



nutritionDay
WORLDWIDE

nutritionDay 2010
unit number

**Gastroenterology and
hepatology**



A snapshot
on nutrition care

an initiative to improve healthcare

supported by





nutritionDay
WORLDWIDE

NAME

national project
coordinator

Netherlands Society for Clinical
Nutrition and Metabolism

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coordinator

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Intensive Care

an initiative to improve healthcare

supported by



nutritionDay 2010 / **General Idea**

Aim and methods

- Aim
 - Increase awareness
 - Decrease barriers
 - Increase knowledge
 - Allow comparison of individual units with national and international reference bases

nutritionDay 2010 / **General Idea**

Aim and methods

- Methods
 - One day cross-sectional audit
 - Get information from caregiver & patients
 - Hospital outcome evaluation
 - Unit report for participating units for comparison with specialty

nutritionDay 2010 / **General Idea**

Questionnaires harmonisation in 30 languages

**One functional unit
an individual ward**

caregiver

environment

patient

unit structures

1 page

caregiver's view

1 line/patient:

patient's view

1 page double sided

nutritionDay 2010 / **Perspectives**

Unit ... Caregiver ... Patient

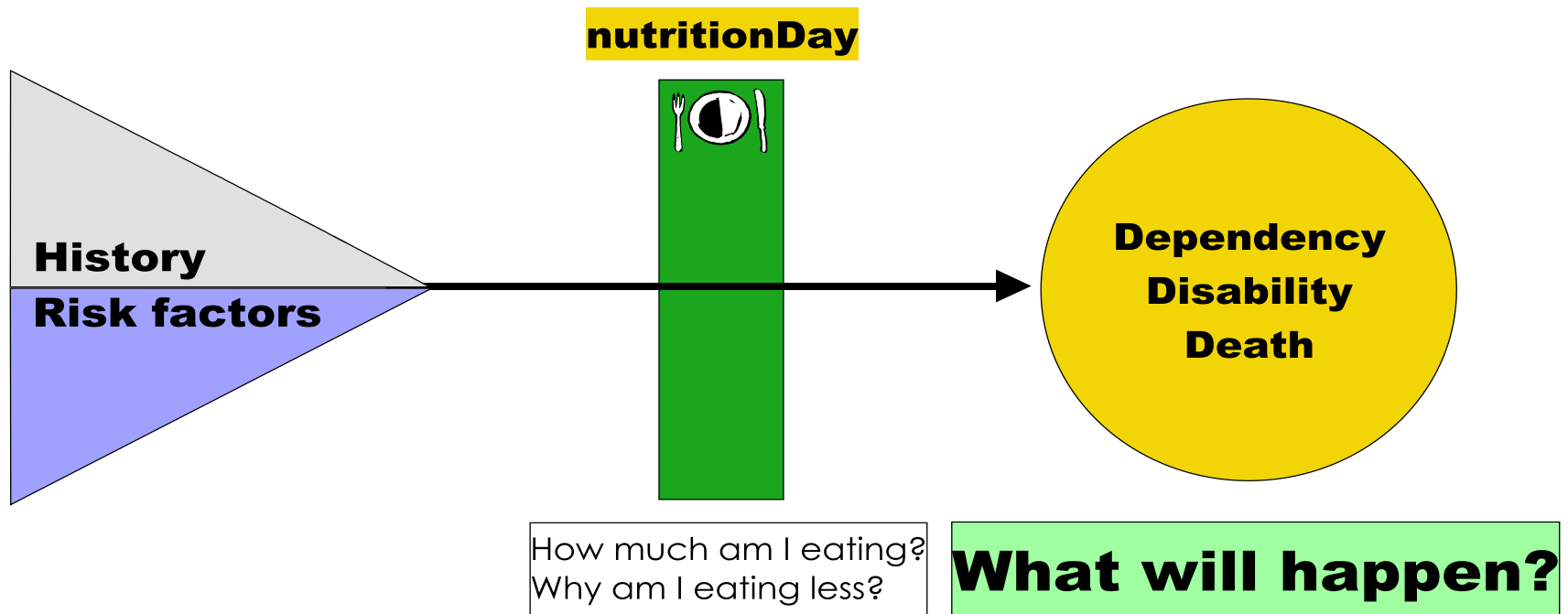
- Unit's perspective
 - Manpower
 - Resources
 - Patient population characteristics
 - How do similar units work and perform?

nutritionDay 2010 / **Perspectives**

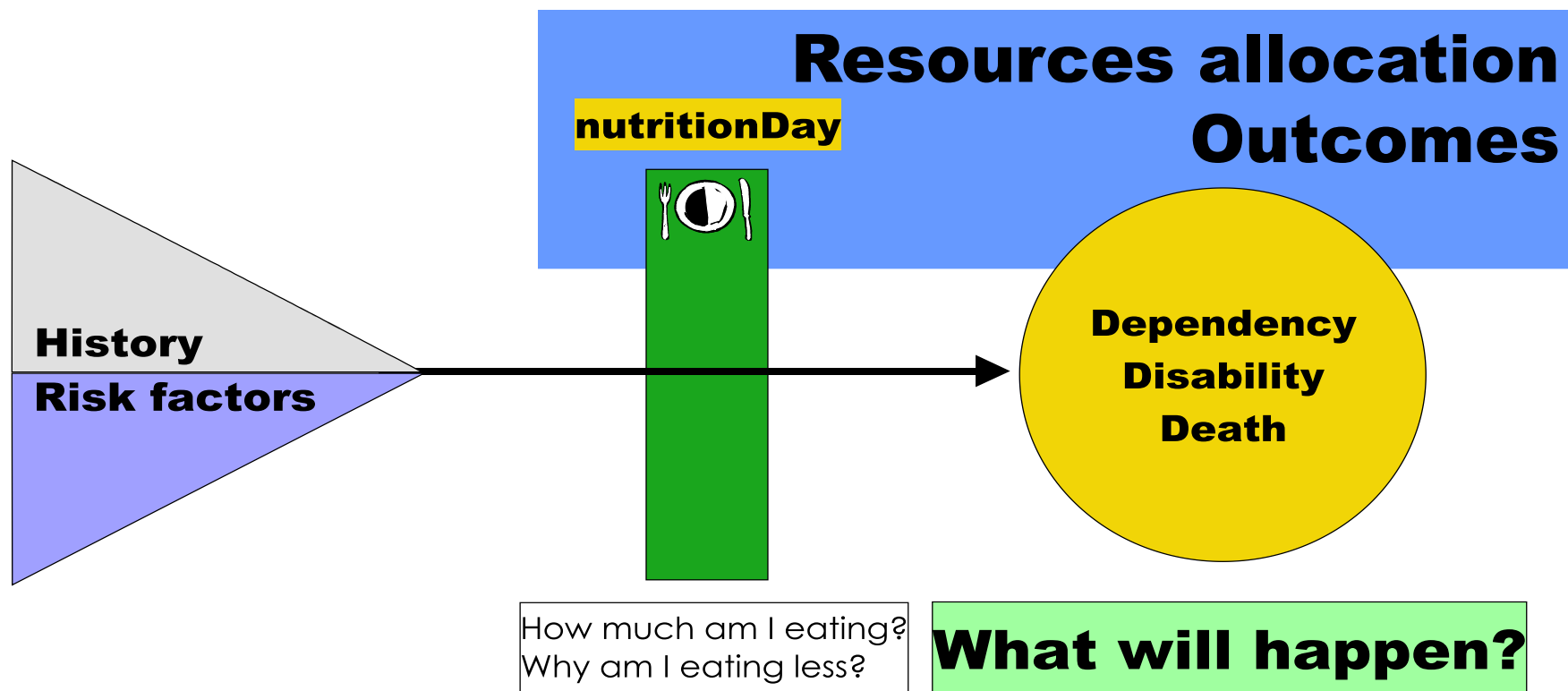
Unit ... Caregiver ... Patient

- Patients interests
 - Will I recover?
 - When will I recover?
 - What enhances recovery?
 - How long will I have to stay in hospital?

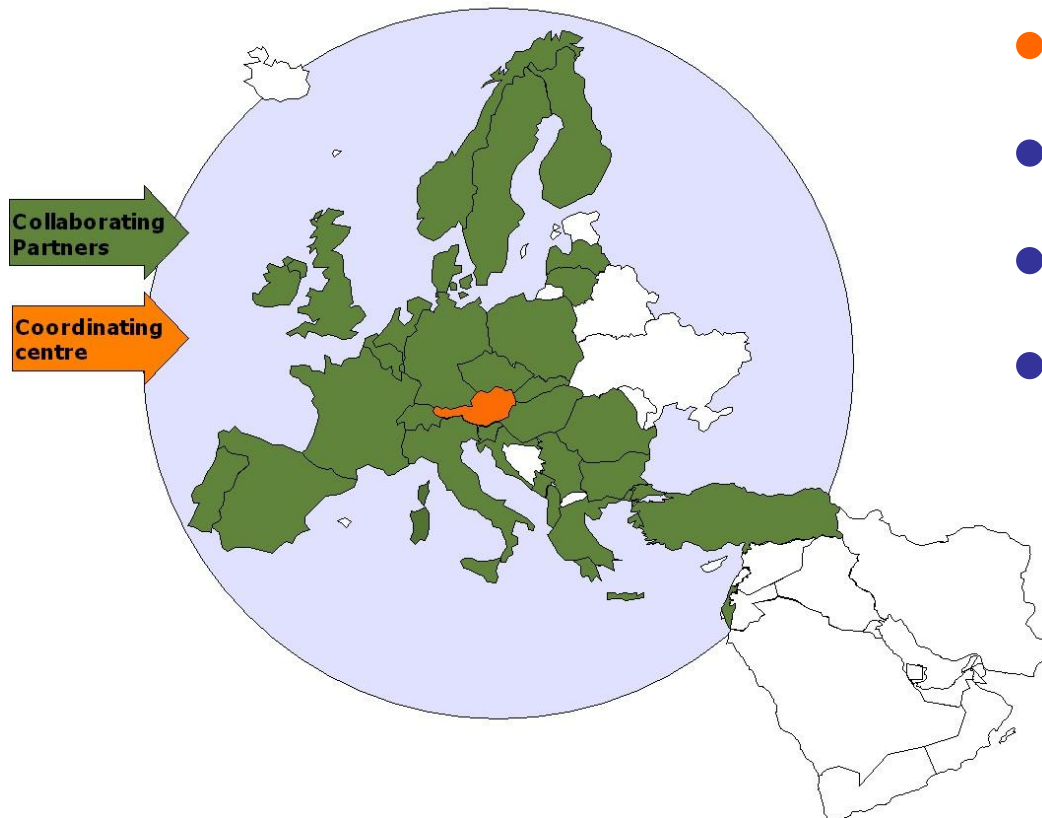
Patient's interests



Worldwide's public health view: economic & social progress



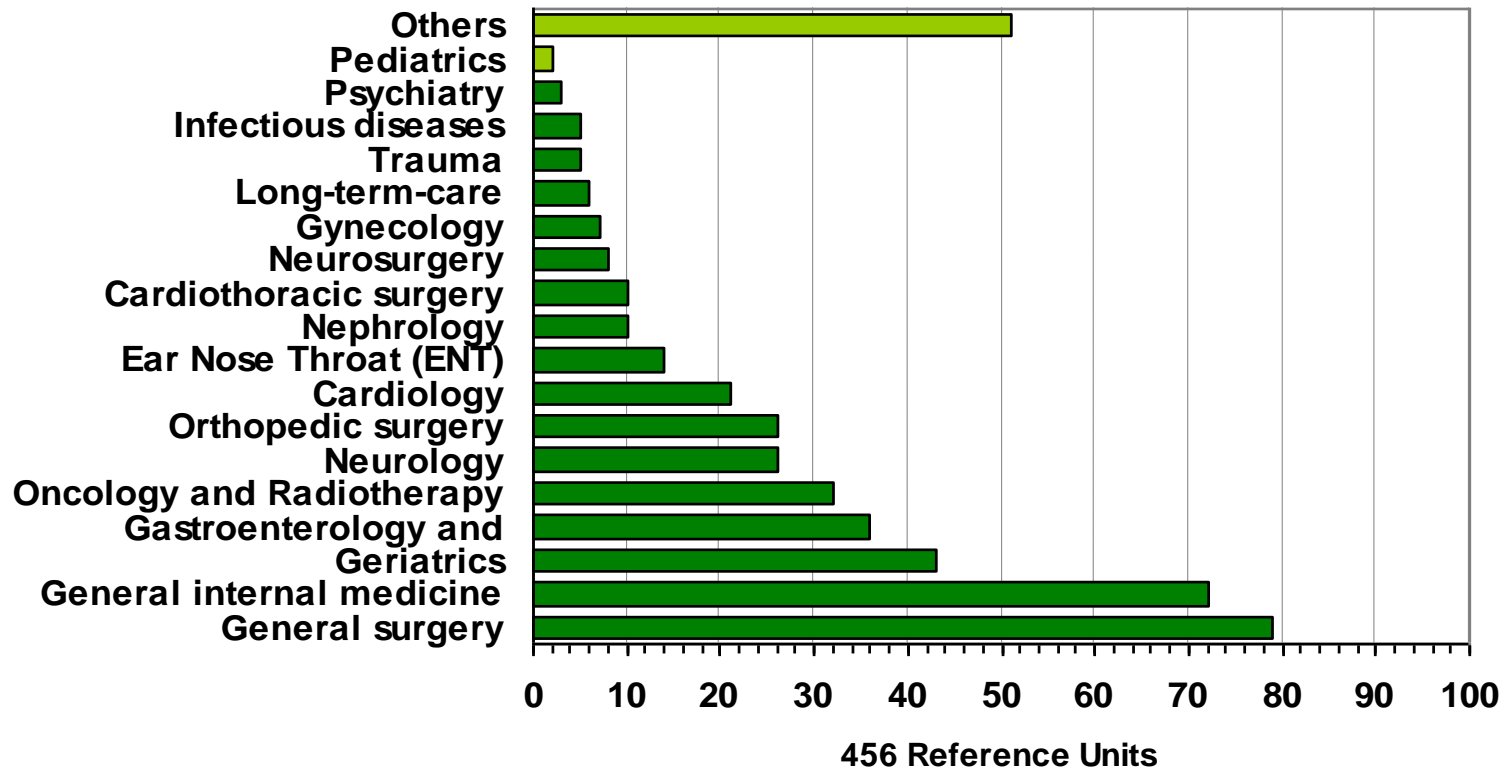
Worldwide participation 2006/2007/2008/2009/2010



- 30 languages
- 40 countries
- 2441 units/wards
- 74903 patients

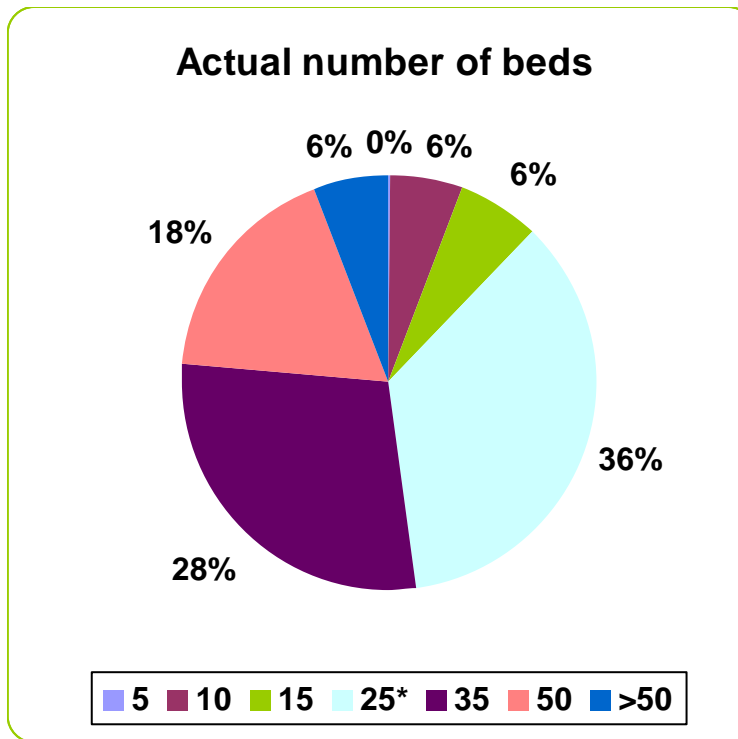
nutritionDay 2010 / **Worldwide participation**

Specialities of participating units



nutritionDay 2010 / Resources (worldwide vs your unit)

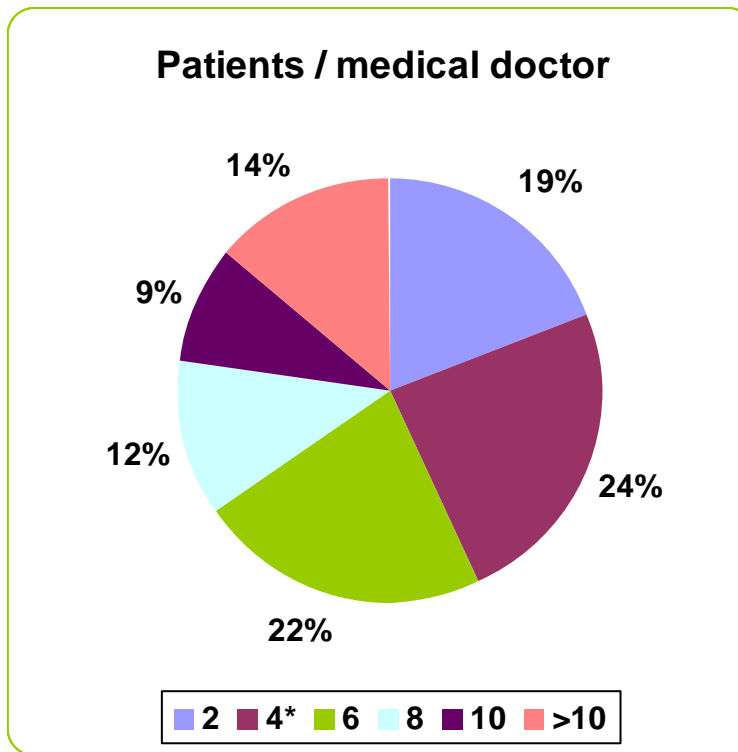
Unit Size & unit manpower



 **your unit is in this category**

nutritionDay 2010 / Resources (worldwide vs your unit)

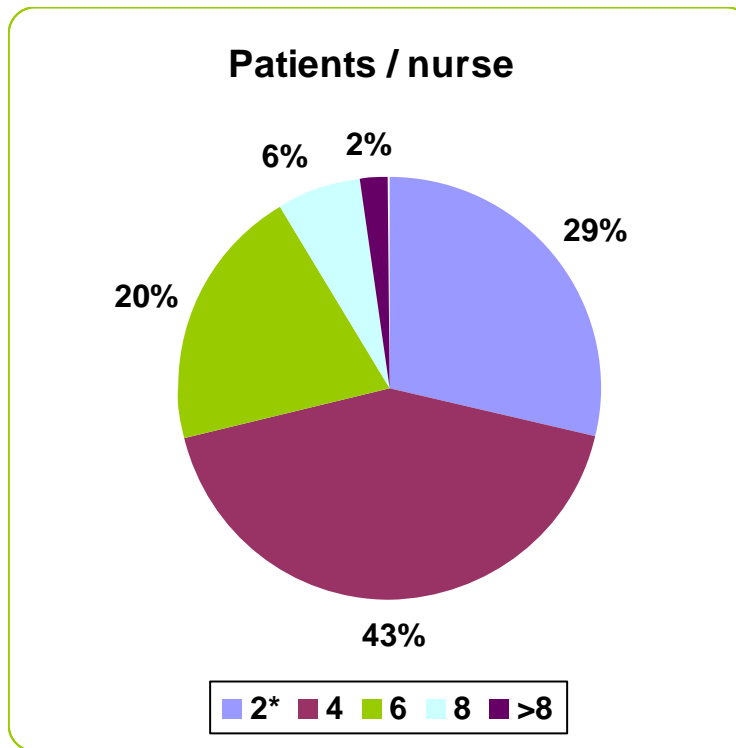
Unit Size & unit manpower



 **your unit is in this category**

nutritionDay 2010 / Resources (worldwide vs your unit)

Unit Size & unit manpower

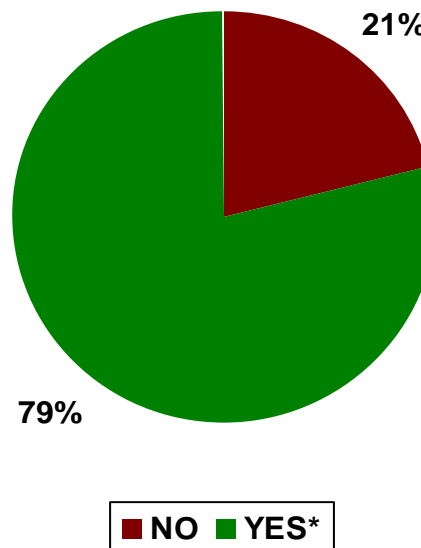


 **your unit is in this category**

nutritionDay 2010 / Structures (worldwide vs your unit)

Nutrition team & guidelines

Nutrition support team
in your hospital?

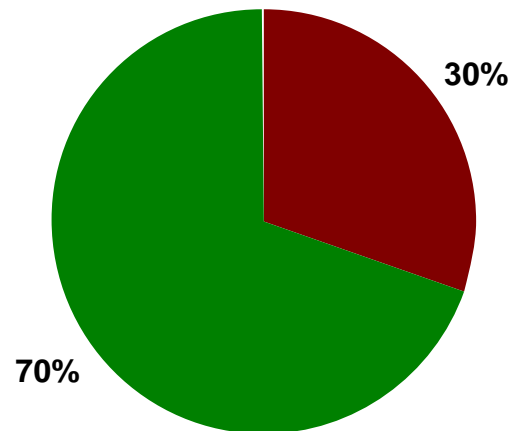


 **your unit is in this category**

nutritionDay 2010 / Structures (worldwide vs your unit)

Nutrition team & guidelines

Is someone interested in
Nutrition Support in your unit?



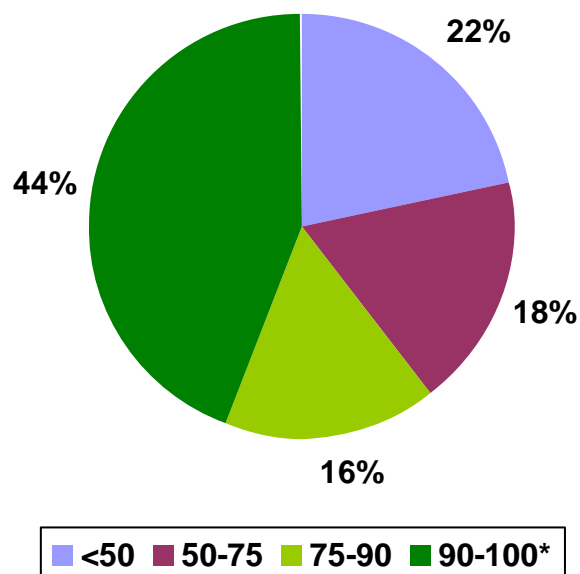
■ NO ■ YES*

 *** your unit is in this category**

nutritionDay 2010 / **General (worldwide vs your unit)**

Recruitment

Proportion of patients

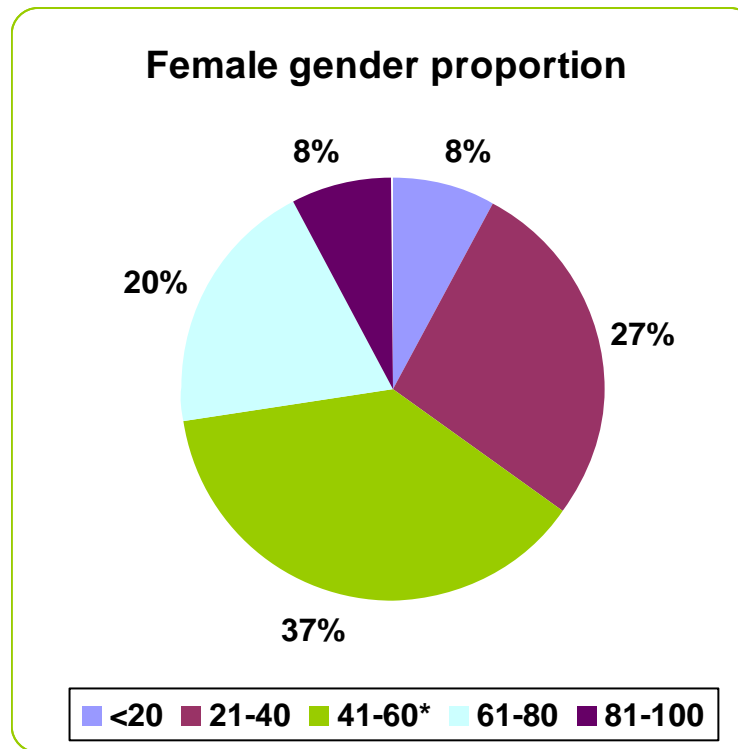


The recruitment proportion is calculated as number of patients participating divided by number of actual beds. In most units nearly all patients present were recruited and this increases the validity of the results for this unit.

*** your unit is in this category**

nutritionDay 2010 / Demographics (worldwide vs your unit)

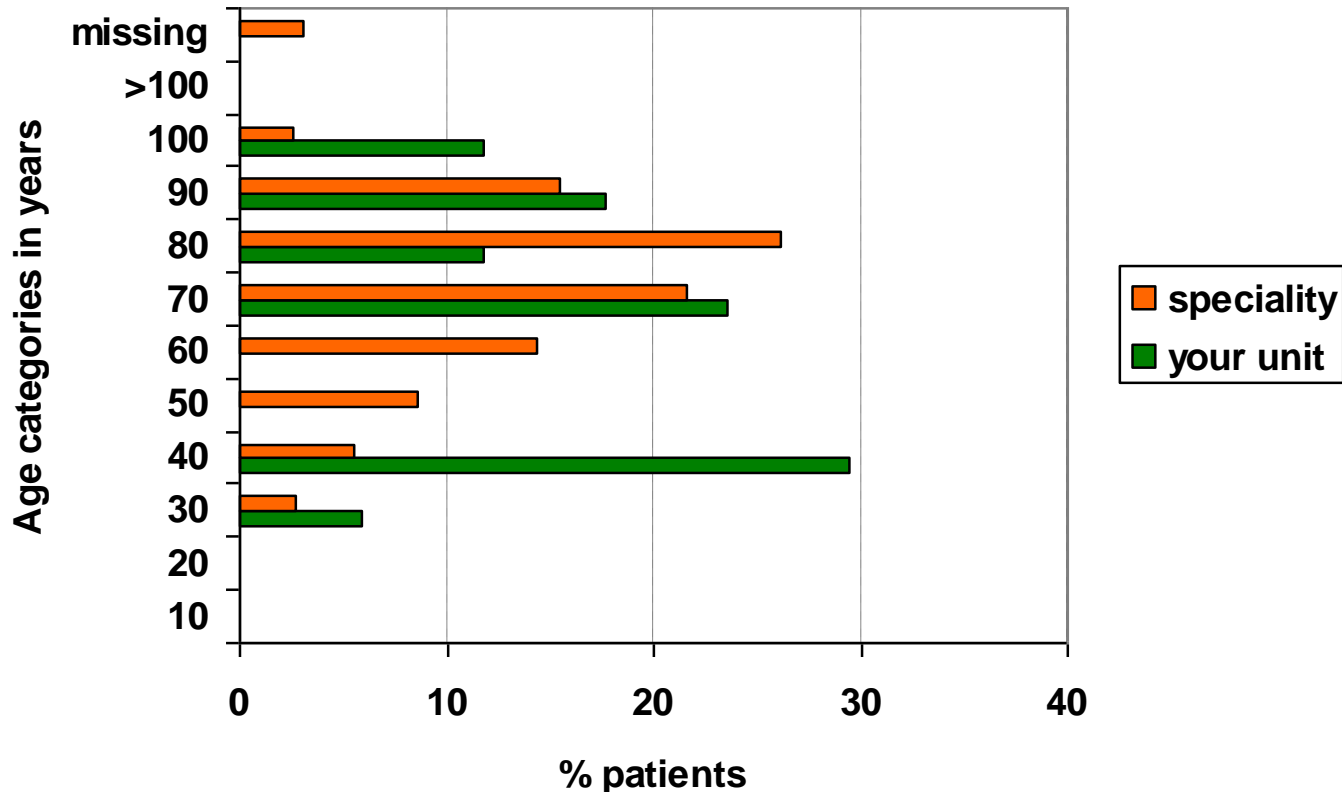
Gender



*** your unit is in this category**

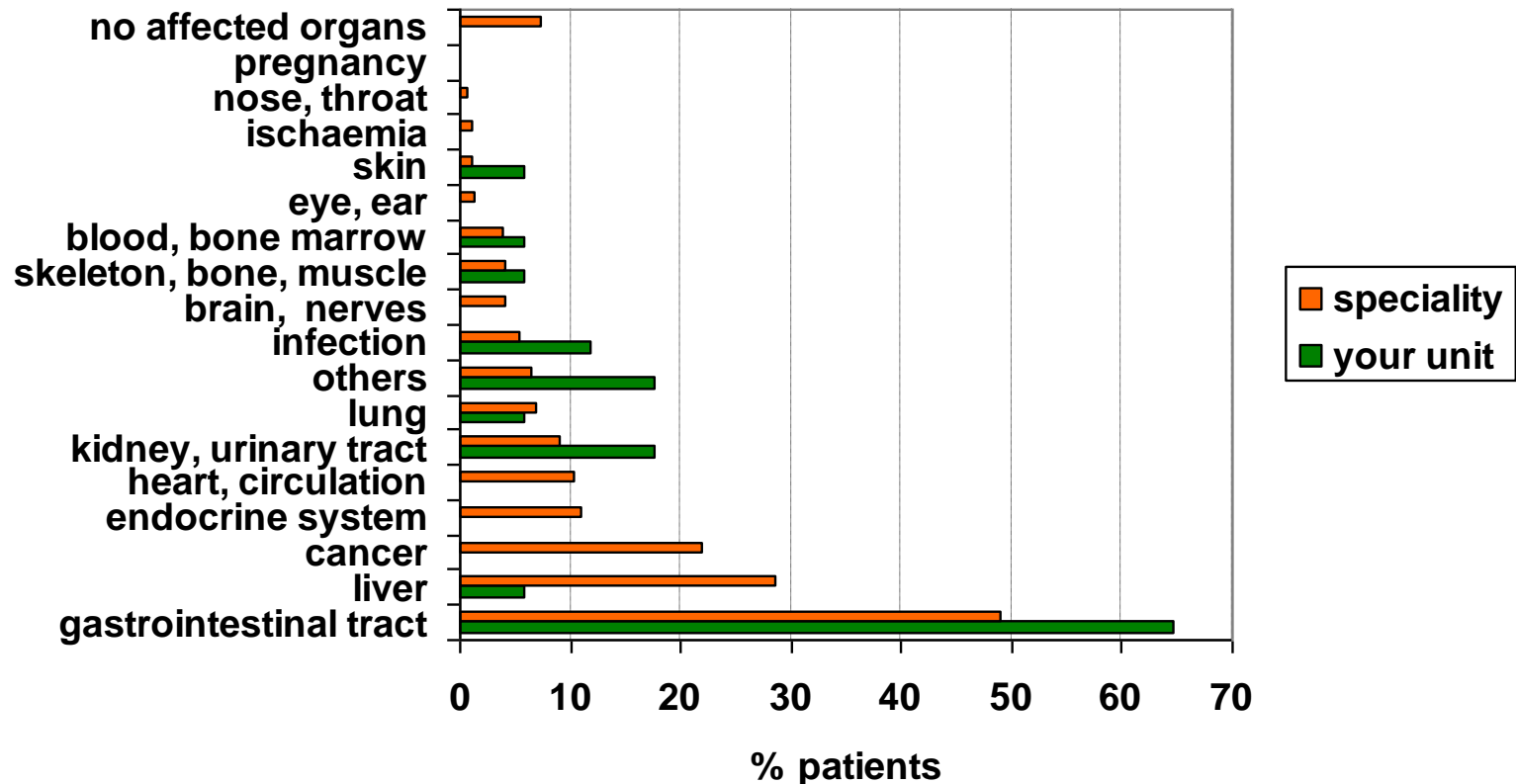
nutritionDay 2010 / Demographics (speciality vs your unit)

Age distribution



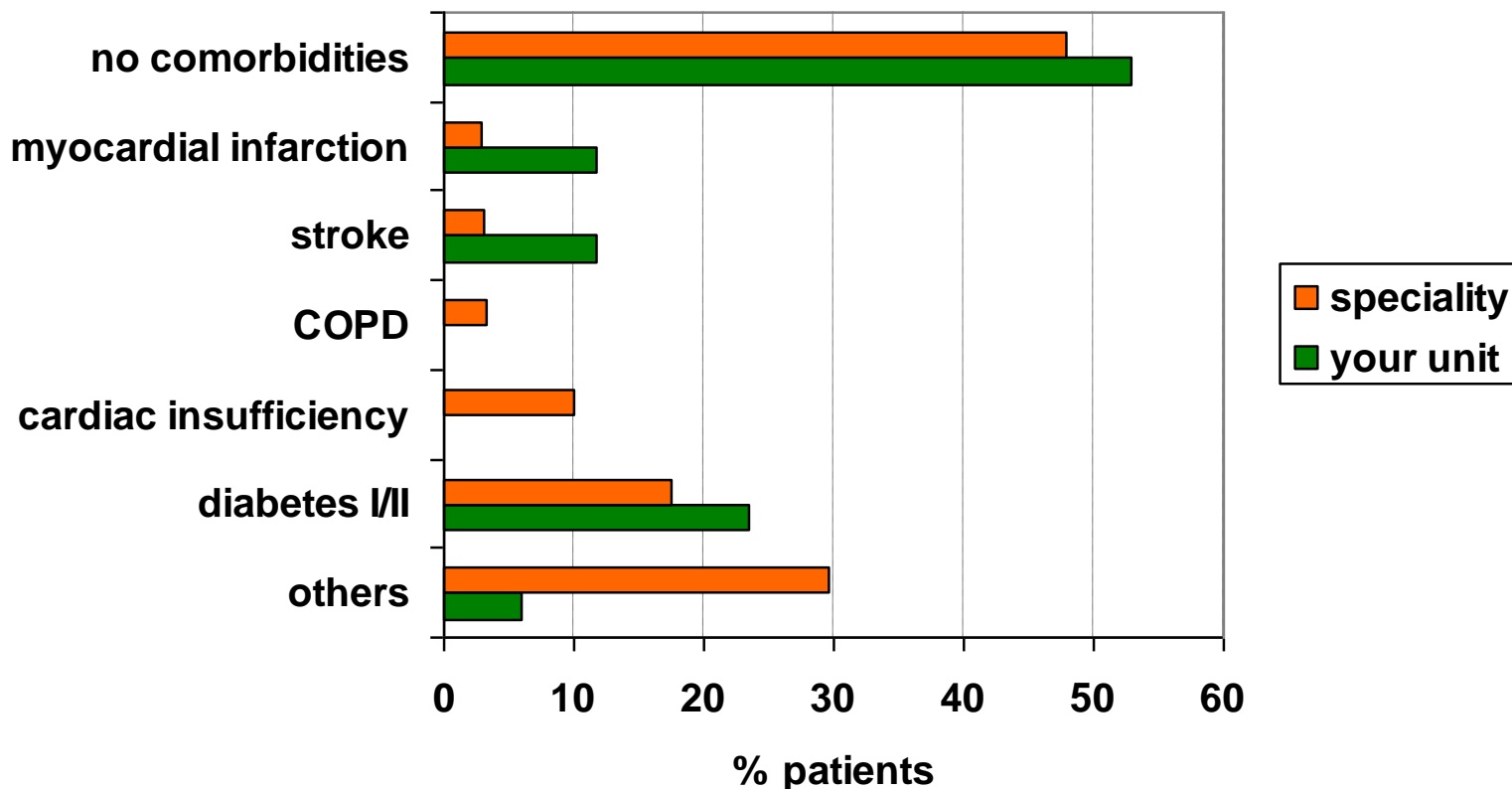
nutritionDay 2010 / Speciality vs your unit

Affected organs



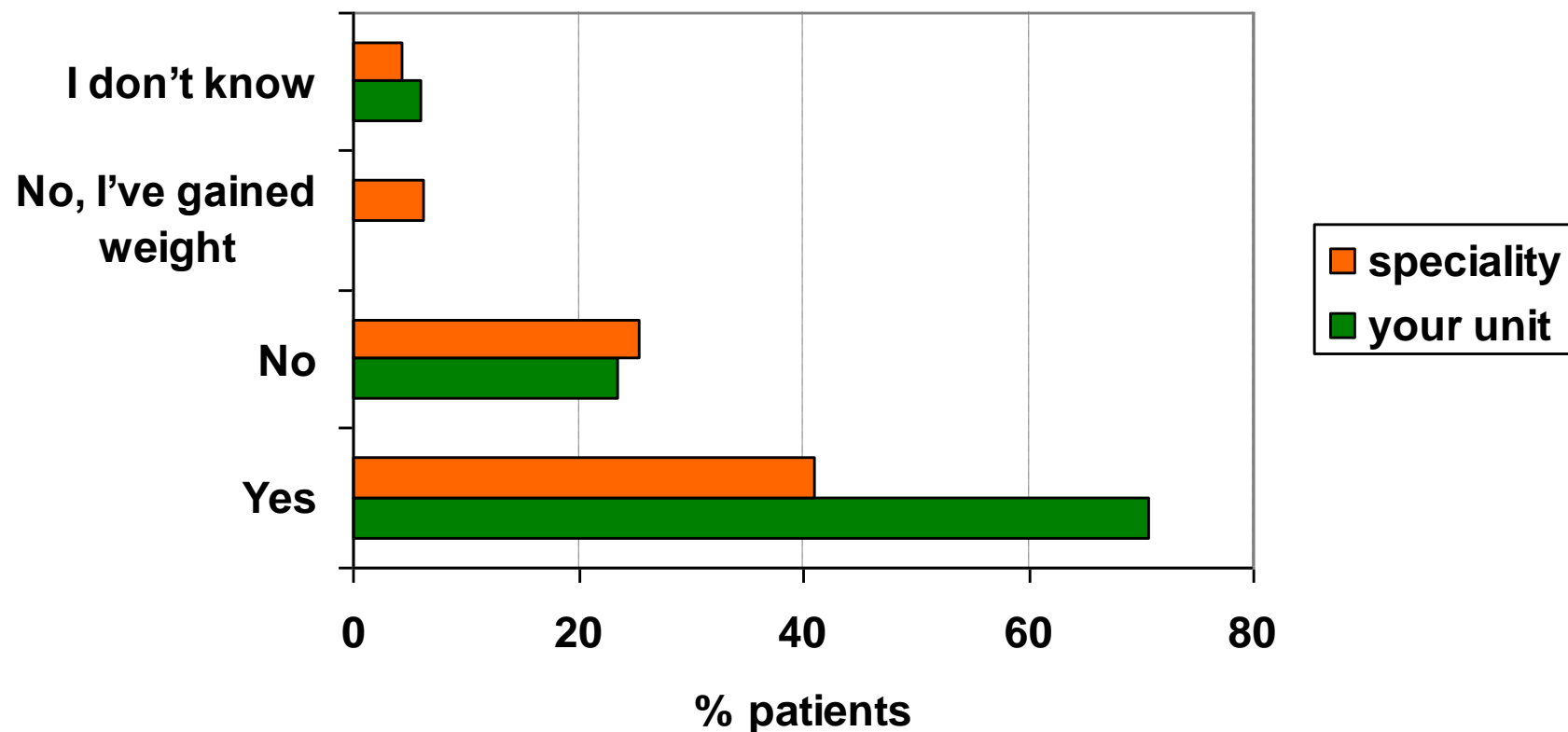
nutritionDay 2010 / **Speciality vs your unit**

Comorbidities



nutritionDay 2010 / Speciality vs your unit

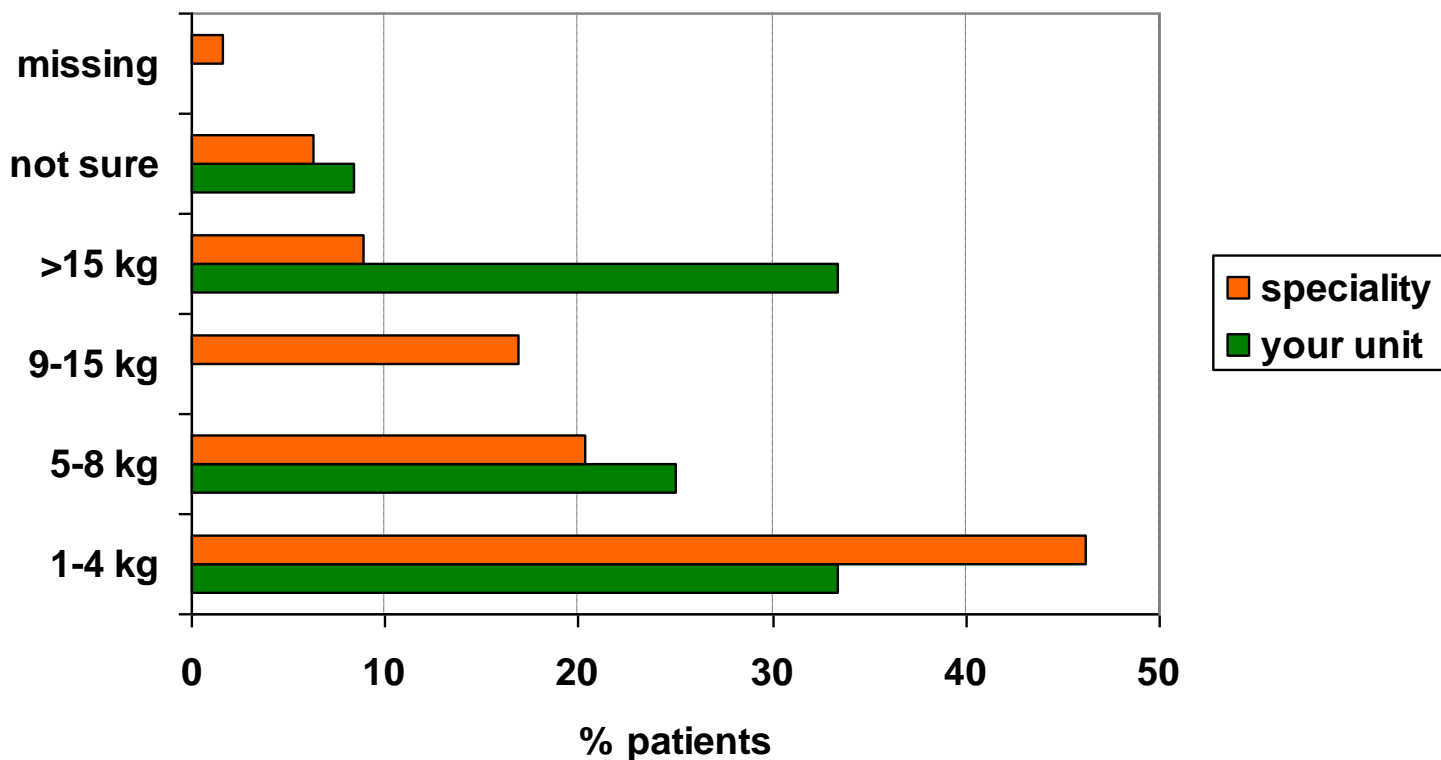
Weight loss before admission



17/17 patients (100%) answered this question in your unit, in your speciality (77%)

nutritionDay 2010 / Speciality vs your unit

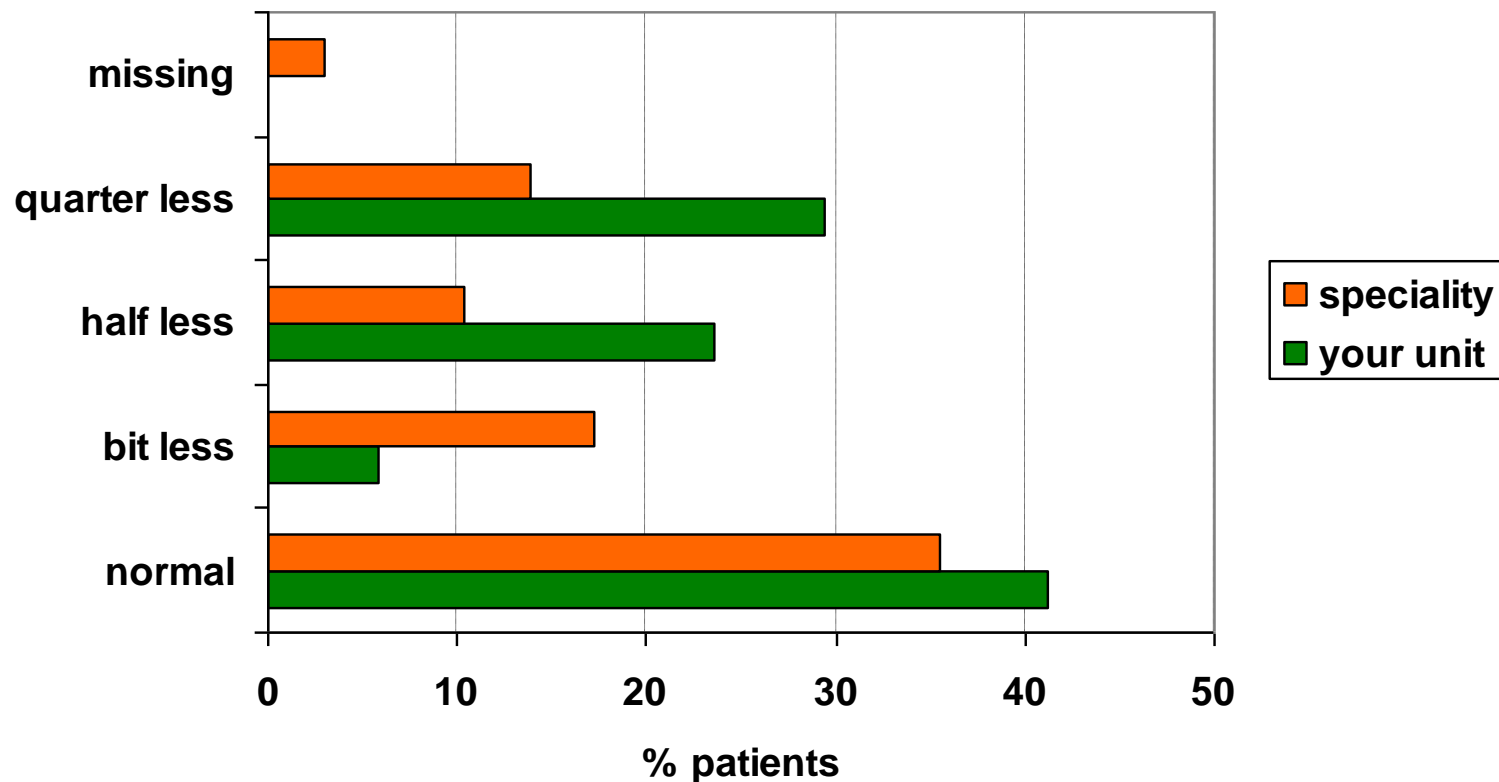
Weight loss before admission



100% = all patients with weight loss

nutritionDay 2010 / Speciality vs your unit

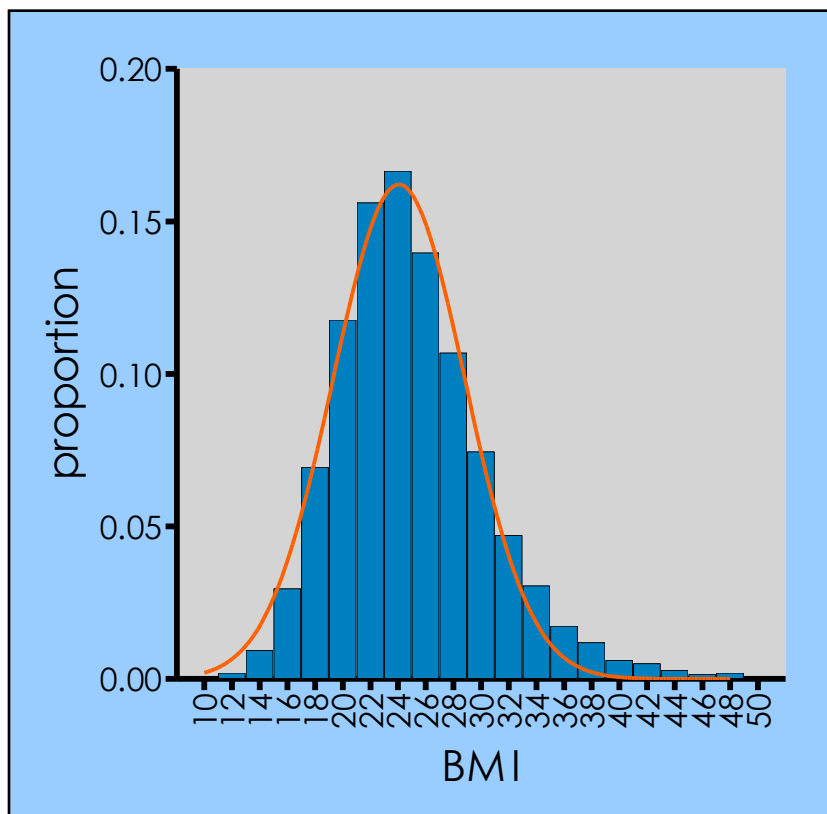
Last weeks eating



17/17 patients (100%) answered this question in your unit, in your speciality (80%)

nutritionDay 2010 / **Worldwide vs your unit**

Body Mass Index



worldwide:

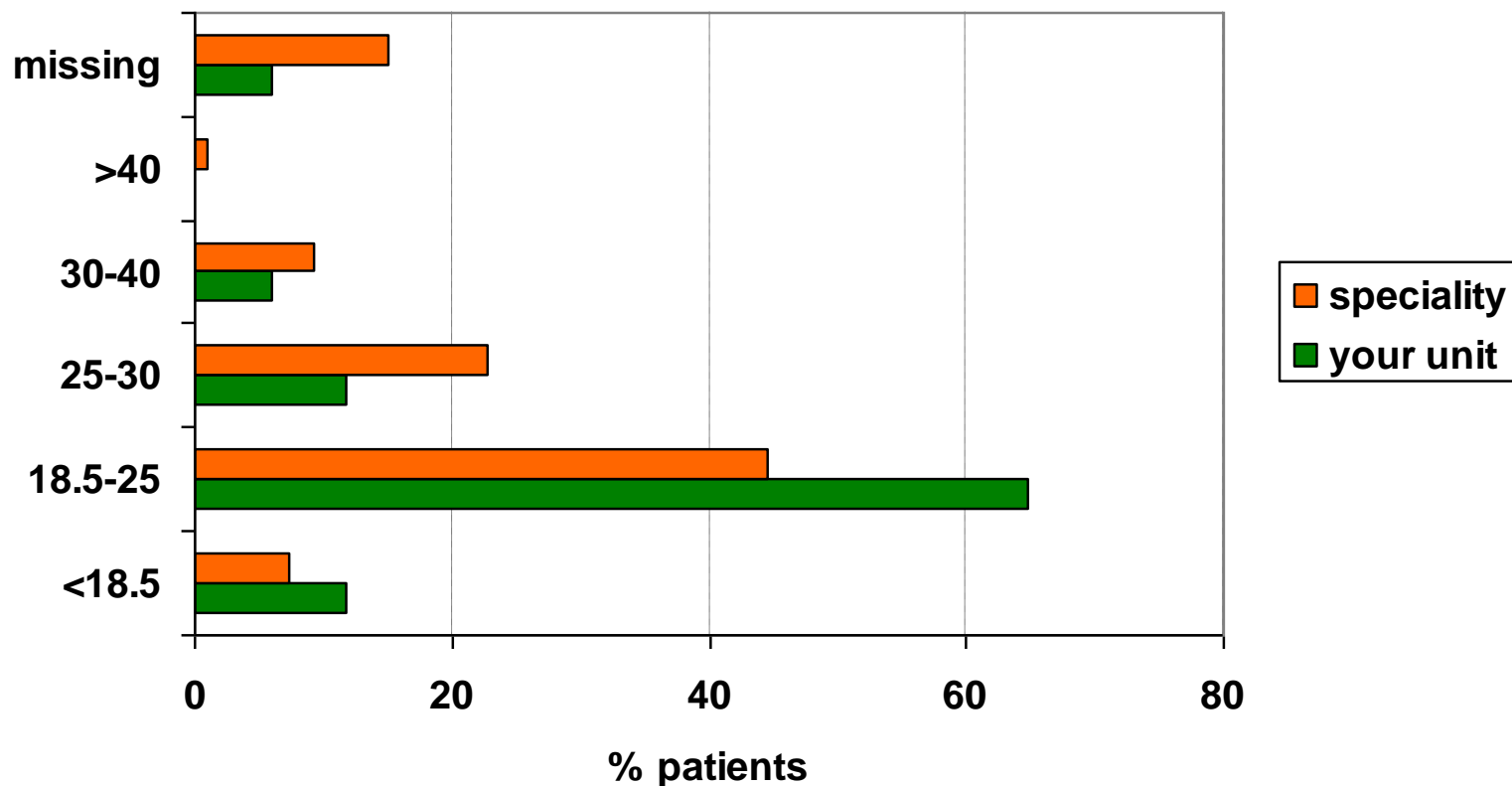
- BMI (Med) 24.4
- BMI ≤ 20 14.6%
- BMI > 30 14.7%

Your unit:

- BMI (Med) 27.1
- BMI ≤ 20 7.7%
- BMI > 30 15.4%

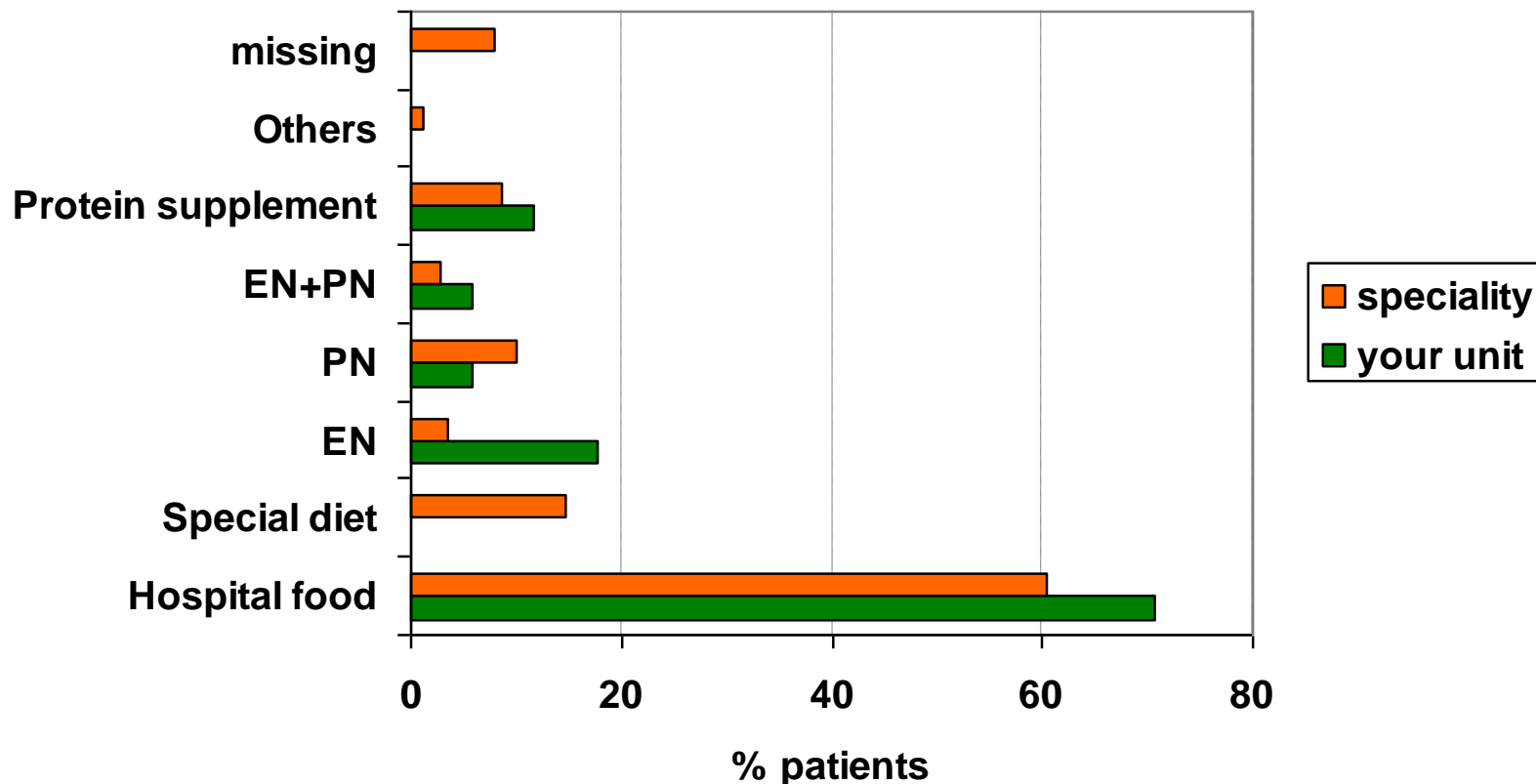
nutritionDay 2010 / Speciality vs your unit

BMI



nutritionDay 2010 / Nutrition Care (speciality vs your unit)

Nutrition given to patients



Patient Sheet 3b Pat.N° ⁵ Initials ⁴ Center ² Unit ³ Date ¹ __/__/__

Please tick a circle for each meal to indicate how much you ate and drank today (see example):

Example

~ 200ml  ☐ all ☐ 1/2 ☒ 1/4 ☐ nothing

☐ I was not hungry
☐ I had nausea/vomiting
☐ I was not allowed to eat
☐ I cannot eat without help
☒ I had an examination/surgery and missed my meal
☐ I ordered a smaller portion

³¹Number of

Drinks



Supplements



Please indicate for one meal²⁹

all ☐ 1/2 ☐ 1/4 ☐ nothing

I did not eat everything because¹² (please tick):

- ☐ I was not hungry
- ☐ I had nausea/vomiting
- ☐ I was not allowed to eat
- ☐ I cannot eat without help
- ☐ I had an examination/surgery and missed my meal
- ☐ I ordered a smaller portion
- ☐ I was tired
- ☐ I normally eat less
- ☐ I did not like the smell
- ☐ I did not like the taste

This meal was³⁰

☐ Lunch

☐ Dinner

What kind of drinks did you consume?¹⁰

☐ water

☐ milk

☐ fruit juice

☐ tea, coffee

☐ soft drinks

Do you think you have your usual appetite today?⁹

☐ YES

☐ NO

If NO⁶,

☐ I am not hungry

☐ I have problems with chewing/swallowing

☐ nausea

☐ others _____

Do you eat any food apart from hospital food?⁹

☐ YES

☐ NO

If YES, what do you eat?¹⁰

☐ cakes, biscuits

☐ my favorite dish

☐ fresh fruits

☐ sweets

☐ sandwich

☐ fruit juice

☐ dairy products

☐ others _____

Each exponent corresponds to the numbers of the explanations.




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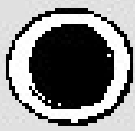
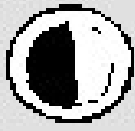
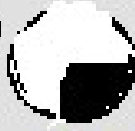
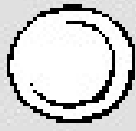
nutritionDay worldwide - a cross-sectional multinational audit v. 2010

Please tick a circle for each meal to indicate how much you ate

Example

Number


 +  

all **1/2** **1/4** **nothing**

☐ ☐ ☒ ☐

2 **1**


nutritionDay
IN EUROPEAN HOSPITALS

and drank today (see example):

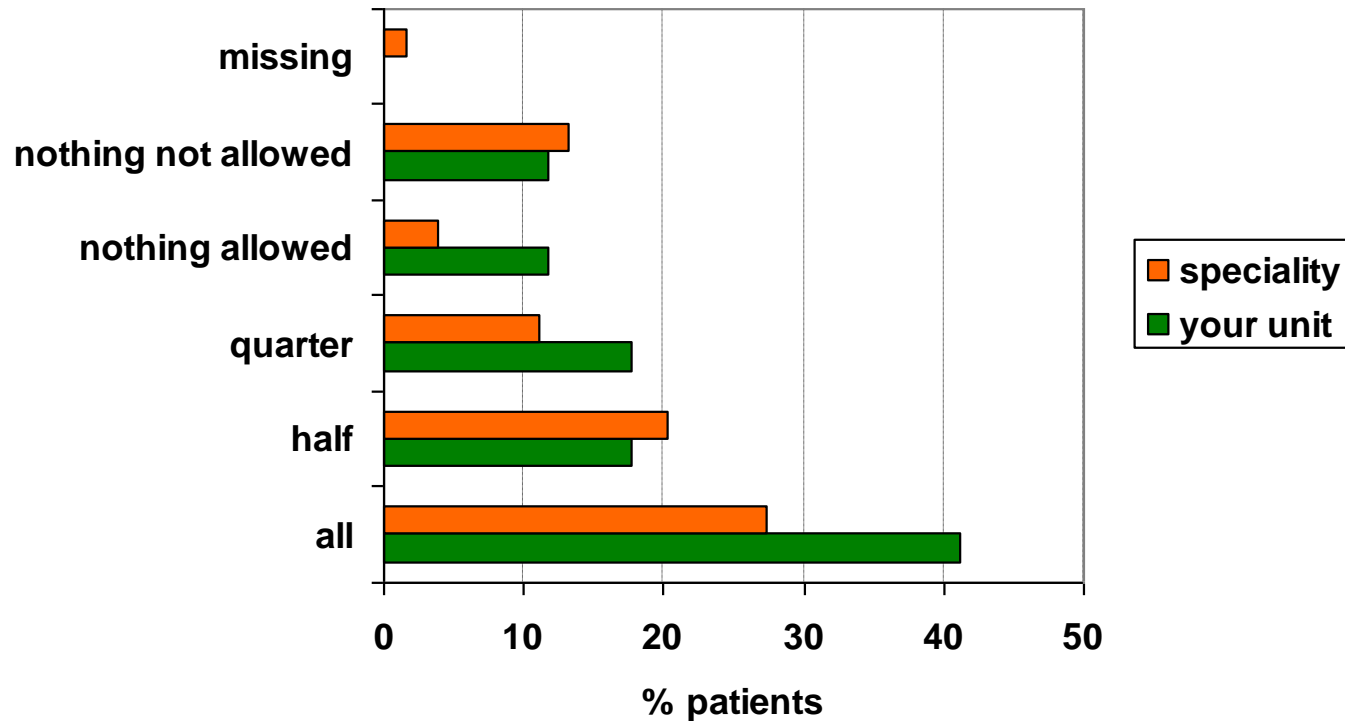
I did not eat everything because:

(please tick)

- | | |
|---|---|
| <input type="checkbox"/> I was not hungry | <input checked="" type="checkbox"/> I was tired |
| <input type="checkbox"/> I had nausea/vomiting | <input type="checkbox"/> I normally eat less |
| <input type="checkbox"/> I was not allowed to eat | <input type="checkbox"/> I did not like the smell |
| <input type="checkbox"/> I cannot eat without help | <input type="checkbox"/> I did not like the taste |
| <input checked="" type="checkbox"/> I had an examination/surgery and missed my meal | |
| <input type="checkbox"/> I ordered a smaller portion | |

nutritionDay 2010 / Nutrition (speciality vs your unit)

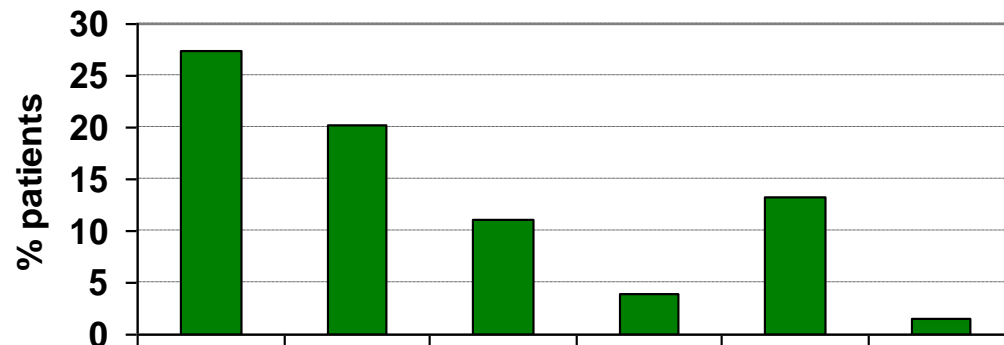
Lunch eaten on nutritionDay



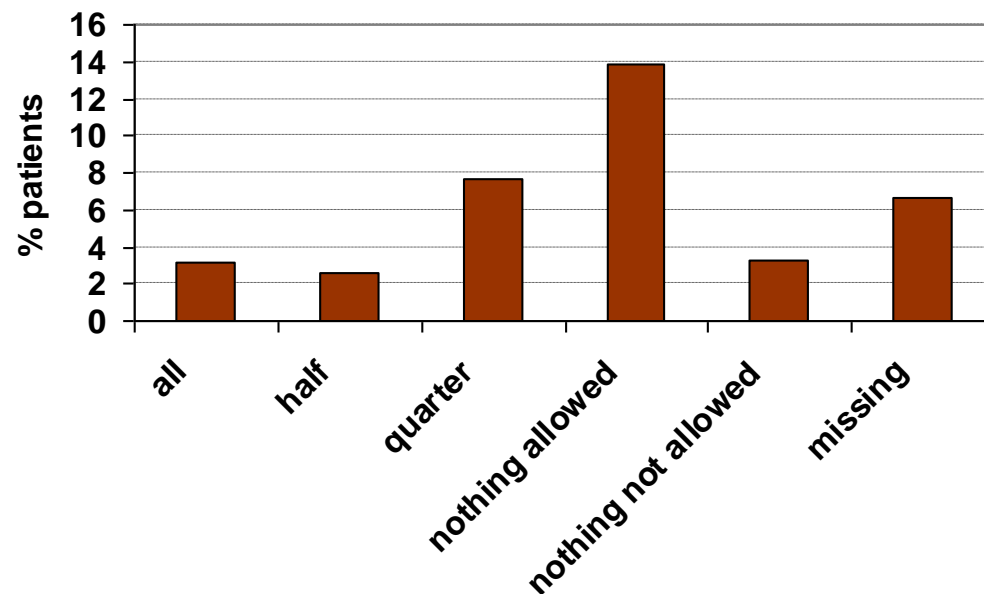
Reference cohort (speciality): outcome $\geq 75\%$

17/17 patients (100%) answered this question in your unit, in your speciality (77%)

**Lunch eaten on
nutritionDay
Specialty**



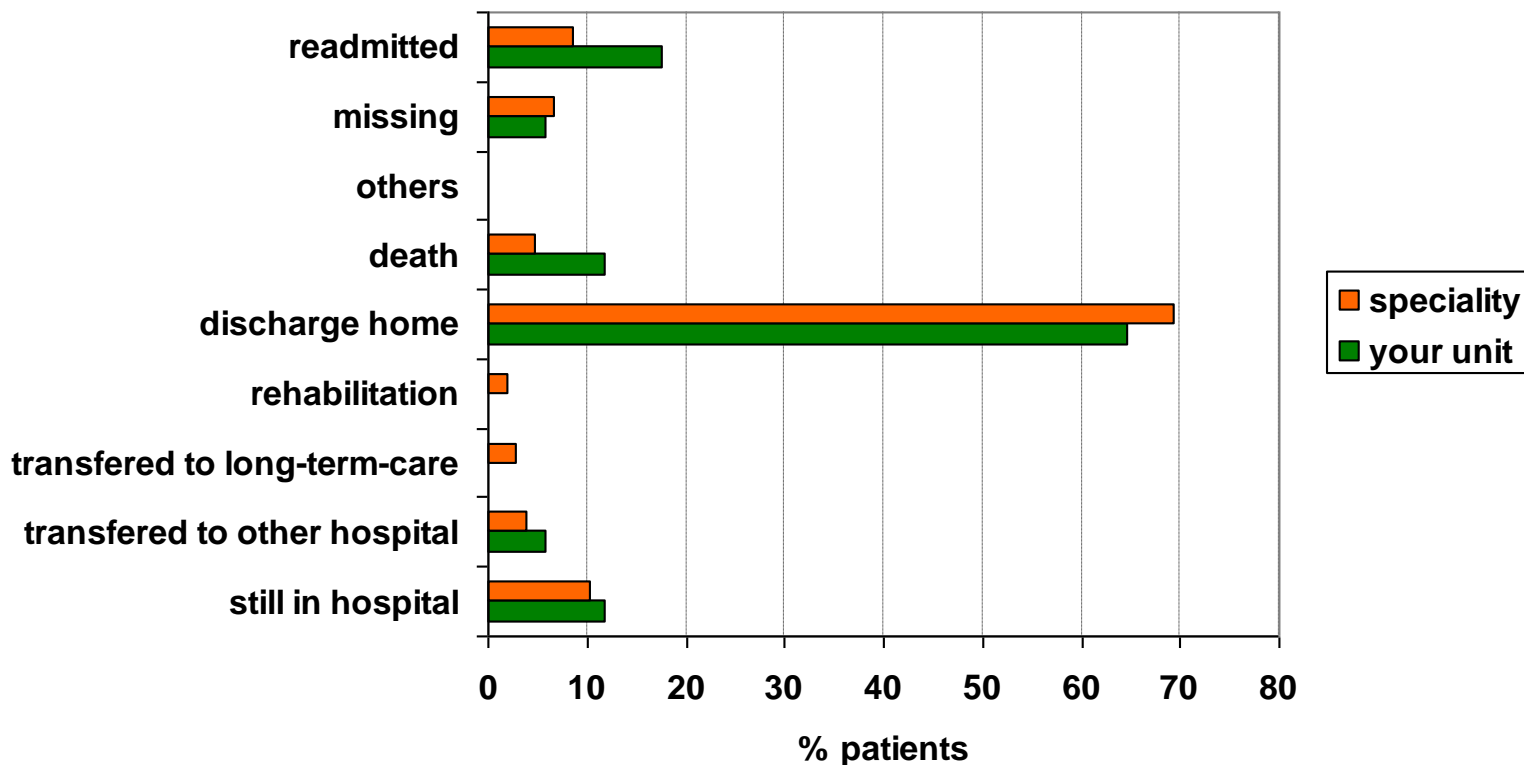
**Death in hospital
before 30 days
following ND
Specialty**



Reference cohort (speciality): outcome $\geq 75\%$

nutritionDay 2010 / Outcome (speciality vs your unit)

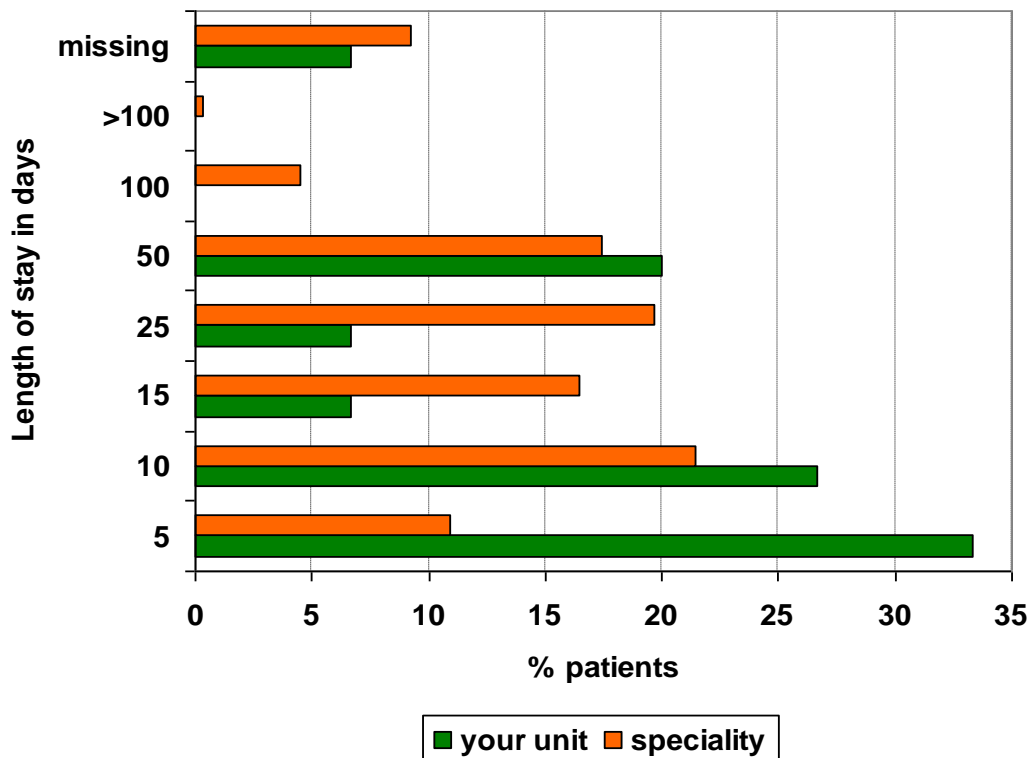
Hospital discharge?



Reference cohort (speciality): outcome $\geq 75\%$

nutritionDay 2010 / Outcome (speciality vs your unit)

Length of stay



Remark:

Length of stay (LOS) calculated from ND relates only to the patients actually present in the unit and thus **does not match** mean LOS as known by the hospital administrators for all their patients.

Please **use only** to determine which group of patients predominates within your patient population compared with the reference specialty.

Patients still in hospital are excluded.

Reference cohort (speciality): outcome $\geq 75\%$

nutritionDay 2010 / **Conclusion**

nutritionDay 2010 in worldwide Hospitals



- ND increases awareness
- ND information:
 - High prevalence of weight loss & reduced intake before admission in hospitalised patients
 - Large effect on hospital resource utilisation
 - High variability between units
- Please use this information to review and, perhaps, change practice in your unit

Publications (in Clinical Nutrition)

Decreased food intake is a risk factor for mortality in hospitalised patients: The nutritionDay survey 2006 (Clin Nutr 2010 28 (4))

Hiesmayr M., Schindler K., Pernicka E., Schuh C., Schoeniger-Hekele A., Bauer P., Laviano A., Lovell A.D., Mouhieddine M., Schuetz T., Schneider S.M., Singer P., Pichard C., Howard P., Jonkers C., Grecu I., Ljungqvist O. and The NutritionDay Audit Team

The first nutritionDay in nursing homes: Participation may improve malnutrition awareness (Clin Nutr 2010 28 (2), 109-116)

Valentini L., Schindler K., Schlaffer R., Bucher H., Mouhieddine M., Steininger K., Tripamer J., Handschuh M., Schuh C., Volkert D., Lochs H., Sieber CC., Hiesmayr M.

nutritionDay 2010 in worldwide Hospitals

- Consider repeating nutritionDay data collection on a regular basis (every year) to monitor changes or stability in your practice
- or changes in your speciality

More information about nutritionDay on:

<http://www.nutritionday.org>

[email:office@nutritionday.org](mailto:office@nutritionday.org)