



## **nutritionDay November 2011 in CHILE**

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:	7
Number of patients on nutritionDay:	169
Number of patients completing Sheet 3a:	165
Number of patients completing Sheet 3b:	164

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 8<sup>th</sup> 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!

Michael Hiesmayr

Karin Schindler

Johanna Tripamer

## 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
<b>Number of beds (n):</b>		
Actual	63 ± 47	37 ± 50
Maximum	67 ± 47	38 ± 31
<b>Number of patients on the nutritionDay (n):</b>		
Total	169	14207
Did not give consent	6 (3.55%)	1205 (8.48%)
Needed help completing form	83 (49.1%)	8324 (58.6%)
Terminally ill	12 (7.10%)	988 (6.95%)
<b>Specialities (n):</b>		
Internal medicine / general	2 (28.6%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	1 (14.3%)	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	-	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	-	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	2 (28.6%)	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 (28.6%)	81 (11.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.29 ± 6.50	6.98 ± 10.34
Physicians per patient	0.06 ± 0.06	0.21 ± 0.27
Consultants	17.14 ± 17.11	3.16 ± 6.27
Consultants per patient	0.33 ± 0.31	0.10 ± 0.21
Registrars	6.29 ± 9.39	2.59 ± 4.52
Registrars per patient	0.12 ± 0.17	0.08 ± 0.17
Nurses	13.00 ± 12.60	9.92 ± 15.04
Nurses per patient	0.18 ± 0.10	0.27 ± 0.22
Nursing aides	18.86 ± 16.98	2.78 ± 4.15

Nursing aides per patient	0.28 ± 0.18	0.08 ± 0.14
Dieticians and dietetic assistants	6.14 ± 4.02	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.11 ± 0.05	0.06 ± 0.57

**Nutrition Care:**

Nutrition Team	5 units (71%) Yes	476 units (70%) Yes
Written procedures		
- individual	4 units (57%) Yes	421 units (62%) Yes
- local	4 units (57%) Yes	261 units (38%) Yes
- national	1 units (14%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

**Patients' weight assessed:**

On admission	4 units (57%) Yes	484 units (71%) Yes
When requested	3 units (43%) Yes	385 units (57%) Yes
Once a week	2 units (29%) Yes	249 units (37%) Yes
Occasionally	- units (00%) Yes	59 units (09%) Yes
Never	2 units (29%) Yes	18 units (03%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
<b>Number of patients (n):</b>		
Total	169	14207
Patients who completed sheet 3a	165 (97.6%)	12770 (89.9%)
Patients who completed sheet 3b	164 (97.0%)	12319 (86.7%)
<b>Demographic data:</b>		
Age (years)	59 [17-97]	67 [2-105]
Female gender	96 (56.8%)	6921 (48.7%)
Weight (kg)	70.4 ± 14.0	69.6 ± 21.0
Height (cm)	162.8 ± 8.2	165.2 ± 14.5
BMI (kg/m <sup>2</sup> )	26.6 ± 5.0	25.4 ± 6.1
<b>ICU-stay:</b>		
Any ICU-stay	8 (4.73%)	1412 (9.94%)
<b>Surgery (n):</b>		
Preoperative patients	20 (11.8%)	1251 (8.81%)
Postoperative patients	77 (45.6%)	3671 (25.8%)
<b>Length of stay in Hospital (days):</b>	5 [2-40]	14 [1-1846]
<b>Outcome after 30 days (n):</b>		
Still in hospital	6 (3.55%)	1726 (12.1%)
Transferred to another hospital	1 (0.59%)	390 (2.75%)
Transferred to long-term care	-	578 (4.07%)
Rehabilitation	-	366 (2.58%)
Discharge home	49 (29.0%)	9755 (68.7%)
Death	-	576 (4.05%)
Others	29 (17.2%)	204 (1.44%)
Missing	84 (49.7%)	612 (4.31%)
<b>Readmitted (n):</b>	-	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	6 (3.55%)	1136 (8.00%)
Parenteral nutrition	1 (0.59%)	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	70 (41.4%)	3640 (25.6%)
Protein supplement	1 (0.59%)	1363 (9.59%)
Hospital food	68 (40.2%)	8154 (57.4%)
Others	18 (10.7%)	778 (5.48%)
Missing	5 (2.96%)	587 (4.13%)
<b>Lines &amp; tubes (n)*:</b>		
None	156 (92.3%)	9416 (66.3%)
Centralvenous	1 (0.59%)	1055 (7.43%)
Nasogastric tube	-	326 (2.29%)
Any other (PEG, PEJ, ...)	12 (7.10%)	3410 (24.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	6 (3.55%)	1926 (13.6%)
Eye, ear	6 (3.55%)	304 (2.14%)
Nose, throat	5 (2.96%)	388 (2.73%)
Heart, circulation	15 (8.88%)	2647 (18.6%)
Lung	15 (8.88%)	1961 (13.8%)
Liver	10 (5.92%)	913 (6.43%)
Gastrointestinal tract	32 (18.9%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	19 (11.2%)	1689 (11.9%)
Endocrine system	6 (3.55%)	1059 (7.45%)
Skeleton, bone, muscle	18 (10.7%)	2359 (16.6%)
Blood, bone marrow	4 (2.37%)	851 (5.99%)
Skin	2 (1.18%)	466 (3.28%)
Ischaemia	3 (1.78%)	180 (1.27%)
Cancer	35 (20.7%)	3064 (21.6%)
Infection	1 (0.59%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	18 (10.7%)	1007 (7.09%)
No affected organ	2 (1.18%)	590 (4.15%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	20 (11.8%)	2566 (18.1%)
Stroke	-	798 (5.62%)
COPD	5 (2.96%)	883 (6.22%)
Myocardial infarction	6 (3.55%)	591 (4.16%)
Cardiac insufficiency	7 (4.14%)	1735 (12.2%)
Others	87 (51.5%)	5325 (37.5%)
No comorbidity	64 (37.9%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	162 (98.2%)	12269 (96.1%)
Yes	69 (41.8%)	5661 (44.3%)
No	69 (41.8%)	4638 (36.3%)
No, I've gained weight	18 (10.9%)	1067 (8.36%)
I don't know	6 (3.64%)	903 (7.07%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	69 (41.8%)	5661 (44.3%)
0-4 kg	30 (18.2%)	2538 (19.9%)
5-8 kg	8 (4.85%)	1045 (8.18%)
> 8 kg	21 (12.7%)	1423 (11.1%)
Not sure	5 (3.03%)	576 (4.51%)
Missing	5 (3.03%)	79 (0.62%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	85 (51.5%)	6081 (47.6%)
A bit less than normal	39 (23.6%)	2575 (20.2%)
Less than half of normal	21 (12.7%)	1838 (14.4%)
Less than a quarter to nearly nothing	17 (10.3%)	1716 (13.4%)
Missing	3 (1.82%)	560 (4.39%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	80 (48.5%)	6075 (47.6%)
Loss of appetite	23 (13.9%)	3243 (25.4%)
Problems with swallowing, mastication	8 (4.85%)	609 (4.77%)
Nausea	16 (9.70%)	1074 (8.41%)
Other reasons	39 (23.6%)	2325 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	117 (70.9%)	7570 (59.3%)
No, only with assistance	22 (13.3%)	3323 (26.0%)
No, I stay in bed	24 (14.5%)	1417 (11.1%)
Missing	2 (1.21%)	460 (3.60%)
<b>"In general would you say your health is" (n):</b>		
Excellent	7 (4.24%)	341 (2.67%)
Good	24 (14.5%)	852 (6.67%)
Very good	67 (40.6%)	3898 (30.5%)
Fair	45 (27.3%)	4501 (35.2%)
Poor	20 (12.1%)	2543 (19.9%)
Missing	2 (1.21%)	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	109 (66.1%)	7557 (59.2%)
No	29 (17.6%)	3941 (30.9%)
- I was not hungry	17 (58.6%)	1936 (49.1%)
- Problems with swallowing / mastication	4 (13.8%)	326 (8.27%)
- Nausea	5 (17.2%)	671 (17.0%)
- Others	5 (17.2%)	969 (24.6%)
no answer	26 (15.8%)	821 (6.43%)

##### Fluid and supplement intake (n):

Patients with fluid intake	68 (41.5%)	9318 (75.6%)
Drinks per patient & day (l)	0.21	0.55
Patients with supplements	14 (8.54%)	1147 (9.31%)
Supplements per patient & day (l)	0.02	0.04

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

Water	115 (70.1%)	7925 (64.3%)
Milk	45 (27.4%)	2062 (16.7%)
Fruit juice	45 (27.4%)	3006 (24.4%)
Tea, coffee	73 (44.5%)	4583 (37.2%)
Soft drinks	18 (11.0%)	746 (6.06%)

##### Lunch intake (n):

 All	69 (42.1%)	5174 (42.0%)
 1/2	34 (20.7%)	3053 (24.8%)
 1/4	15 (9.15%)	1890 (15.3%)
 Nothing	26 (15.9%)	1954 (15.9%)
? No answer	20 (12.2%)	248 (2.01%)

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

I was not hungry	11 (11.6%)	2066 (28.9%)
I had nausea / vomiting	3 (3.16%)	685 (9.59%)
I was not allowed to eat	15 (15.8%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	15 (15.8%)	553 (7.74%)
I ordered a smaller portion	1 (1.05%)	136 (1.90%)
I was tired	2 (2.11%)	434 (6.07%)
I normaly eat less	2 (2.11%)	584 (8.17%)
I did not like the smell	2 (2.11%)	275 (3.85%)
I did not like the taste	4 (4.21%)	945 (13.2%)



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

Yes	23 (13.9%)	4578 (35.8%)
No	114 (69.1%)	7056 (55.3%)
No answer	27 (16.4%)	685 (5.36%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	15 (65.2%)	1312 (28.7%)
Fresh fruits	4 (17.4%)	1918 (41.9%)
Sandwiches	2 (8.70%)	396 (8.65%)
Dairy products	7 (30.4%)	650 (14.2%)
Preferred dish	2 (8.70%)	522 (11.4%)
Sweets	5 (21.7%)	699 (15.3%)
Fruit Juice	7 (30.4%)	870 (19.0%)
Others	2 (8.70%)	901 (19.7%)

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

Yes	93 (56.4%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires