



nutritionDay November 2011 in AUSTRALIA

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:	13
Number of patients on nutritionDay:	287
Number of patients completing Sheet 3a:	240
Number of patients completing Sheet 3b:	235

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	24 ± 7	37 ± 50
Maximum	24 ± 7	38 ± 31
Number of patients on the nutritionDay (n):		
Total	287	14207
Did not give consent	52 (18.1%)	1205 (8.48%)
Needed help completing form	138 (48.1%)	8324 (58.6%)
Terminally ill	19 (6.62%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	4 (30.8%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	2 (15.4%)	76 (11.2%)
Internal medicine / cardiology	-	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	4 (30.8%)	54 (7.96%)
Internal medicine / nephrology	-	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	1 (7.69%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	-	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	2 (15.4%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	1.25 ± 1.66	6.98 ± 10.34
Physicians per patient	0.05 ± 0.09	0.21 ± 0.27
Consultants	3.69 ± 4.64	3.16 ± 6.27
Consultants per patient	0.17 ± 0.21	0.10 ± 0.21
Registrars	2.15 ± 1.72	2.59 ± 4.52
Registrars per patient	0.08 ± 0.07	0.08 ± 0.17
Nurses	6.69 ± 2.50	9.92 ± 15.04
Nurses per patient	0.29 ± 0.09	0.27 ± 0.22
Nursing aides	1.15 ± 0.80	2.78 ± 4.15

Nursing aides per patient	0.05 ± 0.03	0.08 ± 0.14
Dieticians and dietetic assistants	1.57 ± 0.89	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.07 ± 0.04	0.06 ± 0.57

Nutrition Care:

Nutrition Team	7 units (54%) Yes	476 units (70%) Yes
Written procedures		
- individual	9 units (69%) Yes	421 units (62%) Yes
- local	8 units (62%) Yes	261 units (38%) Yes
- national	9 units (69%) Yes	234 units (35%) Yes
- other	4 units (31%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	11 units (85%) Yes	484 units (71%) Yes
When requested	3 units (23%) Yes	385 units (57%) Yes
Once a week	5 units (38%) 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	287	14207
Patients who completed sheet 3a	240 (83.6%)	12770 (89.9%)
Patients who completed sheet 3b	235 (81.9%)	12319 (86.7%)
Demographic data:		
Age (years)	80 [19-100]	67 [2-105]
Female gender	147 (51.2%)	6921 (48.7%)
Weight (kg)	71.0 ± 23.1	69.6 ± 21.0
Height (cm)	162.8 ± 29.9	165.2 ± 14.5
BMI (kg/m ²)	25.8 ± 6.2	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	23 (8.01%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	4 (1.39%)	1251 (8.81%)
Postoperative patients	30 (10.5%)	3671 (25.8%)
Length of stay in Hospital (days):	17 [2-187]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	26 (9.06%)	1726 (12.1%)
Transferred to another hospital	11 (3.83%)	390 (2.75%)
Transferred to long-term care	48 (16.7%)	578 (4.07%)
Rehabilitation	9 (3.14%)	366 (2.58%)
Discharge home	145 (50.5%)	9755 (68.7%)
Death	11 (3.83%)	576 (4.05%)
Others	1 (0.35%)	204 (1.44%)
Missing	36 (12.5%)	612 (4.31%)
Readmitted (n):	48 (16.7%)	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	6 (2.09%)	1136 (8.00%)
Parenteral nutrition	-	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	69 (24.0%)	3640 (25.6%)
Protein supplement	52 (18.1%)	1363 (9.59%)
Hospital food	138 (48.1%)	8154 (57.4%)
Others	8 (2.79%)	778 (5.48%)
Missing	46 (16.0%)	587 (4.13%)
Lines & tubes (n)*:		
None	232 (80.8%)	9416 (66.3%)
Centralvenous	2 (0.70%)	1055 (7.43%)
Nasogastric tube	3 (1.05%)	326 (2.29%)
Any other (PEG, PEJ, ...)	50 (17.4%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	63 (22.0%)	1926 (13.6%)
Eye, ear	6 (2.09%)	304 (2.14%)
Nose, throat	-	388 (2.73%)
Heart, circulation	60 (20.9%)	2647 (18.6%)
Lung	34 (11.8%)	1961 (13.8%)
Liver	6 (2.09%)	913 (6.43%)
Gastrointestinal tract	34 (11.8%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	28 (9.76%)	1689 (11.9%)
Endocrine system	23 (8.01%)	1059 (7.45%)
Skeleton, bone, muscle	72 (25.1%)	2359 (16.6%)
Blood, bone marrow	5 (1.74%)	851 (5.99%)
Skin	11 (3.83%)	466 (3.28%)
Ischaemia	1 (0.35%)	180 (1.27%)
Cancer	35 (12.2%)	3064 (21.6%)
Infection	20 (6.97%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	11 (3.83%)	1007 (7.09%)
No affected organ	48 (16.7%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	51 (17.8%)	2566 (18.1%)
Stroke	32 (11.1%)	798 (5.62%)
COPD	29 (10.1%)	883 (6.22%)
Myocardial infarction	23 (8.01%)	591 (4.16%)
Cardiac insufficiency	45 (15.7%)	1735 (12.2%)
Others	147 (51.2%)	5325 (37.5%)
No comorbidity	84 (29.3%)	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	235 (97.9%)	12269 (96.1%)
Yes	119 (49.6%)	5661 (44.3%)
No	73 (30.4%)	4638 (36.3%)
No, I've gained weight	27 (11.3%)	1067 (8.36%)
I don't know	16 (6.67%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	119 (49.6%)	5661 (44.3%)
0-4 kg	49 (20.4%)	2538 (19.9%)
5-8 kg	22 (9.17%)	1045 (8.18%)
> 8 kg	19 (7.92%)	1423 (11.1%)
Not sure	29 (12.1%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	79 (32.9%)	6081 (47.6%)
A bit less than normal	60 (25.0%)	2575 (20.2%)
Less than half of normal	43 (17.9%)	1838 (14.4%)
Less than a quarter to nearly nothing	50 (20.8%)	1716 (13.4%)
Missing	8 (3.33%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	150 (62.5%)	6075 (47.6%)
Loss of appetite	91 (37.9%)	3243 (25.4%)
Problems with swallowing, mastication	21 (8.75%)	609 (4.77%)
Nausea	37 (15.4%)	1074 (8.41%)
Other reasons	64 (26.7%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	96 (40.0%)	7570 (59.3%)
No, only with assistance	117 (48.8%)	3323 (26.0%)
No, I stay in bed	21 (8.75%)	1417 (11.1%)
Missing	6 (2.50%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	8 (3.33%)	341 (2.67%)
Good	21 (8.75%)	852 (6.67%)
Very good	73 (30.4%)	3898 (30.5%)
Fair	71 (29.6%)	4501 (35.2%)
Poor	51 (21.3%)	2543 (19.9%)
Missing	16 (6.67%)	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	117 (48.8%)	7557 (59.2%)
No	105 (43.8%)	3941 (30.9%)
- I was not hungry	70 (66.7%)	1936 (49.1%)
- Problems with swallowing / mastication	10 (9.52%)	326 (8.27%)
- Nausea	17 (16.2%)	671 (17.0%)
- Others	24 (22.9%)	969 (24.6%)
no answer	13 (5.42%)	821 (6.43%)


Fluid and supplement intake (n):

Patients with fluid intake	186 (79.1%)	9318 (75.6%)
Drinks per patient & day (l)	0.26	0.55
Patients with supplements	30 (12.8%)	1147 (9.31%)
Supplements per patient & day (l)	0.03	0.04

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

Water	123 (52.3%)	7925 (64.3%)
Milk	26 (11.1%)	2062 (16.7%)
Fruit juice	99 (42.1%)	3006 (24.4%)
Tea, coffee	83 (35.3%)	4583 (37.2%)
Soft drinks	13 (5.53%)	746 (6.06%)

Lunch intake (n):

 All	81 (34.5%)	5174 (42.0%)
 1/2	74 (31.5%)	3053 (24.8%)
 1/4	48 (20.4%)	1890 (15.3%)
 Nothing	31 (13.2%)	1954 (15.9%)
? No answer	1 (0.43%)	248 (2.01%)

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

I was not hungry	65 (42.2%)	2066 (28.9%)
I had nausea / vomiting	15 (9.74%)	685 (9.59%)
I was not allowed to eat	6 (3.90%)	702 (9.83%)
I kann not eat without help	3 (1.95%)	104 (1.46%)
I had an examination / surgery	7 (4.55%)	553 (7.74%)
I ordered a smaller portion	2 (1.30%)	136 (1.90%)
I was tired	10 (6.49%)	434 (6.07%)
I normaly eat less	16 (10.4%)	584 (8.17%)
I did not like the smell	5 (3.25%)	275 (3.85%)
I did not like the taste	22 (14.3%)	945 (13.2%)

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

Yes	72 (30.0%)	4578 (35.8%)
No	153 (63.8%)	7056 (55.3%)
No answer	10 (4.17%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	10 (13.9%)	1312 (28.7%)
Fresh fruits	25 (34.7%)	1918 (41.9%)
Sandwiches	6 (8.33%)	396 (8.65%)
Dairy products	14 (19.4%)	650 (14.2%)
Preferred dish	10 (13.9%)	522 (11.4%)
Sweets	13 (18.1%)	699 (15.3%)
Fruit Juice	10 (13.9%)	870 (19.0%)
Others	22 (30.6%)	901 (19.7%)

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

Yes	158 (65.8%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires