



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in INDIA

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:	25
Number of patients on nutritionDay:	736
Number of patients completing Sheet 3a:	730
Number of patients completing Sheet 3b:	725

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	33 ± 20	26 ± 14
Maximum	41 ± 26	31 ± 15
Number of patients on the nutritionDay (n):		
Total	736	18242
Did not give consent	11 (1.49%)	1878 (10.3%)
Needed help completing form	519 (70.5%)	9572 (52.5%)
Terminally ill	74 (10.1%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	3 (12.0%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (4.00%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	4 (16.0%)	72 (8.16%)
Internal medicine / cardiology	1 (4.00%)	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	1 (4.00%)	18 (2.04%)
Pediatrics	1 (4.00%)	10 (1.13%)
Neurology	1 (4.00%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	-	120 (13.6%)
Cardiothoracic surgery	1 (4.00%)	10 (1.13%)
Orthopedic surgery	2 (8.00%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	1 (4.00%)	3 (0.34%)
Gynecology	2 (8.00%)	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	7 (28.0%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	6.08 ± 8.97	5.42 ± 5.91
Physicians per patient	0.06 ± 0.05	0.18 ± 0.18
Consultants	15.50 ± 8.51	2.49 ± 4.49
Consultants per patient	0.50 ± 0.27	0.08 ± 0.16
Registrars	9.26 ± 7.23	1.47 ± 2.99
Registrars per patient	0.24 ± 0.28	0.05 ± 0.10
Nurses		
Nurses	16.35 ± 16.60	7.55 ± 7.10
Nurses per patient	0.31 ± 0.16	0.24 ± 0.21
Nursing aides	6.67 ± 7.75	2.84 ± 3.63

Nursing aides per patient	0.11 ± 0.08	0.09 ± 0.10
Dieticians and dietetic assistants	2.78 ± 2.18	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.08 ± 0.04	0.04 ± 0.05

Nutrition Care:

Nutrition Team	23 units (92%) Yes	724 units (82%) Yes
Written procedures		
- individual	22 units (88%) Yes	605 units (69%) Yes
- local	2 units (08%) Yes	418 units (47%) Yes
- national	6 units (24%) Yes	429 units (49%) Yes
- other	6 units (24%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	25 units (100%) Yes	679 units (77%) Yes
When requested	6 units (24%) Yes	486 units (55%) Yes
Once a week	4 units (16%) Yes	343 units (39%) Yes
Occasionally	- units (00%) 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
Number of patients (n):		
Total	736	18242
Patients who completed sheet 3a	730 (99.2%)	15848 (86.9%)
Patients who completed sheet 3b	725 (98.5%)	15415 (84.5%)
Demographic data:		
Age (years)	54 [3-104]	68 [1-116]
Female gender	309 (42.0%)	9222 (50.6%)
Weight (kg)	63.3 ± 13.8	71.9 ± 20.0
Height (cm)	160.5 ± 9.9	165.7 ± 11.7
BMI (kg/m ²)	24.5 ± 5.0	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	143 (19.4%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	84 (11.4%)	1385 (7.59%)
Postoperative patients	123 (16.7%)	4159 (22.8%)
Length of stay in Hospital (days):	7 [1-118]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	13 (1.77%)	1628 (8.92%)
Transferred to another hospital	3 (0.41%)	383 (2.10%)
Transferred to long-term care	-	1046 (5.73%)
Rehabilitation	-	730 (4.00%)
Discharge home	578 (78.5%)	12413 (68.0%)
Death	13 (1.77%)	666 (3.65%)
Others	2 (0.27%)	797 (4.37%)
Missing	127 (17.3%)	579 (3.17%)
Readmitted (n):	65 (8.83%)	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	31 (4.21%)	1150 (6.30%)
Parenteral nutrition	4 (0.54%)	618 (3.39%)
Enteral + parenteral nutrition	-	131 (0.72%)
Special diet	155 (21.1%)	4436 (24.3%)
Protein supplement	64 (8.70%)	1913 (10.5%)
Hospital food	573 (77.9%)	10834 (59.4%)
Others	44 (5.98%)	835 (4.58%)
Missing	5 (0.68%)	1115 (6.11%)
Lines & tubes (n)*:		
None	290 (39.4%)	11305 (62.0%)
Centralvenous	5 (0.68%)	1299 (7.12%)
Nasogastric tube	26 (3.53%)	335 (1.84%)
Any other (PEG, PEJ, ...)	415 (56.4%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	37 (5.03%)	2365 (13.0%)
Eye, ear	2 (0.27%)	359 (1.97%)
Nose, throat	4 (0.54%)	400 (2.19%)
Heart, circulation	118 (16.0%)	3905 (21.4%)
Lung	53 (7.20%)	2587 (14.2%)
Liver	21 (2.85%)	1061 (5.82%)
Gastrointestinal tract	47 (6.39%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	99 (13.5%)	2618 (14.4%)
Endocrine system	10 (1.36%)	1561 (8.56%)
Skeleton, bone, muscle	52 (7.07%)	3235 (17.7%)
Blood, bone marrow	21 (2.85%)	842 (4.62%)
Skin	12 (1.63%)	711 (3.90%)
Ischaemia	3 (0.41%)	271 (1.49%)
Cancer	156 (21.2%)	2381 (13.1%)
Infection	46 (6.25%)	1096 (6.01%)
Pregnancy	20 (2.72%)	134 (0.73%)
Others	134 (18.2%)	1167 (6.40%)
No affected organ	6 (0.82%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	205 (27.9%)	3788 (20.8%)
Stroke	12 (1.63%)	1084 (5.94%)
COPD	22 (2.99%)	1290 (7.07%)
Myocardial infarction	7 (0.95%)	615 (3.37%)
Cardiac insufficiency	78 (10.6%)	2373 (13.0%)
Others	345 (46.9%)	7888 (43.2%)
No comorbidity	143 (19.4%)	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	708 (97.0%)	15261 (96.3%)
Yes	234 (32.1%)	6612 (41.7%)
No	338 (46.3%)	6290 (39.7%)
No, I've gained weight	36 (4.93%)	1189 (7.50%)
I don't know	100 (13.7%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	234 (32.1%)	6612 (41.7%)
0-4 kg	176 (24.1%)	2966 (18.7%)
5-8 kg	31 (4.25%)	1210 (7.64%)
> 8 kg	21 (2.88%)	1665 (10.5%)
Not sure	3 (0.41%)	696 (4.39%)
Missing	3 (0.41%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	330 (45.2%)	7491 (47.3%)
A bit less than normal	232 (31.8%)	3584 (22.6%)
Less than half of normal	123 (16.8%)	2302 (14.5%)
Less than a quarter to nearly nothing	36 (4.93%)	1782 (11.2%)
Missing	3 (0.41%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	411 (56.3%)	7679 (48.5%)
Loss of appetite	258 (35.3%)	4361 (27.5%)
Problems with swallowing, mastication	51 (6.99%)	708 (4.47%)
Nausea	103 (14.1%)	1215 (7.67%)
Other reasons	70 (9.59%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	519 (71.1%)	9574 (60.4%)
No, only with assistance	171 (23.4%)	4110 (25.9%)
No, I stay in bed	31 (4.25%)	1589 (10.0%)
Missing	7 (0.96%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	21 (2.88%)	529 (3.34%)
Very good	74 (10.1%)	1343 (8.47%)
Good	316 (43.3%)	4726 (29.8%)
Fair	255 (34.9%)	5561 (35.1%)
Poor	58 (7.95%)	2997 (18.9%)
Missing	6 (0.82%)	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	370 (50.7%)	9474 (59.8%)
No	306 (41.9%)	4730 (29.8%)
- I was not hungry	177 (57.8%)	2568 (54.3%)
- Problems with swallowing / mastication	25 (8.17%)	346 (7.32%)
- Nausea	86 (28.1%)	722 (15.3%)
- Others	49 (16.0%)	1174 (24.8%)
No answer	49 (6.71%)	1211 (7.64%)


Fluid and supplement intake (n):

Patients with fluid intake	257 (35.4%)	11895 (77.2%)
Drinks per patient & day (l)	0.19	0.43
Patients with supplements	63 (8.69%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03

„What kind of drinks did you consume?“ (n)*:

Water	522 (72.0%)	9843 (63.9%)
Milk	290 (40.0%)	2050 (13.3%)
Fruit juice	200 (27.6%)	3313 (21.5%)
Tea, coffee	332 (45.8%)	6515 (42.3%)
Soft drinks	1 (0.14%)	1406 (9.12%)

Lunch intake (n):

 All	294 (40.6%)	6329 (41.1%)
 1/2	252 (34.8%)	4364 (28.3%)
 1/4	82 (11.3%)	2363 (15.3%)
 Nothing	60 (8.28%)	1984 (12.9%)
? No answer	37 (5.10%)	375 (2.43%)

„I did not eat everything because“ (n)*:

I was not hungry	147 (34.1%)	2743 (30.2%)
I had nausea / vomiting	79 (18.3%)	678 (7.46%)
I was not allowed to eat	28 (6.50%)	850 (9.36%)
I can not eat without help	10 (2.32%)	125 (1.38%)
I had an examination / surgery	22 (5.10%)	564 (6.21%)
I ordered a smaller portion	2 (0.46%)	201 (2.21%)
I was tired	23 (5.34%)	439 (4.83%)
I normally eat less	19 (4.41%)	853 (9.39%)
I did not like the smell	22 (5.10%)	258 (2.84%)
I did not like the taste	38 (8.82%)	1127 (12.4%)

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

Yes	88 (12.1%)	5109 (32.2%)
No	619 (84.8%)	9242 (58.3%)
No answer	18 (2.47%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	14 (15.9%)	1581 (30.9%)
Fresh fruits	42 (47.7%)	2214 (43.3%)
Sandwiches	13 (14.8%)	456 (8.93%)
Dairy products	1 (1.14%)	690 (13.5%)
Preferred dish	6 (6.82%)	504 (9.86%)
Sweets	3 (3.41%)	849 (16.6%)
Fruit Juice	27 (30.7%)	691 (13.5%)
Others	9 (10.2%)	840 (16.4%)

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

Yes	573 (78.5%)	10372 (65.4%)
-----	-------------	---------------

Results referring to the total number of completed questionnaires