



nutritionDay November 2011 in UNITED ARAB EMIRATES

Dear participant,

June 2012

Thank you for your participation in nutritionDay worldwide in November 2011 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	6
Number of patients on nutritionDay:	111
Number of patients completing Sheet 3a:	110
Number of patients completing Sheet 3b:	89

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 on November 8th 2012. 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!

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Karin Schindler

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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 2011 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2011.

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 2011 = 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"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of beds (n):		
Actual	32 ± 9	37 ± 50
Maximum	36 ± 9	38 ± 31
Number of patients on the nutritionDay (n):		
Total	111	14207
Did not give consent	-	1205 (8.48%)
Needed help completing form	87 (78.4%)	8324 (58.6%)
Terminally ill	2 (1.80%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	1 (16.7%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	1 (16.7%)	76 (11.2%)
Internal medicine / cardiology	-	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	-	54 (7.96%)
Internal medicine / nephrology	1 (16.7%)	11 (1.62%)
Pediatrics	2 (33.3%)	2 (0.29%)
Neurology	-	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	1 (16.7%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	-	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	-	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	11.33 ± 8.41	6.98 ± 10.34
Physicians per patient	0.30 ± 0.20	0.21 ± 0.27
Consultants	7.67 ± 5.82	3.16 ± 6.27
Consultants per patient	0.19 ± 0.13	0.10 ± 0.21
Registrars	6.00 ± 9.54	2.59 ± 4.52
Registrars per patient	0.15 ± 0.23	0.08 ± 0.17
Nurses	17.67 ± 15.02	9.92 ± 15.04
Nurses per patient	0.45 ± 0.31	0.27 ± 0.22
Nursing aides	1.00 ± 0.00	2.78 ± 4.15

Nursing aides per patient	0.03 ± 0.01	0.08 ± 0.14
Dieticians and dietetic assistants	2.33 ± 0.52	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.07 ± 0.02	0.06 ± 0.57

Nutrition Care:

Nutrition Team	- units (00%) Yes	476 units (70%) Yes
Written procedures		
- individual	6 units (100%) Yes	421 units (62%) Yes
- local	6 units (100%) Yes	261 units (38%) Yes
- national	1 units (17%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	6 units (100%) Yes	484 units (71%) Yes
When requested	6 units (100%) Yes	385 units (57%) Yes
Once a week	- units (00%) Yes	249 units (37%) Yes
Occasionally	- units (00%) Yes	59 units (09%) Yes
Never	- units (00%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	111	14207
Patients who completed sheet 3a	110 (99.1%)	12770 (89.9%)
Patients who completed sheet 3b	89 (80.2%)	12319 (86.7%)
Demographic data:		
Age (years)	48 [2-90]	67 [2-105]
Female gender	45 (40.5%)	6921 (48.7%)
Weight (kg)	57.8 ± 31.2	69.6 ± 21.0
Height (cm)	148.0 ± 28.3	165.2 ± 14.5
BMI (kg/m ²)	24.1 ± 8.8	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	23 (20.7%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	16 (14.4%)	1251 (8.81%)
Postoperative patients	18 (16.2%)	3671 (25.8%)
Length of stay in Hospital (days):	12 [2-79]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	19 (17.1%)	1726 (12.1%)
Transferred to another hospital	2 (1.80%)	390 (2.75%)
Transferred to long-term care	-	578 (4.07%)
Rehabilitation	-	366 (2.58%)
Discharge home	87 (78.4%)	9755 (68.7%)
Death	3 (2.70%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	-	612 (4.31%)
Readmitted (n):	27 (24.3%)	1497 (10.5%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
Nutrition therapy (n)*:		
Enteral nutrition	23 (20.7%)	1136 (8.00%)
Parenteral nutrition	-	640 (4.50%)
Enteral + parenteral nutrition	1 (0.90%)	140 (0.99%)
Special diet	61 (55.0%)	3640 (25.6%)
Protein supplement	15 (13.5%)	1363 (9.59%)
Hospital food	25 (22.5%)	8154 (57.4%)
Others	4 (3.60%)	778 (5.48%)
Missing	1 (0.90%)	587 (4.13%)
Lines & tubes (n)*:		
None	34 (30.6%)	9416 (66.3%)
Centralvenous	4 (3.60%)	1055 (7.43%)
Nasogastric tube	11 (9.91%)	326 (2.29%)
Any other (PEG, PEJ, ...)	62 (55.9%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	12 (10.8%)	1926 (13.6%)
Eye, ear	1 (0.90%)	304 (2.14%)
Nose, throat	2 (1.80%)	388 (2.73%)
Heart, circulation	15 (13.5%)	2647 (18.6%)
Lung	11 (9.91%)	1961 (13.8%)
Liver	2 (1.80%)	913 (6.43%)
Gastrointestinal tract	18 (16.2%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	20 (18.0%)	1689 (11.9%)
Endocrine system	14 (12.6%)	1059 (7.45%)
Skeleton, bone, muscle	13 (11.7%)	2359 (16.6%)
Blood, bone marrow	23 (20.7%)	851 (5.99%)
Skin	2 (1.80%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	38 (34.2%)	3064 (21.6%)
Infection	14 (12.6%)	1078 (7.59%)
Pregnancy	1 (0.90%)	36 (0.25%)
Others	4 (3.60%)	1007 (7.09%)
No affected organ	1 (0.90%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	34 (30.6%)	2566 (18.1%)
Stroke	17 (15.3%)	798 (5.62%)
COPD	2 (1.80%)	883 (6.22%)
Myocardial infarction	5 (4.50%)	591 (4.16%)
Cardiac insufficiency	27 (24.3%)	1735 (12.2%)
Others	51 (45.9%)	5325 (37.5%)
No comorbidity	45 (40.5%)	5505 (38.7%)

Results in percent referring to the total number of patients

III. YOUR PATIENTS ("Sheet 3a"):

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
Weight loss within the last 3 months (n):		
Total of patients answering	109 (99.1%)	12269 (96.1%)
Yes	53 (48.2%)	5661 (44.3%)
No	35 (31.8%)	4638 (36.3%)
No, I've gained weight	13 (11.8%)	1067 (8.36%)
I don't know	8 (7.27%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	53 (48.2%)	5661 (44.3%)
0-4 kg	27 (24.5%)	2538 (19.9%)
5-8 kg	6 (5.45%)	1045 (8.18%)
> 8 kg	13 (11.8%)	1423 (11.1%)
Not sure	6 (5.45%)	576 (4.51%)
Missing	1 (0.91%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	44 (40.0%)	6081 (47.6%)
A bit less than normal	27 (24.5%)	2575 (20.2%)
Less than half of normal	13 (11.8%)	1838 (14.4%)
Less than a quarter to nearly nothing	9 (8.18%)	1716 (13.4%)
Missing	17 (15.5%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	49 (44.5%)	6075 (47.6%)
Loss of appetite	12 (10.9%)	3243 (25.4%)
Problems with swallowing, mastication	6 (5.45%)	609 (4.77%)
Nausea	6 (5.45%)	1074 (8.41%)
Other reasons	29 (26.4%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	54 (49.1%)	7570 (59.3%)
No, only with assistance	24 (21.8%)	3323 (26.0%)
No, I stay in bed	29 (26.4%)	1417 (11.1%)
Missing	3 (2.73%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	15 (13.6%)	341 (2.67%)
Good	15 (13.6%)	852 (6.67%)
Very good	47 (42.7%)	3898 (30.5%)
Fair	22 (20.0%)	4501 (35.2%)
Poor	10 (9.09%)	2543 (19.9%)
Missing	1 (0.91%)	635 (4.97%)
Results in percent referring to the total number of patients answering		

III. YOUR PATIENTS ("Sheet 3b"):

678 units, 14207 patients

YOUR RESULTS REFERENCE ND-11

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	49 (44.5%)	7557 (59.2%)
No	29 (26.4%)	3941 (30.9%)
- I was not hungry	7 (24.1%)	1936 (49.1%)
- Problems with swallowing / mastication	1 (3.45%)	326 (8.27%)
- Nausea	6 (20.7%)	671 (17.0%)
- Others	17 (58.6%)	969 (24.6%)
no answer	11 (10.0%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	72 (80.9%)	9318 (75.6%)
Drinks per patient & day (l)	0.50	0.55
Patients with supplements	9 (10.1%)	1147 (9.31%)
Supplements per patient & day (l)	0.03	0.04

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

Water	67 (75.3%)	7925 (64.3%)
Milk	32 (36.0%)	2062 (16.7%)
Fruit juice	40 (44.9%)	3006 (24.4%)
Tea, coffee	24 (27.0%)	4583 (37.2%)
Soft drinks	-	746 (6.06%)

Lunch intake (n):

 All	23 (25.8%)	5174 (42.0%)
 1/2	18 (20.2%)	3053 (24.8%)
 1/4	20 (22.5%)	1890 (15.3%)
 Nothing	26 (29.2%)	1954 (15.9%)
? No answer	2 (2.25%)	248 (2.01%)

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

I was not hungry	11 (16.7%)	2066 (28.9%)
I had nausea / vomiting	10 (15.2%)	685 (9.59%)
I was not allowed to eat	6 (9.09%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	1 (1.52%)	553 (7.74%)
I ordered a smaller portion	1 (1.52%)	136 (1.90%)
I was tired	7 (10.6%)	434 (6.07%)
I normaly eat less	6 (9.09%)	584 (8.17%)
I did not like the smell	6 (9.09%)	275 (3.85%)
I did not like the taste	14 (21.2%)	945 (13.2%)

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

Yes	36 (32.7%)	4578 (35.8%)
No	47 (42.7%)	7056 (55.3%)
No answer	6 (5.45%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	3 (8.33%)	1312 (28.7%)
Fresh fruits	2 (5.56%)	1918 (41.9%)
Sandwiches	5 (13.9%)	396 (8.65%)
Dairy products	-	650 (14.2%)
Preferred dish	10 (27.8%)	522 (11.4%)
Sweets	3 (8.33%)	699 (15.3%)
Fruit Juice	3 (8.33%)	870 (19.0%)
Others	16 (44.4%)	901 (19.7%)

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

Yes	89 (80.9%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires