



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in UNITED STATES OF AMERICA**

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:	128
Number of patients on nutritionDay:	2565
Number of patients completing Sheet 3a:	2280
Number of patients completing Sheet 3b:	2242

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	27 ± 10	26 ± 14
Maximum	35 ± 12	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	2565	18242
Did not give consent	234 (9.12%)	1878 (10.3%)
Needed help completing form	1400 (54.6%)	9572 (52.5%)
Terminally ill	111 (4.33%)	2221 (12.2%)
<b>Specialities (n):</b>		
Internal medicine / general	72 (56.3%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	3 (2.34%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	6 (4.69%)	72 (8.16%)
Internal medicine / cardiology	20 (15.6%)	52 (5.90%)
Internal medicine / infectious diseases	2 (1.56%)	8 (0.91%)
Internal medicine / geriatrics	3 (2.34%)	65 (7.37%)
Internal medicine / nephrology	1 (0.78%)	18 (2.04%)
Pediatrics	1 (0.78%)	10 (1.13%)
Neurology	-	33 (3.74%)
Psychiatry	1 (0.78%)	13 (1.47%)
Ear Nose Throat (ENT)	1 (0.78%)	20 (2.27%)
General surgery	5 (3.91%)	120 (13.6%)
Cardiothoracic surgery	1 (0.78%)	10 (1.13%)
Orthopedic surgery	4 (3.13%)	52 (5.90%)
Trauma	1 (0.78%)	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	7 (5.47%)	85 (9.64%)
<b>Staff /Staff per patient (n):</b>		
Physicians	6.98 ± 6.77	5.42 ± 5.91
Physicians per patient	0.22 ± 0.20	0.18 ± 0.18
Consultants	2.92 ± 4.40	2.49 ± 4.49
Consultants per patient	0.09 ± 0.15	0.08 ± 0.16
Registrars	0.58 ± 0.80	1.47 ± 2.99
Registrars per patient	0.02 ± 0.02	0.05 ± 0.10
Nurses	7.85 ± 5.90	7.55 ± 7.10
Nurses per patient	0.24 ± 0.19	0.24 ± 0.21
Nursing aides	3.63 ± 2.08	2.84 ± 3.63

Nursing aides per patient	0.11 ± 0.07	0.09 ± 0.10
Dieticians and dietetic assistants	1.56 ± 0.80	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	85 units (66%) Yes	724 units (82%) Yes
Written procedures		
- individual	95 units (74%) Yes	605 units (69%) Yes
- local	51 units (40%) Yes	418 units (47%) Yes
- national	100 units (78%) Yes	429 units (49%) Yes
- other	17 units (13%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	122 units (95%) Yes	679 units (77%) Yes
When requested	98 units (77%) Yes	486 units (55%) Yes
Once a week	34 units (27%) Yes	343 units (39%) Yes
Occasionally	19 units (15%) 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
<b>Number of patients (n):</b>		
Total	2565	18242
Patients who completed sheet 3a	2280 (88.9%)	15848 (86.9%)
Patients who completed sheet 3b	2242 (87.4%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	66 [9-102]	68 [1-116]
Female gender	1368 (53.3%)	9222 (50.6%)
Weight (kg)	82.9 ± 25.3	71.9 ± 20.0
Height (cm)	168.5 ± 11.1	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	29.1 ± 8.3	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	250 (9.75%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	165 (6.43%)	1385 (7.59%)
Postoperative patients	471 (18.4%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	5 [1-117]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	56 (2.18%)	1628 (8.92%)
Transferred to another hospital	41 (1.60%)	383 (2.10%)
Transferred to long-term care	294 (11.5%)	1046 (5.73%)
Rehabilitation	242 (9.43%)	730 (4.00%)
Discharge home	1660 (64.7%)	12413 (68.0%)
Death	39 (1.52%)	666 (3.65%)
Others	77 (3.00%)	797 (4.37%)
Missing	156 (6.08%)	579 (3.17%)
<b>Readmitted (n):</b>	353 (13.8%)	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	56 (2.18%)	1150 (6.30%)
Parenteral nutrition	26 (1.01%)	618 (3.39%)
Enteral + parenteral nutrition	2 (0.08%)	131 (0.72%)
Special diet	1363 (53.1%)	4436 (24.3%)
Protein supplement	254 (9.90%)	1913 (10.5%)
Hospital food	1372 (53.5%)	10834 (59.4%)
Others	165 (6.43%)	835 (4.58%)
Missing	56 (2.18%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	1174 (45.8%)	11305 (62.0%)
Centralvenous	300 (11.7%)	1299 (7.12%)
Nasogastric tube	31 (1.21%)	335 (1.84%)
Any other (PEG, PEJ, ...)	1060 (41.3%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	310 (12.1%)	2365 (13.0%)
Eye, ear	29 (1.13%)	359 (1.97%)
Nose, throat	37 (1.44%)	400 (2.19%)
Heart, circulation	889 (34.7%)	3905 (21.4%)
Lung	601 (23.4%)	2587 (14.2%)
Liver	139 (5.42%)	1061 (5.82%)
Gastrointestinal tract	561 (21.9%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	546 (21.3%)	2618 (14.4%)
Endocrine system	364 (14.2%)	1561 (8.56%)
Skeleton, bone, muscle	375 (14.6%)	3235 (17.7%)
Blood, bone marrow	147 (5.73%)	842 (4.62%)
Skin	223 (8.69%)	711 (3.90%)
Ischaemia	7 (0.27%)	271 (1.49%)
Cancer	150 (5.85%)	2381 (13.1%)
Infection	234 (9.12%)	1096 (6.01%)
Pregnancy	4 (0.16%)	134 (0.73%)
Others	128 (4.99%)	1167 (6.40%)
No affected organ	54 (2.11%)	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	788 (30.7%)	3788 (20.8%)
Stroke	183 (7.13%)	1084 (5.94%)
COPD	429 (16.7%)	1290 (7.07%)
Myocardial infarction	140 (5.46%)	615 (3.37%)
Cardiac insufficiency	683 (26.6%)	2373 (13.0%)
Others	1225 (47.8%)	7888 (43.2%)
No comorbidity	457 (17.8%)	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	2225 (97.6%)	15261 (96.3%)
Yes	829 (36.4%)	6612 (41.7%)
No	1026 (45.0%)	6290 (39.7%)
No, I've gained weight	206 (9.04%)	1189 (7.50%)
I don't know	164 (7.19%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	829 (36.4%)	6612 (41.7%)
0-4 kg	331 (14.5%)	2966 (18.7%)
5-8 kg	139 (6.10%)	1210 (7.64%)
> 8 kg	261 (11.4%)	1665 (10.5%)
Not sure	97 (4.25%)	696 (4.39%)
Missing	1 (0.04%)	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	928 (40.7%)	7491 (47.3%)
A bit less than normal	482 (21.1%)	3584 (22.6%)
Less than half of normal	442 (19.4%)	2302 (14.5%)
Less than a quarter to nearly nothing	358 (15.7%)	1782 (11.2%)
Missing	43 (1.89%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	1286 (56.4%)	7679 (48.5%)
Loss of appetite	668 (29.3%)	4361 (27.5%)
Problems with swallowing, mastication	87 (3.82%)	708 (4.47%)
Nausea	246 (10.8%)	1215 (7.67%)
Other reasons	544 (23.9%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	1366 (59.9%)	9574 (60.4%)
No, only with assistance	686 (30.1%)	4110 (25.9%)
No, I stay in bed	151 (6.62%)	1589 (10.0%)
Missing	63 (2.76%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	108 (4.74%)	529 (3.34%)
Very good	257 (11.3%)	1343 (8.47%)
Good	656 (28.8%)	4726 (29.8%)
Fair	729 (32.0%)	5561 (35.1%)
Poor	438 (19.2%)	2997 (18.9%)
Missing	92 (4.04%)	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	1300 (57.0%)	9474 (59.8%)
No	828 (36.3%)	4730 (29.8%)
- I was not hungry	459 (55.4%)	2568 (54.3%)
- Problems with swallowing / mastication	46 (5.56%)	346 (7.32%)
- Nausea	156 (18.8%)	722 (15.3%)
- Others	222 (26.8%)	1174 (24.8%)
No answer	114 (5.00%)	1211 (7.64%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	1833 (81.8%)	11895 (77.2%)
Drinks per patient & day (l)	0.41	0.43
Patients with supplements	280 (12.5%)	1566 (10.2%)
Supplements per patient & day (l)	0.03	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	1222 (54.5%)	9843 (63.9%)
Milk	462 (20.6%)	2050 (13.3%)
Fruit juice	744 (33.2%)	3313 (21.5%)
Tea, coffee	978 (43.6%)	6515 (42.3%)
Soft drinks	513 (22.9%)	1406 (9.12%)
<b>Lunch intake (n):</b>		
 All	903 (40.3%)	6329 (41.1%)
 1/2	610 (27.2%)	4364 (28.3%)
 1/4	416 (18.6%)	2363 (15.3%)
 Nothing	288 (12.8%)	1984 (12.9%)
? No answer	25 (1.12%)	375 (2.43%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	436 (32.6%)	2743 (30.2%)
I had nausea / vomiting	110 (8.22%)	678 (7.46%)
I was not allowed to eat	129 (9.63%)	850 (9.36%)
I can not eat without help	12 (0.90%)	125 (1.38%)
I had an examination / surgery	37 (2.76%)	564 (6.21%)
I ordered a smaller portion	17 (1.27%)	201 (2.21%)
I was tired	78 (5.83%)	439 (4.83%)
I normally eat less	86 (6.42%)	853 (9.39%)
I did not like the smell	34 (2.54%)	258 (2.84%)
I did not like the taste	150 (11.2%)	1127 (12.4%)



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

Yes	465 (20.4%)	5109 (32.2%)
No	1612 (70.7%)	9242 (58.3%)
No answer	165 (7.24%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	79 (17.0%)	1581 (30.9%)
Fresh fruits	72 (15.5%)	2214 (43.3%)
Sandwiches	87 (18.7%)	456 (8.93%)
Dairy products	25 (5.38%)	690 (13.5%)
Preferred dish	49 (10.5%)	504 (9.86%)
Sweets	108 (23.2%)	849 (16.6%)
Fruit Juice	33 (7.10%)	691 (13.5%)
Others	185 (39.8%)	840 (16.4%)

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

Yes	1655 (72.6%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires