



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in COLOMBIA

Dear participant,

September 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:	63
Number of patients on nutritionDay:	2027
Number of patients completing Sheet 3a:	2000
Number of patients completing Sheet 3b:	1915

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"):

977 units, 20540 patients

	YOUR RESULTS	REFERENCE ND-15
Number of beds (n):		
Actual	42 ± 25	26 ± 14
Maximum	50 ± 27	32 ± 15
Number of patients on the nutritionDay (n):		
Total	2027	20540
Did not give consent	1 (0.05%)	1956 (9.52%)
Needed help completing form	1803 (88.9%)	11016 (53.6%)
Terminally ill	41 (2.02%)	2382 (11.6%)
Specialities (n):		
Internal medicine / general	24 (38.1%)	229 (23.4%)
Internal medicine / gastroenterology and hepatology	1 (1.59%)	75 (7.68%)
Internal medicine / oncology (incl. radiotherapy)	1 (1.59%)	76 (7.78%)
Internal medicine / cardiology	3 (4.76%)	59 (6.04%)
Internal medicine / infectious diseases	2 (3.17%)	9 (0.92%)
Internal medicine / geriatrics	2 (3.17%)	81 (8.29%)
Internal medicine / nephrology	1 (1.59%)	18 (1.84%)
Pediatrics	-	11 (1.13%)
Neurology	-	36 (3.68%)
Psychiatry	-	13 (1.33%)
Ear Nose Throat (ENT)	-	21 (2.15%)
General surgery	23 (36.5%)	138 (14.1%)
Cardiothoracic surgery	2 (3.17%)	12 (1.23%)
Orthopedic surgery	3 (4.76%)	56 (5.73%)
Trauma	-	14 (1.43%)
Neurosurgery	-	4 (0.41%)
Gynecology	-	16 (1.64%)
Long-term-care	-	13 (1.33%)
Others	1 (1.59%)	96 (9.83%)
Staff /Staff per patient (n):		
Physicians	1.57 ± 2.04	5.38 ± 6.19
Physicians per patient	0.03 ± 0.03	0.18 ± 0.18
Consultants	3.79 ± 3.52	2.53 ± 4.43
Consultants per patient	0.08 ± 0.07	0.08 ± 0.15
Registrars	1.75 ± 2.87	1.46 ± 2.92
Registrars per patient	0.04 ± 0.06	0.05 ± 0.09
Nurses	5.76 ± 7.31	7.61 ± 7.03
Nurses per patient	0.10 ± 0.09	0.24 ± 0.21
Nursing aides	8.11 ± 7.90	2.93 ± 3.70

Nursing aides per patient	0.19 ± 0.22	0.09 ± 0.10
Dieticians and dietetic assistants	2.49 ± 2.02	1.22 ± 1.41
Dieticians and dietetic assistants per pat.	0.05 ± 0.05	0.04 ± 0.05

Nutrition Care:

Nutrition Team	41 units (65%) Yes	803 units (82%) Yes
Written procedures		
- individual	37 units (59%) Yes	654 units (67%) Yes
- local	41 units (65%) Yes	457 units (47%) Yes
- national	13 units (21%) Yes	463 units (47%) Yes
- other	9 units (14%) Yes	136 units (14%) Yes

Patients' weight assessed:

On admission	36 units (57%) Yes	745 units (76%) Yes
When requested	38 units (60%) Yes	550 units (56%) Yes
Once a week	4 units (06%) Yes	377 units (39%) Yes
Occasionally	6 units (10%) Yes	113 units (12%) Yes
Never	2 units (03%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

977 units, 20540 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	2027	20540
Patients who completed sheet 3a	2000 (98.7%)	18025 (87.8%)
Patients who completed sheet 3b	1915 (94.5%)	17496 (85.2%)
Demographic data:		
Age (years)	62 [16-102]	68 [1-116]
Female gender	1010 (49.8%)	10396 (50.6%)
Weight (kg)	64.8 ± 14.2	71.4 ± 20.3
Height (cm)	162.3 ± 10.3	165.7 ± 10.8
BMI (kg/m ²)	24.5 ± 5.4	25.9 ± 6.3
ICU-stay:		
Any ICU-stay	340 (16.8%)	2166 (10.5%)
Surgery (n):		
Preoperative patients	271 (13.4%)	1574 (7.66%)
Postoperative patients	636 (31.4%)	4727 (23.0%)
Length of stay in Hospital (days):	16 [1-144]	11 [1-184]
Outcome after 30 days (n):		
Still in hospital	196 (9.67%)	1871 (9.11%)
Transferred to another hospital	26 (1.28%)	439 (2.14%)
Transferred to long-term care	9 (0.44%)	1131 (5.51%)
Rehabilitation	73 (3.60%)	804 (3.91%)
Discharge home	1490 (73.5%)	14085 (68.6%)
Death	77 (3.80%)	745 (3.63%)
Others	26 (1.28%)	828 (4.03%)
Missing	130 (6.41%)	637 (3.10%)
Readmitted (n):	337 (16.6%)	2314 (11.3%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

977 units, 20540 patients

	YOUR RESULTS	REFERENCE ND-15
Nutrition therapy (n)*:		
Enteral nutrition	129 (6.36%)	1337 (6.51%)
Parenteral nutrition	37 (1.83%)	694 (3.38%)
Enteral + parenteral nutrition	12 (0.59%)	147 (0.72%)
Special diet	1078 (53.2%)	5141 (25.0%)
Protein supplement	142 (7.01%)	2170 (10.6%)
Hospital food	624 (30.8%)	12087 (58.8%)
Others	50 (2.47%)	875 (4.26%)
Missing	31 (1.53%)	1177 (5.73%)
Lines & tubes (n)*:		
None	1683 (83.0%)	12998 (63.3%)
Centralvenous	40 (1.97%)	1405 (6.84%)
Nasogastric tube	52 (2.57%)	365 (1.78%)
Any other (PEG, PEJ, ...)	252 (12.4%)	5772 (28.1%)
Affected organs (n)*:		
Brain, nerves	205 (10.1%)	2655 (12.9%)
Eye, ear	13 (0.64%)	406 (1.98%)
Nose, throat	29 (1.43%)	427 (2.08%)
Heart, circulation	362 (17.9%)	4403 (21.4%)
Lung	289 (14.3%)	2923 (14.2%)
Liver	68 (3.35%)	1142 (5.56%)
Gastrointestinal tract	321 (15.8%)	4166 (20.3%)
Kidney, urinary tract, female genital tract	289 (14.3%)	2981 (14.5%)
Endocrine system	64 (3.16%)	1740 (8.47%)
Skeleton, bone, muscle	328 (16.2%)	3627 (17.7%)
Blood, bone marrow	59 (2.91%)	928 (4.52%)
Skin	55 (2.71%)	773 (3.76%)
Ischaemia	17 (0.84%)	296 (1.44%)
Cancer	116 (5.72%)	2621 (12.8%)
Infection	70 (3.45%)	1222 (5.95%)
Pregnancy	13 (0.64%)	142 (0.69%)
Others	106 (5.23%)	1319 (6.42%)
No affected organ	26 (1.28%)	1129 (5.50%)
Comorbidities (n)*:		
Diabetes I/II	229 (11.3%)	4189 (20.4%)
Stroke	108 (5.33%)	1193 (5.81%)
COPD	146 (7.20%)	1432 (6.97%)
Myocardial infarction	60 (2.96%)	692 (3.37%)
Cardiac insufficiency	162 (7.99%)	2635 (12.8%)
Others	1117 (55.1%)	8902 (43.3%)
No comorbidity	461 (22.7%)	6646 (32.4%)

Results in percent referring to the total number of patients





III. YOUR PATIENTS (“Sheet 3a”):

977 units, 20540 patients

	YOUR RESULTS	REFERENCE ND-15
Weight loss within the last 3 months (n):		
Total of patients answering	1954 (97.7%)	17354 (96.3%)
Yes	1097 (54.9%)	7584 (42.1%)
No	625 (31.3%)	7070 (39.2%)
No, I've gained weight	91 (4.55%)	1366 (7.58%)
I don't know	141 (7.05%)	1334 (7.40%)
Category of weight decrease (n):		
Patients reporting weight loss	1097 (54.9%)	7584 (42.1%)
0-4 kg	493 (24.7%)	3366 (18.7%)
5-8 kg	212 (10.6%)	1390 (7.71%)
> 8 kg	254 (12.7%)	1911 (10.6%)
Not sure	122 (6.10%)	824 (4.57%)
Missing	16 (0.80%)	93 (0.52%)
“How well have you eaten during the last week?”(n):		
Normal	892 (44.6%)	8526 (47.3%)
A bit less than normal	469 (23.5%)	4017 (22.3%)
Less than half of normal	348 (17.4%)	2635 (14.6%)
Less than a quarter to nearly nothing	187 (9.35%)	2020 (11.2%)
Missing	101 (5.05%)	681 (3.78%)
“I ate less because”(n)*:		
Total of patients answering	1020 (51.0%)	8711 (48.3%)
Loss of appetite	495 (24.8%)	4900 (27.2%)
Problems with swallowing, mastication	91 (4.55%)	798 (4.43%)
Nausea	189 (9.45%)	1366 (7.58%)
Other reasons	398 (19.9%)	3039 (16.9%)
“Can you walk without assistance?”(n):		
Yes	1078 (53.9%)	10780 (59.8%)
No, only with assistance	587 (29.4%)	4729 (26.2%)
No, I stay in bed	310 (15.5%)	1856 (10.3%)
Missing	25 (1.25%)	581 (3.22%)
“In general would you say your health is“(n):		
Excellent	111 (5.55%)	599 (3.32%)
Very good	185 (9.25%)	1513 (8.39%)
Good	703 (35.2%)	5401 (30.0%)
Fair	789 (39.5%)	6336 (35.2%)
Poor	182 (9.10%)	3383 (18.8%)
Missing	30 (1.50%)	793 (4.40%)
Results in percent referring to the total number of patients answering		

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

977 units, 20540 patients

	YOUR RESULTS	REFERENCE ND-15
Hospital food intake:		
„Is your appetite normal?“ (n):		
Yes	1225 (61.3%)	10795 (59.9%)
No	608 (30.4%)	5356 (29.7%)
- I was not hungry	277 (45.6%)	2876 (53.7%)
- Problems with swallowing / mastication	44 (7.24%)	380 (7.09%)
- Nausea	88 (14.5%)	800 (14.9%)
- Others	181 (29.8%)	1329 (24.8%)
No answer	82 (4.10%)	1345 (7.46%)
Fluid and supplement intake (n):		
Patients with fluid intake	1627 (85.0%)	13506 (77.2%)
Drinks per patient & day (l)	0.27	0.42
Patients with supplements	144 (7.52%)	1716 (9.81%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	504 (26.3%)	10960 (62.6%)
Milk	250 (13.1%)	2276 (13.0%)
Fruit juice	1346 (70.3%)	3918 (22.4%)
Tea, coffee	182 (9.50%)	7149 (40.9%)
Soft drinks	67 (3.50%)	1541 (8.81%)
Lunch intake (n):		
 All	893 (46.6%)	7287 (41.6%)
 1/2	458 (23.9%)	4855 (27.7%)
 1/4	253 (13.2%)	2653 (15.2%)
 Nothing	258 (13.5%)	2237 (12.8%)
? No answer	53 (2.77%)	464 (2.65%)
„I did not eat everything because“ (n)*:		
I was not hungry	337 (33.0%)	3083 (30.2%)
I had nausea / vomiting	77 (7.53%)	749 (7.34%)
I was not allowed to eat	39 (3.82%)	938 (9.19%)
I can not eat without help	12 (1.17%)	140 (1.37%)
I had an examination / surgery	75 (7.34%)	640 (6.27%)
I ordered a smaller portion	18 (1.76%)	230 (2.25%)
I was tired	3 (0.29%)	475 (4.65%)
I normally eat less	38 (3.72%)	923 (9.04%)
I did not like the smell	27 (2.64%)	298 (2.92%)
I did not like the taste	91 (8.90%)	1274 (12.5%)

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

Yes	637 (31.9%)	5859 (32.5%)
No	1214 (60.7%)	10445 (57.9%)
No answer	64 (3.20%)	1192 (6.61%)

„What do you eat?“ (n)*:

Cakes, biscuits	167 (26.2%)	1805 (30.8%)
Fresh fruits	289 (45.4%)	2505 (42.8%)
Sandwiches	1 (0.16%)	503 (8.59%)
Dairy products	62 (9.73%)	773 (13.2%)
Preferred dish	27 (4.24%)	554 (9.46%)
Sweets	25 (3.92%)	957 (16.3%)
Fruit Juice	242 (38.0%)	841 (14.4%)
Others	192 (30.1%)	1020 (17.4%)

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

Yes	1973 (98.7%)	11892 (66.0%)
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Results referring to the total number of completed questionnaires