



nutritionDay November 2011 in GERMANY

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:	60
Number of patients on nutritionDay:	1255
Number of patients completing Sheet 3a:	1009
Number of patients completing Sheet 3b:	983

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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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	27 ± 11	37 ± 50
Maximum	31 ± 12	38 ± 31
Number of patients on the nutritionDay (n):		
Total	1255	14207
Did not give consent	203 (16.2%)	1205 (8.48%)
Needed help completing form	753 (60.0%)	8324 (58.6%)
Terminally ill	355 (28.3%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	7 (11.7%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	6 (10.0%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	7 (11.7%)	76 (11.2%)
Internal medicine / cardiology	4 (6.67%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	8 (13.3%)	54 (7.96%)
Internal medicine / nephrology	1 (1.67%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	4 (6.67%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	2 (3.33%)	18 (2.65%)
General surgery	8 (13.3%)	111 (16.4%)
Cardiothoracic surgery	3 (5.00%)	17 (2.51%)
Orthopedic surgery	4 (6.67%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	1 (1.67%)	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	5 (8.33%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	3.15 ± 2.11	6.98 ± 10.34
Physicians per patient	0.11 ± 0.09	0.21 ± 0.27
Consultants	1.73 ± 1.22	3.16 ± 6.27
Consultants per patient	0.07 ± 0.06	0.10 ± 0.21
Registrars	1.15 ± 1.53	2.59 ± 4.52
Registrars per patient	0.04 ± 0.06	0.08 ± 0.17
Nurses	5.24 ± 2.14	9.92 ± 15.04
Nurses per patient	0.18 ± 0.06	0.27 ± 0.22
Nursing aides	0.63 ± 0.82	2.78 ± 4.15

Nursing aides per patient	0.02 ± 0.04	0.08 ± 0.14
Dieticians and dietetic assistants	0.53 ± 0.67	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.02 ± 0.04	0.06 ± 0.57

Nutrition Care:

Nutrition Team	40 units (67%) Yes	476 units (70%) Yes
Written procedures		
- individual	41 units (68%) Yes	421 units (62%) Yes
- local	16 units (27%) Yes	261 units (38%) Yes
- national	34 units (57%) Yes	234 units (35%) Yes
- other	5 units (08%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	48 units (80%) Yes	484 units (71%) Yes
When requested	41 units (68%) Yes	385 units (57%) Yes
Once a week	20 units (33%) Yes	249 units (37%) Yes
Occasionally	1 units (02%) 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	1255	14207
Patients who completed sheet 3a	1009 (80.4%)	12770 (89.9%)
Patients who completed sheet 3b	983 (78.3%)	12319 (86.7%)
Demographic data:		
Age (years)	72 [4-105]	67 [2-105]
Female gender	633 (50.4%)	6921 (48.7%)
Weight (kg)	76.5 ± 18.6	69.6 ± 21.0
Height (cm)	169.1 ± 10.2	165.2 ± 14.5
BMI (kg/m ²)	26.7 ± 6.0	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	122 (9.72%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	77 (6.14%)	1251 (8.81%)
Postoperative patients	300 (23.9%)	3671 (25.8%)
Length of stay in Hospital (days):	11 [2-233]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	75 (5.98%)	1726 (12.1%)
Transferred to another hospital	41 (3.27%)	390 (2.75%)
Transferred to long-term care	100 (7.97%)	578 (4.07%)
Rehabilitation	55 (4.38%)	366 (2.58%)
Discharge home	857 (68.3%)	9755 (68.7%)
Death	24 (1.91%)	576 (4.05%)
Others	9 (0.72%)	204 (1.44%)
Missing	94 (7.49%)	612 (4.31%)
Readmitted (n):	176 (14.0%)	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	239 (19.0%)	1136 (8.00%)
Parenteral nutrition	38 (3.03%)	640 (4.50%)
Enteral + parenteral nutrition	5 (0.40%)	140 (0.99%)
Special diet	45 (3.59%)	3640 (25.6%)
Protein supplement	57 (4.54%)	1363 (9.59%)
Hospital food	1026 (81.8%)	8154 (57.4%)
Others	25 (1.99%)	778 (5.48%)
Missing	64 (5.10%)	587 (4.13%)
Lines & tubes (n)*:		
None	979 (78.0%)	9416 (66.3%)
Centralvenous	133 (10.6%)	1055 (7.43%)
Nasogastric tube	9 (0.72%)	326 (2.29%)
Any other (PEG, PEJ, ...)	134 (10.7%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	207 (16.5%)	1926 (13.6%)
Eye, ear	40 (3.19%)	304 (2.14%)
Nose, throat	64 (5.10%)	388 (2.73%)
Heart, circulation	358 (28.5%)	2647 (18.6%)
Lung	192 (15.3%)	1961 (13.8%)
Liver	108 (8.61%)	913 (6.43%)
Gastrointestinal tract	252 (20.1%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	181 (14.4%)	1689 (11.9%)
Endocrine system	87 (6.93%)	1059 (7.45%)
Skeleton, bone, muscle	234 (18.6%)	2359 (16.6%)
Blood, bone marrow	70 (5.58%)	851 (5.99%)
Skin	56 (4.46%)	466 (3.28%)
Ischaemia	46 (3.67%)	180 (1.27%)
Cancer	269 (21.4%)	3064 (21.6%)
Infection	79 (6.29%)	1078 (7.59%)
Pregnancy	1 (0.08%)	36 (0.25%)
Others	91 (7.25%)	1007 (7.09%)
No affected organ	53 (4.22%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	214 (17.1%)	2566 (18.1%)
Stroke	64 (5.10%)	798 (5.62%)
COPD	56 (4.46%)	883 (6.22%)
Myocardial infarction	29 (2.31%)	591 (4.16%)
Cardiac insufficiency	129 (10.3%)	1735 (12.2%)
Others	421 (33.5%)	5325 (37.5%)
No comorbidity	596 (47.5%)	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	980 (97.1%)	12269 (96.1%)
Yes	394 (39.0%)	5661 (44.3%)
No	383 (38.0%)	4638 (36.3%)
No, I've gained weight	92 (9.12%)	1067 (8.36%)
I don't know	111 (11.0%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	394 (39.0%)	5661 (44.3%)
0-4 kg	202 (20.0%)	2538 (19.9%)
5-8 kg	61 (6.05%)	1045 (8.18%)
> 8 kg	106 (10.5%)	1423 (11.1%)
Not sure	25 (2.48%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	541 (53.6%)	6081 (47.6%)
A bit less than normal	240 (23.8%)	2575 (20.2%)
Less than half of normal	114 (11.3%)	1838 (14.4%)
Less than a quarter to nearly nothing	75 (7.43%)	1716 (13.4%)
Missing	39 (3.87%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	426 (42.2%)	6075 (47.6%)
Loss of appetite	271 (26.9%)	3243 (25.4%)
Problems with swallowing, mastication	47 (4.66%)	609 (4.77%)
Nausea	74 (7.33%)	1074 (8.41%)
Other reasons	130 (12.9%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	630 (62.4%)	7570 (59.3%)
No, only with assistance	260 (25.8%)	3323 (26.0%)
No, I stay in bed	93 (9.22%)	1417 (11.1%)
Missing	26 (2.58%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	7 (0.69%)	341 (2.67%)
Good	13 (1.29%)	852 (6.67%)
Very good	224 (22.2%)	3898 (30.5%)
Fair	524 (51.9%)	4501 (35.2%)
Poor	197 (19.5%)	2543 (19.9%)
Missing	44 (4.36%)	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	648 (64.2%)	7557 (59.2%)
No	277 (27.5%)	3941 (30.9%)
- I was not hungry	176 (63.5%)	1936 (49.1%)
- Problems with swallowing / mastication	21 (7.58%)	326 (8.27%)
- Nausea	60 (21.7%)	671 (17.0%)
- Others	55 (19.9%)	969 (24.6%)
no answer	58 (5.75%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	638 (64.9%)	9318 (75.6%)
Drinks per patient & day (l)	0.31	0.55
Patients with supplements	49 (4.98%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

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

Water	751 (76.4%)	7925 (64.3%)
Milk	48 (4.88%)	2062 (16.7%)
Fruit juice	156 (15.9%)	3006 (24.4%)
Tea, coffee	516 (52.5%)	4583 (37.2%)
Soft drinks	31 (3.15%)	746 (6.06%)

Lunch intake (n):

 All	453 (46.1%)	5174 (42.0%)
 1/2	294 (29.9%)	3053 (24.8%)
 1/4	129 (13.1%)	1890 (15.3%)
 Nothing	89 (9.05%)	1954 (15.9%)
? No answer	18 (1.83%)	248 (2.01%)

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

I was not hungry	156 (29.4%)	2066 (28.9%)
I had nausea / vomiting	44 (8.30%)	685 (9.59%)
I was not allowed to eat	23 (4.34%)	702 (9.83%)
I kann not eat without help	10 (1.89%)	104 (1.46%)
I had an examination / surgery	33 (6.23%)	553 (7.74%)
I ordered a smaller portion	16 (3.02%)	136 (1.90%)
I was tired	16 (3.02%)	434 (6.07%)
I normaly eat less	75 (14.2%)	584 (8.17%)
I did not like the smell	5 (0.94%)	275 (3.85%)
I did not like the taste	49 (9.25%)	945 (13.2%)

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

Yes	390 (38.7%)	4578 (35.8%)
No	510 (50.5%)	7056 (55.3%)
No answer	83 (8.23%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	136 (34.9%)	1312 (28.7%)
Fresh fruits	216 (55.4%)	1918 (41.9%)
Sandwiches	24 (6.15%)	396 (8.65%)
Dairy products	38 (9.74%)	650 (14.2%)
Preferred dish	15 (3.85%)	522 (11.4%)
Sweets	137 (35.1%)	699 (15.3%)
Fruit Juice	63 (16.2%)	870 (19.0%)
Others	24 (6.15%)	901 (19.7%)

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

Yes	776 (76.9%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires