



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in SPAIN

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:	15
Number of patients on nutritionDay:	400
Number of patients completing Sheet 3a:	356
Number of patients completing Sheet 3b:	351

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	35 ± 20	26 ± 14
Maximum	40 ± 21	31 ± 15
Number of patients on the nutritionDay (n):		
Total	400	18242
Did not give consent	83 (20.8%)	1878 (10.3%)
Needed help completing form	147 (36.8%)	9572 (52.5%)
Terminally ill	8 (2.00%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	1 (6.67%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (6.67%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	2 (13.3%)	72 (8.16%)
Internal medicine / cardiology	-	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	3 (20.0%)	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)	1 (6.67%)	20 (2.27%)
General surgery	3 (20.0%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	2 (13.3%)	52 (5.90%)
Trauma	1 (6.67%)	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	1 (6.67%)	11 (1.25%)
Others	-	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	4.13 ± 6.24	5.42 ± 5.91
Physicians per patient	0.09 ± 0.10	0.18 ± 0.18
Consultants	4.13 ± 3.81	2.49 ± 4.49
Consultants per patient	0.12 ± 0.10	0.08 ± 0.16
Registrars	2.67 ± 2.50	1.47 ± 2.99
Registrars per patient	0.08 ± 0.07	0.05 ± 0.10
Nurses	3.93 ± 1.79	7.55 ± 7.10
Nurses per patient	0.10 ± 0.03	0.24 ± 0.21
Nursing aides	3.67 ± 1.68	2.84 ± 3.63

Nursing aides per patient	0.10 ± 0.06	0.09 ± 0.10
Dieticians and dietetic assistants	0.13 ± 0.35	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.04 ± 0.05

Nutrition Care:

Nutrition Team	15 units (100%) Yes	724 units (82%) Yes
Written procedures		
- individual	2 units (13%) Yes	605 units (69%) Yes
- local	11 units (73%) Yes	418 units (47%) Yes
- national	1 units (07%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	8 units (53%) Yes	679 units (77%) Yes
When requested	7 units (47%) Yes	486 units (55%) Yes
Once a week	1 units (07%) Yes	343 units (39%) Yes
Occasionally	7 units (47%) Yes	105 units (12%) Yes
Never	1 units (07%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	400	18242
Patients who completed sheet 3a	356 (89.0%)	15848 (86.9%)
Patients who completed sheet 3b	351 (87.8%)	15415 (84.5%)
Demographic data:		
Age (years)	73 [16-101]	68 [1-116]
Female gender	201 (50.3%)	9222 (50.6%)
Weight (kg)	69.8 ± 14.8	71.9 ± 20.0
Height (cm)	162.2 ± 9.6	165.7 ± 11.7
BMI (kg/m ²)	26.1 ± 4.7	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	12 (3.00%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	18 (4.50%)	1385 (7.59%)
Postoperative patients	126 (31.5%)	4159 (22.8%)
Length of stay in Hospital (days):	11 [1-83]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	30 (7.50%)	1628 (8.92%)
Transferred to another hospital	5 (1.25%)	383 (2.10%)
Transferred to long-term care	11 (2.75%)	1046 (5.73%)
Rehabilitation	13 (3.25%)	730 (4.00%)
Discharge home	316 (79.0%)	12413 (68.0%)
Death	16 (4.00%)	666 (3.65%)
Others	9 (2.25%)	797 (4.37%)
Missing	-	579 (3.17%)
Readmitted (n):	45 (11.3%)	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	6 (1.50%)	1150 (6.30%)
Parenteral nutrition	19 (4.75%)	618 (3.39%)
Enteral + parenteral nutrition	3 (0.75%)	131 (0.72%)
Special diet	117 (29.3%)	4436 (24.3%)
Protein supplement	42 (10.5%)	1913 (10.5%)
Hospital food	139 (34.8%)	10834 (59.4%)
Others	35 (8.75%)	835 (4.58%)
Missing	69 (17.3%)	1115 (6.11%)
Lines & tubes (n)*:		
None	207 (51.8%)	11305 (62.0%)
Centralvenous	16 (4.00%)	1299 (7.12%)
Nasogastric tube	4 (1.00%)	335 (1.84%)
Any other (PEG, PEJ, ...)	173 (43.3%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	41 (10.3%)	2365 (13.0%)
Eye, ear	16 (4.00%)	359 (1.97%)
Nose, throat	13 (3.25%)	400 (2.19%)
Heart, circulation	51 (12.8%)	3905 (21.4%)
Lung	31 (7.75%)	2587 (14.2%)
Liver	32 (8.00%)	1061 (5.82%)
Gastrointestinal tract	60 (15.0%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	49 (12.3%)	2618 (14.4%)
Endocrine system	13 (3.25%)	1561 (8.56%)
Skeleton, bone, muscle	110 (27.5%)	3235 (17.7%)
Blood, bone marrow	29 (7.25%)	842 (4.62%)
Skin	8 (2.00%)	711 (3.90%)
Ischaemia	1 (0.25%)	271 (1.49%)
Cancer	53 (13.3%)	2381 (13.1%)
Infection	36 (9.00%)	1096 (6.01%)
Pregnancy	1 (0.25%)	134 (0.73%)
Others	23 (5.75%)	1167 (6.40%)
No affected organ	67 (16.8%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	95 (23.8%)	3788 (20.8%)
Stroke	19 (4.75%)	1084 (5.94%)
COPD	27 (6.75%)	1290 (7.07%)
Myocardial infarction	13 (3.25%)	615 (3.37%)
Cardiac insufficiency	34 (8.50%)	2373 (13.0%)
Others	195 (48.8%)	7888 (43.2%)
No comorbidity	162 (40.5%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	305 (85.7%)	15261 (96.3%)
Yes	133 (37.4%)	6612 (41.7%)
No	120 (33.7%)	6290 (39.7%)
No, I've gained weight	27 (7.58%)	1189 (7.50%)
I don't know	25 (7.02%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	133 (37.4%)	6612 (41.7%)
0-4 kg	56 (15.7%)	2966 (18.7%)
5-8 kg	35 (9.83%)	1210 (7.64%)
> 8 kg	25 (7.02%)	1665 (10.5%)
Not sure	15 (4.21%)	696 (4.39%)
Missing	2 (0.56%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	112 (31.5%)	7491 (47.3%)
A bit less than normal	91 (25.6%)	3584 (22.6%)
Less than half of normal	51 (14.3%)	2302 (14.5%)
Less than a quarter to nearly nothing	40 (11.2%)	1782 (11.2%)
Missing	57 (16.0%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	190 (53.4%)	7679 (48.5%)
Loss of appetite	100 (28.1%)	4361 (27.5%)
Problems with swallowing, mastication	18 (5.06%)	708 (4.47%)
Nausea	21 (5.90%)	1215 (7.67%)
Other reasons	76 (21.3%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	148 (41.6%)	9574 (60.4%)
No, only with assistance	104 (29.2%)	4110 (25.9%)
No, I stay in bed	53 (14.9%)	1589 (10.0%)
Missing	51 (14.3%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	9 (2.53%)	529 (3.34%)
Very good	25 (7.02%)	1343 (8.47%)
Good	79 (22.2%)	4726 (29.8%)
Fair	127 (35.7%)	5561 (35.1%)
Poor	63 (17.7%)	2997 (18.9%)
Missing	53 (14.9%)	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	140 (39.3%)	9474 (59.8%)
No	145 (40.7%)	4730 (29.8%)
- I was not hungry	101 (69.7%)	2568 (54.3%)
- Problems with swallowing / mastication	8 (5.52%)	346 (7.32%)
- Nausea	10 (6.90%)	722 (15.3%)
- Others	41 (28.3%)	1174 (24.8%)
No answer	66 (18.5%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	197 (56.1%)	11895 (77.2%)
Drinks per patient & day (l)	0.21	0.43
Patients with supplements	18 (5.13%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	254 (72.4%)	9843 (63.9%)
Milk	84 (23.9%)	2050 (13.3%)
Fruit juice	87 (24.8%)	3313 (21.5%)
Tea, coffee	70 (19.9%)	6515 (42.3%)
Soft drinks	19 (5.41%)	1406 (9.12%)
Lunch intake (n):		
 All	94 (26.8%)	6329 (41.1%)
 1/2	81 (23.1%)	4364 (28.3%)
 1/4	59 (16.8%)	2363 (15.3%)
 Nothing	65 (18.5%)	1984 (12.9%)
? No answer	52 (14.8%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	81 (31.5%)	2743 (30.2%)
I had nausea / vomiting	9 (3.50%)	678 (7.46%)
I was not allowed to eat	41 (16.0%)	850 (9.36%)
I can not eat without help	3 (1.17%)	125 (1.38%)
I had an examination / surgery	18 (7.00%)	564 (6.21%)
I ordered a smaller portion	-	201 (2.21%)
I was tired	9 (3.50%)	439 (4.83%)
I normally eat less	9 (3.50%)	853 (9.39%)
I did not like the smell	16 (6.23%)	258 (2.84%)
I did not like the taste	40 (15.6%)	1127 (12.4%)

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

Yes	76 (21.3%)	5109 (32.2%)
No	214 (60.1%)	9242 (58.3%)
No answer	61 (17.1%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	18 (23.7%)	1581 (30.9%)
Fresh fruits	28 (36.8%)	2214 (43.3%)
Sandwiches	18 (23.7%)	456 (8.93%)
Dairy products	8 (10.5%)	690 (13.5%)
Preferred dish	12 (15.8%)	504 (9.86%)
Sweets	7 (9.21%)	849 (16.6%)
Fruit Juice	15 (19.7%)	691 (13.5%)
Others	14 (18.4%)	840 (16.4%)

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

Yes	174 (48.9%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires