



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in PORTUGAL

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:	29
Number of patients on nutritionDay:	1051
Number of patients completing Sheet 3a:	805
Number of patients completing Sheet 3b:	789

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	32 ± 25	26 ± 14
Maximum	35 ± 26	31 ± 15
Number of patients on the nutritionDay (n):		
Total	1051	18242
Did not give consent	193 (18.4%)	1878 (10.3%)
Needed help completing form	622 (59.2%)	9572 (52.5%)
Terminally ill	52 (4.95%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	9 (31.0%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (3.45%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	5 (17.2%)	72 (8.16%)
Internal medicine / cardiology	2 (6.90%)	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	-	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	-	33 (3.74%)
Psychiatry	1 (3.45%)	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	4 (13.8%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	-	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	1 (3.45%)	15 (1.70%)
Long-term-care	2 (6.90%)	11 (1.25%)
Others	4 (13.8%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	8.17 ± 8.45	5.42 ± 5.91
Physicians per patient	0.21 ± 0.22	0.18 ± 0.18
Consultants	2.07 ± 4.93	2.49 ± 4.49
Consultants per patient	0.03 ± 0.05	0.08 ± 0.16
Registrars	2.79 ± 3.75	1.47 ± 2.99
Registrars per patient	0.09 ± 0.09	0.05 ± 0.10
Nurses	13.21 ± 12.88	7.55 ± 7.10
Nurses per patient	0.30 ± 0.20	0.24 ± 0.21
Nursing aides	6.41 ± 6.03	2.84 ± 3.63

Nursing aides per patient	0.17 ± 0.11	0.09 ± 0.10
Dieticians and dietetic assistants	2.34 ± 2.16	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.07 ± 0.05	0.04 ± 0.05

Nutrition Care:

Nutrition Team	25 units (86%) Yes	724 units (82%) Yes
Written procedures		
- individual	26 units (90%) Yes	605 units (69%) Yes
- local	19 units (66%) Yes	418 units (47%) Yes
- national	11 units (38%) Yes	429 units (49%) Yes
- other	10 units (34%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	16 units (55%) Yes	679 units (77%) Yes
When requested	10 units (34%) Yes	486 units (55%) Yes
Once a week	3 units (10%) Yes	343 units (39%) Yes
Occasionally	12 units (41%) 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	1051	18242
Patients who completed sheet 3a	805 (76.6%)	15848 (86.9%)
Patients who completed sheet 3b	789 (75.1%)	15415 (84.5%)
Demographic data:		
Age (years)	71 [18-101]	68 [1-116]
Female gender	517 (49.2%)	9222 (50.6%)
Weight (kg)	67.2 ± 15.0	71.9 ± 20.0
Height (cm)	163.0 ± 9.4	165.7 ± 11.7
BMI (kg/m ²)	25.3 ± 5.4	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	71 (6.76%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	54 (5.14%)	1385 (7.59%)
Postoperative patients	220 (20.9%)	4159 (22.8%)
Length of stay in Hospital (days):	13 [1-129]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	128 (12.2%)	1628 (8.92%)
Transferred to another hospital	8 (0.76%)	383 (2.10%)
Transferred to long-term care	19 (1.81%)	1046 (5.73%)
Rehabilitation	7 (0.67%)	730 (4.00%)
Discharge home	654 (62.2%)	12413 (68.0%)
Death	109 (10.4%)	666 (3.65%)
Others	11 (1.05%)	797 (4.37%)
Missing	115 (10.9%)	579 (3.17%)
Readmitted (n):	53 (5.04%)	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	36 (3.43%)	1150 (6.30%)
Parenteral nutrition	19 (1.81%)	618 (3.39%)
Enteral + parenteral nutrition	2 (0.19%)	131 (0.72%)
Special diet	217 (20.6%)	4436 (24.3%)
Protein supplement	74 (7.04%)	1913 (10.5%)
Hospital food	577 (54.9%)	10834 (59.4%)
Others	109 (10.4%)	835 (4.58%)
Missing	99 (9.42%)	1115 (6.11%)
Lines & tubes (n)*:		
None	606 (57.7%)	11305 (62.0%)
Centralvenous	142 (13.5%)	1299 (7.12%)
Nasogastric tube	49 (4.66%)	335 (1.84%)
Any other (PEG, PEJ, ...)	254 (24.2%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	119 (11.3%)	2365 (13.0%)
Eye, ear	8 (0.76%)	359 (1.97%)
Nose, throat	2 (0.19%)	400 (2.19%)
Heart, circulation	136 (12.9%)	3905 (21.4%)
Lung	149 (14.2%)	2587 (14.2%)
Liver	49 (4.66%)	1061 (5.82%)
Gastrointestinal tract	161 (15.3%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	120 (11.4%)	2618 (14.4%)
Endocrine system	54 (5.14%)	1561 (8.56%)
Skeleton, bone, muscle	59 (5.61%)	3235 (17.7%)
Blood, bone marrow	36 (3.43%)	842 (4.62%)
Skin	35 (3.33%)	711 (3.90%)
Ischaemia	12 (1.14%)	271 (1.49%)
Cancer	363 (34.5%)	2381 (13.1%)
Infection	55 (5.23%)	1096 (6.01%)
Pregnancy	3 (0.29%)	134 (0.73%)
Others	53 (5.04%)	1167 (6.40%)
No affected organ	66 (6.28%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	253 (24.1%)	3788 (20.8%)
Stroke	89 (8.47%)	1084 (5.94%)
COPD	45 (4.28%)	1290 (7.07%)
Myocardial infarction	29 (2.76%)	615 (3.37%)
Cardiac insufficiency	134 (12.7%)	2373 (13.0%)
Others	633 (60.2%)	7888 (43.2%)
No comorbidity	256 (24.4%)	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	770 (95.7%)	15261 (96.3%)
Yes	369 (45.8%)	6612 (41.7%)
No	219 (27.2%)	6290 (39.7%)
No, I've gained weight	60 (7.45%)	1189 (7.50%)
I don't know	122 (15.2%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	369 (45.8%)	6612 (41.7%)
0-4 kg	139 (17.3%)	2966 (18.7%)
5-8 kg	60 (7.45%)	1210 (7.64%)
> 8 kg	78 (9.69%)	1665 (10.5%)
Not sure	89 (11.1%)	696 (4.39%)
Missing	3 (0.37%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	372 (46.2%)	7491 (47.3%)
A bit less than normal	171 (21.2%)	3584 (22.6%)
Less than half of normal	109 (13.5%)	2302 (14.5%)
Less than a quarter to nearly nothing	85 (10.6%)	1782 (11.2%)
Missing	40 (4.97%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	361 (44.8%)	7679 (48.5%)
Loss of appetite	229 (28.4%)	4361 (27.5%)
Problems with swallowing, mastication	31 (3.85%)	708 (4.47%)
Nausea	36 (4.47%)	1215 (7.67%)
Other reasons	102 (12.7%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	413 (51.3%)	9574 (60.4%)
No, only with assistance	233 (28.9%)	4110 (25.9%)
No, I stay in bed	122 (15.2%)	1589 (10.0%)
Missing	25 (3.11%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	7 (0.87%)	529 (3.34%)
Very good	17 (2.11%)	1343 (8.47%)
Good	134 (16.6%)	4726 (29.8%)
Fair	276 (34.3%)	5561 (35.1%)
Poor	281 (34.9%)	2997 (18.9%)
Missing	90 (11.2%)	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	481 (59.8%)	9474 (59.8%)
No	193 (24.0%)	4730 (29.8%)
- I was not hungry	122 (63.2%)	2568 (54.3%)
- Problems with swallowing / mastication	14 (7.25%)	346 (7.32%)
- Nausea	26 (13.5%)	722 (15.3%)
- Others	29 (15.0%)	1174 (24.8%)
No answer	115 (14.3%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	605 (76.7%)	11895 (77.2%)
Drinks per patient & day (l)	0.26	0.43
Patients with supplements	44 (5.58%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	592 (75.0%)	9843 (63.9%)
Milk	108 (13.7%)	2050 (13.3%)
Fruit juice	68 (8.62%)	3313 (21.5%)
Tea, coffee	93 (11.8%)	6515 (42.3%)
Soft drinks	3 (0.38%)	1406 (9.12%)
Lunch intake (n):		
 All	338 (42.8%)	6329 (41.1%)
 1/2	236 (29.9%)	4364 (28.3%)
 1/4	118 (15.0%)	2363 (15.3%)
 Nothing	82 (10.4%)	1984 (12.9%)
? No answer	15 (1.90%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	167 (37.0%)	2743 (30.2%)
I had nausea / vomiting	33 (7.32%)	678 (7.46%)
I was not allowed to eat	27 (5.99%)	850 (9.36%)
I can not eat without help	6 (1.33%)	125 (1.38%)
I had an examination / surgery	22 (4.88%)	564 (6.21%)
I ordered a smaller portion	7 (1.55%)	201 (2.21%)
I was tired	33 (7.32%)	439 (4.83%)
I normally eat less	22 (4.88%)	853 (9.39%)
I did not like the smell	17 (3.77%)	258 (2.84%)
I did not like the taste	73 (16.2%)	1127 (12.4%)

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

Yes	244 (30.3%)	5109 (32.2%)
No	435 (54.0%)	9242 (58.3%)
No answer	110 (13.7%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	78 (32.0%)	1581 (30.9%)
Fresh fruits	117 (48.0%)	2214 (43.3%)
Sandwiches	15 (6.15%)	456 (8.93%)
Dairy products	67 (27.5%)	690 (13.5%)
Preferred dish	23 (9.43%)	504 (9.86%)
Sweets	23 (9.43%)	849 (16.6%)
Fruit Juice	43 (17.6%)	691 (13.5%)
Others	31 (12.7%)	840 (16.4%)

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

Yes	673 (83.6%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires