

Feedback nutritionDay 2012
Results for centre [REDACTED] and unit [REDACTED]

Dear participant,

this report gives an overview of your nursing home compared to other nursing homes, which have participated in nutritionDay. It provides a comparison of unit results on national and international level. The report contains:

1. Summary of most important **results on one page**: How many residents live in your nursing home unit? What is the age structure of your nursing home unit? How many residents suffer from cognitive or functional impairment? How many residents have nutritional deficiencies?
2. **Results in detail**: Number of staff and which professional groups work in your nursing home unit? Which quality criteria regarding nutritional care are applied in your nursing home unit? How is the general health situation of residents in your nursing home unit? How is the nutritional situation of your residents in detail?

The data forwarded to nutritionDay are presented in this report in figures, graphics and in textual mode.

Next to your results, national ([REDACTED], data of 2010, 2011 and 2012) and international results (nutritionDay, data of 2010, 2011 and 2012) are indicated. In your country, **5** nursing home units of **3** nursing homes with **269** residents participated in nutritionDay. Internationally, **480** nursing home units of **216** nursing homes with **15892** residents participated in nutritionDay worldwide.

Data is indicated as mean value (median) with minimum and maximum values or as total amount (n) and percentage (%). The median divides the group into two halves. Exactly one half of all residents shows higher values the other half shows lower values. Extreme values are excluded.

We hope we will support you and your nursing home unit with the presented feedback and thank you very much for your participation in nutritionDay 2012 and your efforts for the important topic of nutrition in nursing homes.

Sincerely,

the nutritionDay team



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Results on one Page

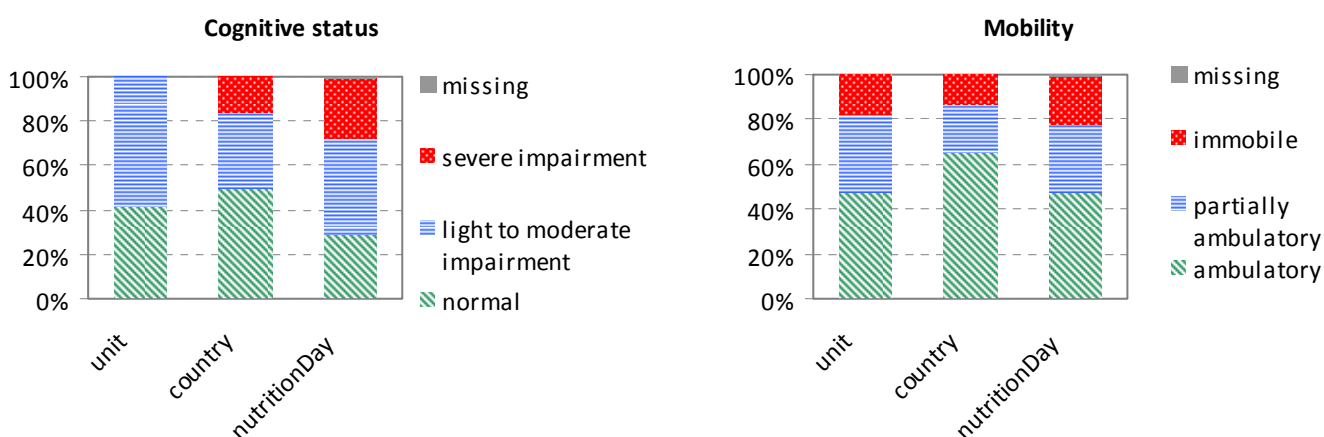
Structural aspects of the nutritionDay audit (Sheet I)

Feature	unit	country	nutritionDay
Number of residents	27	74 [27-76]	35 [10-83]
Number of participants nutritionDay	17	73 [17-76]	29 [5-257]
Resident per Nurse	9	29 [9-76]	3.8 [1.5-12.3]
Dietician or person dedicated to nutritional care in your nursing home unit?	Yes	40% Yes	49% Yes
Nutritional standards/guidelines existing?	No	40% Yes	80.2% Yes

Characteristics of residents of your nursing home unit (Sheet II)

71% of your residents are female. The mean age of your residents is **87 [58-98]**. Your country: **71%** female, mean age **85 [69-97]**, NutritionDay: **69%** female, mean age **83 [41-96]**.

The tables show the prevalence of cognitive and mobility restraints.

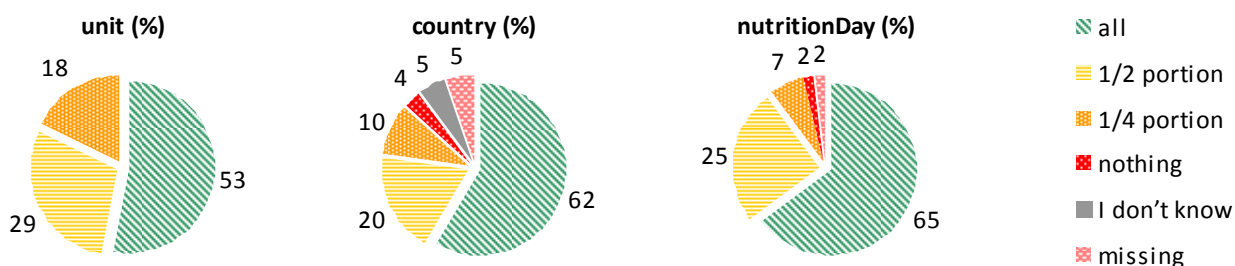


Nutritional situation of residents

Feature	sheet	unit	country	nutritionDay	
BMI (kg/m ²)	II	26 [20-38]	25 [17-35]	24 [17-35]	
		n	%	%	
BMI <20	cal.	1	5.9	13.8	16.1
Subj. estimation of staff "no. of maln. residents"	II	-	-	13	9.9
MNA malnourished residents	IIb	5	29.4	21.9	15.5
weight loss within last year "yes"	IIIa	5	29.4	31.2	30.4
weight loss >5kg within last year "yes"	IIIa	1	5.9	4.8	9.4

(cal.) Calculation based on entered information, MNA Mini Nutritional Assessment

Amount eaten on nutritionDay ("the resident today" sheet IIIb)



Results in Detail

I. Level: nursing home unit

a) Structure of your nursing home unit (Sheet 1)

The table gives an overview of the structure of your nursing home unit - here you can see who is working in your unit.

feature	unit	country	nutritionDay
Number of residents	27	74 [27-76]	35 [10-83]
Number of participants nutritionDay	17	73 [17-76]	29 [5-257]
Participation rate	63%	100 [63-100]	100 [29-100]
Residents per professional nursing staff	9	29 [9-76]	3.8 [1.5-12.3]
Residents per assistant nursing staff	3	25.3 [2.9-76]	5 [1.3-36]
Permanent physician available	-	76 [74-76]	25 [6-74]
Residents per external physician	27	29 [27-76]	10 [2.2-60]
Residents per director of nurses	27	27 [27-27]	34 [10-76.7]
Residents per dietician/dietetic technician	-	74 [74-74]	35 [16-74]
Residents per physical therapist/occupational therapist/speech therapist	27	29 [27-74]	27 [5.4-76]
Residents per music therapist/ animator	27	74 [27-76]	21.7 [7.4-55]
Residents per community service/volunteer	-	76 [76-76]	11.3 [1.6-56]

b) Quality criteria for nutrition in your nursing home unit (Sheet 1)

Dietician/Oecotrophologist

You have indicated that **0** dietician(s)/oecotrophologist(s) is/are responsible for residents in your unit. The desired goal is that at least one dietician/oecotrophologist(s) is responsible for residents in your unit. Your unit has **not reached** this goal. **20%** of all nursing home units in your country and **43%** of all nursing home units indicate that at least one dietician/oecotrophologist is responsible for the residents.

Person responsible for nutritional care

You have indicated that **1** person(s) is/are responsible for nutritional care in your nursing home unit. The desired goal is that at least one person dedicated to nutritional care is responsible for residents in your unit. Your unit has **reached** this goal. In **40%** of all nursing home units in your country and in **49%** of all nursing home units at least one person is dedicated to nutritional care.

Assessment of weight

You have indicated that residents in your nursing home unit are weighed **approx. once a month**. You have **reached** the desired goal of weighing residents at least 1 x per month. **80%** of all national nursing homes and **83%** of all nursing homes internationally weigh their residents 1x per month.

Nutritional screening

You have indicated that you screen your residents for malnutrition or risk of malnutrition **approx. once a month**. You have **reached** the desired goal of performing a nutritional screening at least 1 x per month. In **80%** of all national nursing home units and **57%** of all international nursing home units nutritional screening is performed 1 x per month.

Standards for nutritional screening

You have indicated that enteral and parenteral nutrition is performed according to **(answer missing)**. You have **not reached** the desired goal of performing nutritional care according to national or local standards. In **20%** of all national nursing home units and **69%** of all international nursing home units clinical nutrition is performed according to local or national standards.

II. Level: individual patient

a) General characteristics of residents (Sheet II)

The table comprises all characteristics of residents of your nursing home unit and compares them to mean values and frequencies of the reference group(s). What is the percentage of female residents in your nursing home unit, what is the time needed for basal care per day and how often are residents affected by specific diseases?

This overview shall draw attention to specific characteristics of your residents and working conditions in your nursing home unit in order to better interpret the following results.

feature	unit	country	nutritionDay
Age (Years)	87 [58-98]	85 [69-97]	83 [41-96]
Percentage of female residents (%)	70.6	71.4	68.6
Duration since nursing home admission in months	24 [9-43]	42 [5-139]	34 [2-248]
Time needed for basal care per resident per day			
	n	%	%
< 45 minutes	3	17.6	40.1
46 – 119 minutes	-	-	33.5
120 – 239 minutes	-	-	15.6
≥ 240 minutes	-	-	5.6
Dehydration (exsiccation)	-	-	7.8
Contractures	-	-	13
Pressure scores	-	-	2.2
Dysphagia	-	-	7.1
Chewing problems	1	5.9	17.5
Drugs			
Amount of different drugs per day	8 [3-14]	6 [2-11]	7 [2-14]
Antidepressants	8	47.1	36.4
Antibiotics	-	-	3.7
Opiates	-	-	1.1
Primary diagnosis			
mean value	1 [1-2]	1 [1-6]	2 [1-7]
<i>Brain/ nerves</i>	10	58.8	33.1
<i>Cancer</i>	2	11.8	3
<i>Skeleton/bone/muscle</i>	-	-	28.3
<i>Heart/circulation/lung</i>	4	23.5	31.2
<i>Endocrine system</i>	1	5.9	11.5
<i>Digestive organs</i>	-	-	8.9
<i>Intoxication/ injury</i>	-	-	0.7
<i>Other</i>	2	11.8	4.5
Number of hospitals stays per resident	1 [1-1]	1 [1-2]	1 [1-4]

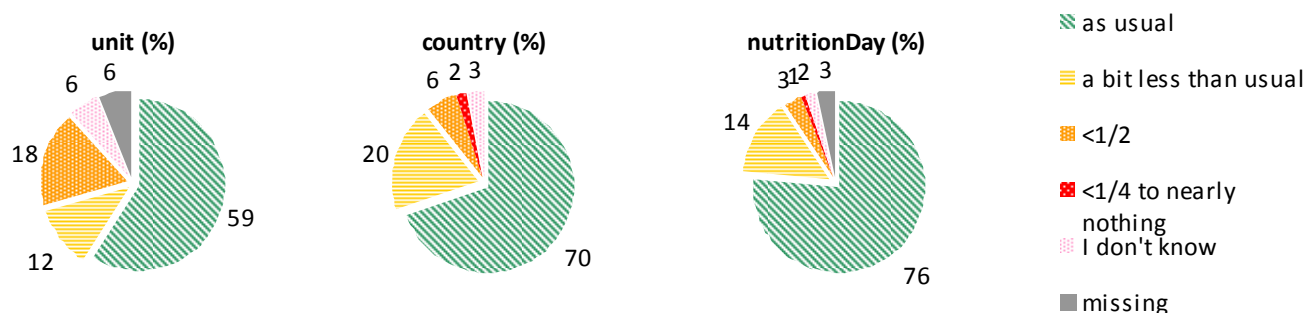
b) Nutritional status of residents

Number of alerting nutritional results

feature	sheet	unit	country	nutritionDay
BMI (kg/m²)	II	26 [20-38]	25 [17-35]	24 [17-35]
		n	%	%
BMI <20	cal.	1	5.9	13.9
BMI <22	cal.	4	23.5	24.2
Nutritional status according to nursing staff	II			
...malnourished residents		-	-	13
...residents at nutritional risk		-	-	27.5
Nutritional status according to MNA	IIb			
...malnourished residents		5	29.4	21.9
...residents at nutritional risk		9	52.9	42
Weight loss within last year	IIIa	5	29.4	31.2
....yes		5	29.4	31.2
....>5 kg		1	5.9	4.8
Weight loss within the last 3 months (MNA)	IIb			
....≥ 1 kg		12	70.6	56.5
Well nourished residents according to nursing staff but malnourished according to ...				
...BMI (<20)	cal.	1	5.9	2.2
...weight loss (> 5kg)	cal.	1	5.9	1.9
Artificial nutrition	II			
Sip feeds		-	-	1.1
Tube feeds		-	-	2.2
Parenteral nutrition		-	-	0.3
Subcutaneous nutrition		-	-	0.1
...combinations		-	-	0.1

Cal. Calculation based on data entry, MNA Mini Nutritional Assessment Instrument

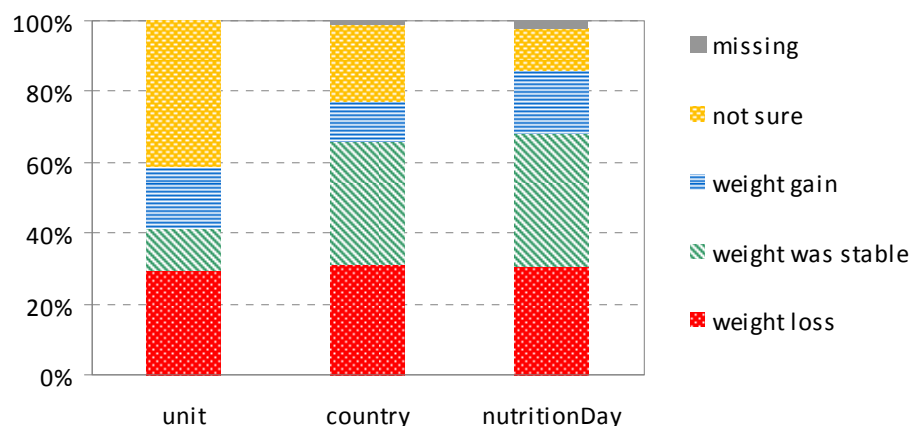
Nutritional intake in previous week (Sheet IIIa)



Summary of alerting nutritional results of your nursing home resident

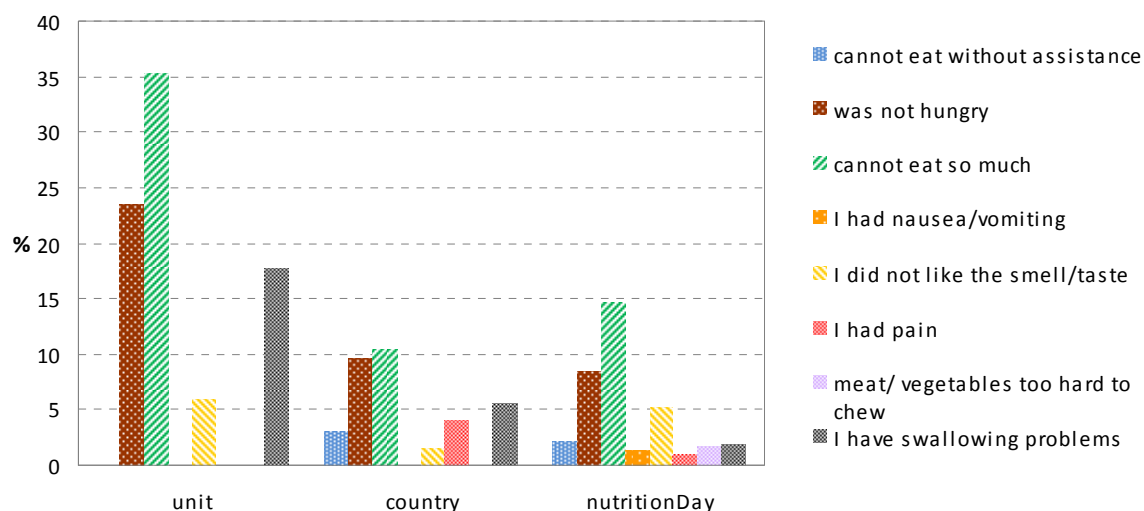
- **6%** of all residents are malnourished according to BMI (< 20kg/m²).
- According to nursing staff estimations **0%** of all residents are classified as malnourished.
- According to Mini Nutritional Assessment (MNA) (Sheet IIIa) **29%** are classified as malnourished and **53%** are at nutritional risk.
- **29%** of all residents have lost weight within the last year and **6%** of which have lost over 5 kg.
- **29%** of all residents have eaten less than usual (see figure).

Change in weight in previous year (Sheet IIIa)



Nutritional intake on nutritionDay (please see page 2 - "results on one page") (Sheet IIIb)

Reasons for eating less on nutritionDay (Sheet IIIb)



Need help to eat meal (Sheet IIIb)

0% of residents of your nursing home unit needed help with the meal. This was also indicated by 16% of all nursing homes in your country and by 25% of all international nutritionDay participants. The table indicates if and how long the residents required assistance with the meal.

feature	unit		country	nutritionDay
Was the resident assisted with this meal?	n	%	%	%
No, he/she does not need any help	17	100	82.8	70.7
No, because there was no time to do so	-	-	-	0.1
Yes	-	-	16	24.5
Missing	-	-	1.1	4.7
If yes, how many minutes?				
<10 min	-	-	2.6	7.6
10-20 min	-	-	7.8	11.9
>20 min	-	-	5.6	4.9

Forecast

Congratulations! You have participated successfully in nutritionDay in nursing homes in 2012. You have taken an important step to evaluate and improve the nutritional situation in your nursing home unit. In May 2013, six months after your participation in November 2012, outcome evaluation and data entry into the database shall be carried out (Sheet "resident list for outcome evaluation"). This serves to record the data of all the residents who have participated on nutritionDay and to evaluate their outcome after 6 months. After transfer of your outcome data via the nD online database you will also receive the outcome evaluation included in the report.

After entering the outcome data of your residents you will have the possibility to apply for a **nutritionDay certificate** for participation in this year. For further information please contact **office@nutritionDay.org**.

How to proceed? What to do with the data?

This report gives feedback on the specific care and the nutritional situation of your nursing home unit and your residents and shows structures of your institution relevant to nutritional care with national and international comparison. This report is a snapshot of your nursing home unit which may help in the development and implementation of further actions and structural changes.

The report indicates what your nursing home already does well and also shows what could be improved.

We recommend discussing the results of the nutritionDay report within your team or with colleagues. Further, it would be important to involve the management of your nursing home and forward the report to them. The report serves as a basis for discussion for further steps to improve the nutritional care. Repeated participation in the nutritionDay in nursing homes audit documents the development of nutritional care in your nursing homes over the years.

In case of questions please contact **office@nutritionDay.org** or **nh@nutritionDay.org** !

Yours sincerely,

the nutritionDay team

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