



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in CROATIA**

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:	23
Number of patients on nutritionDay:	211
Number of patients completing Sheet 3a:	193
Number of patients completing Sheet 3b:	193

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
<b>Number of beds (n):</b>		
Actual	14 ± 9	26 ± 14
Maximum	17 ± 8	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	211	18242
Did not give consent	12 (5.69%)	1878 (10.3%)
Needed help completing form	199 (94.3%)	9572 (52.5%)
Terminally ill	3 (1.42%)	2221 (12.2%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (4.35%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (4.35%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	2 (8.70%)	72 (8.16%)
Internal medicine / cardiology	2 (8.70%)	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	-	18 (2.04%)
Pediatrics	9 (39.1%)	10 (1.13%)
Neurology	3 (13.0%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	1 (4.35%)	20 (2.27%)
General surgery	1 (4.35%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	1 (4.35%)	52 (5.90%)
Trauma	1 (4.35%)	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	1 (4.35%)	85 (9.64%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.22 ± 2.19	5.42 ± 5.91
Physicians per patient	0.25 ± 0.09	0.18 ± 0.18
Consultants	0.81 ± 1.12	2.49 ± 4.49
Consultants per patient	0.04 ± 0.06	0.08 ± 0.16
Registrars	0.82 ± 0.80	1.47 ± 2.99
Registrars per patient	0.05 ± 0.05	0.05 ± 0.10
Nurses	5.04 ± 3.67	7.55 ± 7.10
Nurses per patient	0.29 ± 0.18	0.24 ± 0.21
Nursing aides	0.59 ± 0.85	2.84 ± 3.63

Nursing aides per patient	0.04 ± 0.08	0.09 ± 0.10
Dieticians and dietetic assistants	0.38 ± 0.92	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.03 ± 0.08	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	18 units (78%) Yes	724 units (82%) Yes
Written procedures		
- individual	10 units (43%) Yes	605 units (69%) Yes
- local	9 units (39%) Yes	418 units (47%) Yes
- national	18 units (78%) Yes	429 units (49%) Yes
- other	3 units (13%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	19 units (83%) Yes	679 units (77%) Yes
When requested	4 units (17%) Yes	486 units (55%) Yes
Once a week	6 units (26%) Yes	343 units (39%) Yes
Occasionally	1 units (04%) Yes	105 units (12%) Yes
Never	1 units (04%) 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	211	18242
Patients who completed sheet 3a	193 (91.5%)	15848 (86.9%)
Patients who completed sheet 3b	193 (91.5%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	15 [1-92]	68 [1-116]
Female gender	100 (47.4%)	9222 (50.6%)
Weight (kg)	51.7 ± 30.2	71.9 ± 20.0
Height (cm)	142.8 ± 38.8	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	22.1 ± 7.0	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	28 (13.3%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	4 (1.90%)	1385 (7.59%)
Postoperative patients	38 (18.0%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	7 [1-48]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	3 (1.42%)	1628 (8.92%)
Transferred to another hospital	1 (0.47%)	383 (2.10%)
Transferred to long-term care	-	1046 (5.73%)
Rehabilitation	-	730 (4.00%)
Discharge home	156 (73.9%)	12413 (68.0%)
Death	2 (0.95%)	666 (3.65%)
Others	1 (0.47%)	797 (4.37%)
Missing	48 (22.7%)	579 (3.17%)
<b>Readmitted (n):</b>	11 (5.21%)	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	10 (4.74%)	1150 (6.30%)
Parenteral nutrition	7 (3.32%)	618 (3.39%)
Enteral + parenteral nutrition	-	131 (0.72%)
Special diet	34 (16.1%)	4436 (24.3%)
Protein supplement	2 (0.95%)	1913 (10.5%)
Hospital food	166 (78.7%)	10834 (59.4%)
Others	22 (10.4%)	835 (4.58%)
Missing	15 (7.11%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	190 (90.0%)	11305 (62.0%)
Centralvenous	8 (3.79%)	1299 (7.12%)
Nasogastric tube	8 (3.79%)	335 (1.84%)
Any other (PEG, PEJ, ...)	5 (2.37%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	49 (23.2%)	2365 (13.0%)
Eye, ear	2 (0.95%)	359 (1.97%)
Nose, throat	2 (0.95%)	400 (2.19%)
Heart, circulation	17 (8.06%)	3905 (21.4%)
Lung	18 (8.53%)	2587 (14.2%)
Liver	-	1061 (5.82%)
Gastrointestinal tract	26 (12.3%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	13 (6.16%)	2618 (14.4%)
Endocrine system	6 (2.84%)	1561 (8.56%)
Skeleton, bone, muscle	31 (14.7%)	3235 (17.7%)
Blood, bone marrow	4 (1.90%)	842 (4.62%)
Skin	2 (0.95%)	711 (3.90%)
Ischaemia	-	271 (1.49%)
Cancer	1 (0.47%)	2381 (13.1%)
Infection	5 (2.37%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	45 (21.3%)	1167 (6.40%)
No affected organ	26 (12.3%)	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	19 (9.00%)	3788 (20.8%)
Stroke	19 (9.00%)	1084 (5.94%)
COPD	2 (0.95%)	1290 (7.07%)
Myocardial infarction	1 (0.47%)	615 (3.37%)
Cardiac insufficiency	3 (1.42%)	2373 (13.0%)
Others	3 (1.42%)	7888 (43.2%)
No comorbidity	168 (79.6%)	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	174 (90.2%)	15261 (96.3%)
Yes	48 (24.9%)	6612 (41.7%)
No	99 (51.3%)	6290 (39.7%)
No, I've gained weight	12 (6.22%)	1189 (7.50%)
I don't know	15 (7.77%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	48 (24.9%)	6612 (41.7%)
0-4 kg	27 (14.0%)	2966 (18.7%)
5-8 kg	10 (5.18%)	1210 (7.64%)
> 8 kg	9 (4.66%)	1665 (10.5%)
Not sure	2 (1.04%)	696 (4.39%)
Missing	-	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	120 (62.2%)	7491 (47.3%)
A bit less than normal	36 (18.7%)	3584 (22.6%)
Less than half of normal	7 (3.63%)	2302 (14.5%)
Less than a quarter to nearly nothing	6 (3.11%)	1782 (11.2%)
Missing	19 (9.84%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	40 (20.7%)	7679 (48.5%)
Loss of appetite	26 (13.5%)	4361 (27.5%)
Problems with swallowing, mastication	2 (1.04%)	708 (4.47%)
Nausea	3 (1.55%)	1215 (7.67%)
Other reasons	13 (6.74%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	118 (61.1%)	9574 (60.4%)
No, only with assistance	26 (13.5%)	4110 (25.9%)
No, I stay in bed	19 (9.84%)	1589 (10.0%)
Missing	23 (11.9%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	29 (15.0%)	529 (3.34%)
Very good	37 (19.2%)	1343 (8.47%)
Good	60 (31.1%)	4726 (29.8%)
Fair	14 (7.25%)	5561 (35.1%)
Poor	34 (17.6%)	2997 (18.9%)
Missing	19 (9.84%)	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	126 (65.3%)	9474 (59.8%)
No	33 (17.1%)	4730 (29.8%)
- I was not hungry	24 (72.7%)	2568 (54.3%)
- Problems with swallowing / mastication	4 (12.1%)	346 (7.32%)
- Nausea	3 (9.09%)	722 (15.3%)
- Others	3 (9.09%)	1174 (24.8%)
No answer	34 (17.6%)	1211 (7.64%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	84 (43.5%)	11895 (77.2%)
Drinks per patient & day (l)	0.13	0.43
Patients with supplements	12 (6.22%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	98 (50.8%)	9843 (63.9%)
Milk	28 (14.5%)	2050 (13.3%)
Fruit juice	53 (27.5%)	3313 (21.5%)
Tea, coffee	52 (26.9%)	6515 (42.3%)
Soft drinks	7 (3.63%)	1406 (9.12%)
<b>Lunch intake (n):</b>		
 All	81 (42.0%)	6329 (41.1%)
 1/2	69 (35.8%)	4364 (28.3%)
 1/4	23 (11.9%)	2363 (15.3%)
 Nothing	16 (8.29%)	1984 (12.9%)
? No answer	4 (2.07%)	375 (2.43%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	30 (26.8%)	2743 (30.2%)
I had nausea / vomiting	3 (2.68%)	678 (7.46%)
I was not allowed to eat	1 (0.89%)	850 (9.36%)
I can not eat without help	3 (2.68%)	125 (1.38%)
I had an examination / surgery	16 (14.3%)	564 (6.21%)
I ordered a smaller portion	2 (1.79%)	201 (2.21%)
I was tired	7 (6.25%)	439 (4.83%)
I normally eat less	11 (9.82%)	853 (9.39%)
I did not like the smell	6 (5.36%)	258 (2.84%)
I did not like the taste	33 (29.5%)	1127 (12.4%)



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

Yes	96 (49.7%)	5109 (32.2%)
No	68 (35.2%)	9242 (58.3%)
No answer	29 (15.0%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	36 (37.5%)	1581 (30.9%)
Fresh fruits	32 (33.3%)	2214 (43.3%)
Sandwiches	3 (3.13%)	456 (8.93%)
Dairy products	5 (5.21%)	690 (13.5%)
Preferred dish	3 (3.13%)	504 (9.86%)
Sweets	18 (18.8%)	849 (16.6%)
Fruit Juice	35 (36.5%)	691 (13.5%)
Others	12 (12.5%)	840 (16.4%)

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

Yes	163 (84.5%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires