 (13.5%)
Preferred dish	28 (11.4%)	504 (9.86%)
Sweets	8 (3.25%)	849 (16.6%)
Fruit Juice	12 (4.88%)	691 (13.5%)
Others	46 (18.7%)	840 (16.4%)

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

Yes	282 (47.7%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires