



## **nutritionDay November 2011 in GREECE**

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:	16
Number of patients on nutritionDay:	316
Number of patients completing Sheet 3a:	291
Number of patients completing Sheet 3b:	283

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	27 ± 9	37 ± 50
Maximum	35 ± 13	38 ± 31
<b>Number of patients on the nutritionDay (n):</b>		
Total	316	14207
Did not give consent	21 (6.65%)	1205 (8.48%)
Needed help completing form	288 (91.1%)	8324 (58.6%)
Terminally ill	17 (5.38%)	988 (6.95%)
<b>Specialities (n):</b>		
Internal medicine / general	2 (12.5%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	2 (12.5%)	76 (11.2%)
Internal medicine / cardiology	1 (6.25%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	-	54 (7.96%)
Internal medicine / nephrology	1 (6.25%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	-	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	6 (37.5%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	2 (12.5%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	2 (12.5%)	81 (11.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	14.75 ± 6.09	6.98 ± 10.34
Physicians per patient	0.50 ± 0.22	0.21 ± 0.27
Consultants	0.00 ± 0.00	3.16 ± 6.27
Consultants per patient	0.00 ± 0.00	0.10 ± 0.21
Registrars	0.87 ± 0.64	2.59 ± 4.52
Registrars per patient	0.03 ± 0.03	0.08 ± 0.17
Nurses	8.75 ± 5.25	9.92 ± 15.04
Nurses per patient	0.28 ± 0.16	0.27 ± 0.22
Nursing aides	1.63 ± 1.54	2.78 ± 4.15

Nursing aides per patient	0.09 ± 0.11	0.08 ± 0.14
Dieticians and dietetic assistants	0.75 ± 0.68	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.02 ± 0.02	0.06 ± 0.57

**Nutrition Care:**

Nutrition Team	3 units (19%) Yes	476 units (70%) Yes
Written procedures		
- individual	13 units (81%) Yes	421 units (62%) Yes
- local	4 units (25%) Yes	261 units (38%) Yes
- national	4 units (25%) Yes	234 units (35%) Yes
- other	1 units (06%) Yes	105 units (15%) Yes

**Patients' weight assessed:**

On admission	4 units (25%) Yes	484 units (71%) Yes
When requested	12 units (75%) Yes	385 units (57%) Yes
Once a week	1 units (06%) Yes	249 units (37%) Yes
Occasionally	2 units (13%) Yes	59 units (09%) Yes
Never	1 units (06%) 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	316	14207
Patients who completed sheet 3a	291 (92.1%)	12770 (89.9%)
Patients who completed sheet 3b	283 (89.6%)	12319 (86.7%)
<b>Demographic data:</b>		
Age (years)	68 [14-97]	67 [2-105]
Female gender	166 (52.5%)	6921 (48.7%)
Weight (kg)	74.5 ± 16.5	69.6 ± 21.0
Height (cm)	166.5 ± 10.1	165.2 ± 14.5
BMI (kg/m <sup>2</sup> )	26.9 ± 5.6	25.4 ± 6.1
<b>ICU-stay:</b>		
Any ICU-stay	14 (4.43%)	1412 (9.94%)
<b>Surgery (n):</b>		
Preoperative patients	65 (20.6%)	1251 (8.81%)
Postoperative patients	102 (32.3%)	3671 (25.8%)
<b>Length of stay in Hospital (days):</b>	13 [2-1846]	14 [1-1846]
<b>Outcome after 30 days (n):</b>		
Still in hospital	23 (7.28%)	1726 (12.1%)
Transferred to another hospital	4 (1.27%)	390 (2.75%)
Transferred to long-term care	5 (1.58%)	578 (4.07%)
Rehabilitation	33 (10.4%)	366 (2.58%)
Discharge home	233 (73.7%)	9755 (68.7%)
Death	9 (2.85%)	576 (4.05%)
Others	1 (0.32%)	204 (1.44%)
Missing	8 (2.53%)	612 (4.31%)
<b>Readmitted (n):</b>	19 (6.01%)	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 (1.90%)	1136 (8.00%)
Parenteral nutrition	11 (3.48%)	640 (4.50%)
Enteral + parenteral nutrition	6 (1.90%)	140 (0.99%)
Special diet	92 (29.1%)	3640 (25.6%)
Protein supplement	7 (2.22%)	1363 (9.59%)
Hospital food	150 (47.5%)	8154 (57.4%)
Others	38 (12.0%)	778 (5.48%)
Missing	20 (6.33%)	587 (4.13%)
<b>Lines &amp; tubes (n)*:</b>		
None	198 (62.7%)	9416 (66.3%)
Centralvenous	13 (4.11%)	1055 (7.43%)
Nasogastric tube	7 (2.22%)	326 (2.29%)
Any other (PEG, PEJ, ...)	98 (31.0%)	3410 (24.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	16 (5.06%)	1926 (13.6%)
Eye, ear	1 (0.32%)	304 (2.14%)
Nose, throat	1 (0.32%)	388 (2.73%)
Heart, circulation	22 (6.96%)	2647 (18.6%)
Lung	13 (4.11%)	1961 (13.8%)
Liver	10 (3.16%)	913 (6.43%)
Gastrointestinal tract	73 (23.1%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	32 (10.1%)	1689 (11.9%)
Endocrine system	7 (2.22%)	1059 (7.45%)
Skeleton, bone, muscle	55 (17.4%)	2359 (16.6%)
Blood, bone marrow	14 (4.43%)	851 (5.99%)
Skin	9 (2.85%)	466 (3.28%)
Ischaemia	1 (0.32%)	180 (1.27%)
Cancer	92 (29.1%)	3064 (21.6%)
Infection	7 (2.22%)	1078 (7.59%)
Pregnancy	2 (0.63%)	36 (0.25%)
Others	4 (1.27%)	1007 (7.09%)
No affected organ	15 (4.75%)	590 (4.15%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	42 (13.3%)	2566 (18.1%)
Stroke	12 (3.80%)	798 (5.62%)
COPD	6 (1.90%)	883 (6.22%)
Myocardial infarction	6 (1.90%)	591 (4.16%)
Cardiac insufficiency	9 (2.85%)	1735 (12.2%)
Others	47 (14.9%)	5325 (37.5%)
No comorbidity	209 (66.1%)	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	283 (97.3%)	12269 (96.1%)
Yes	133 (45.7%)	5661 (44.3%)
No	116 (39.9%)	4638 (36.3%)
No, I've gained weight	21 (7.22%)	1067 (8.36%)
I don't know	13 (4.47%)	903 (7.07%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	133 (45.7%)	5661 (44.3%)
0-4 kg	57 (19.6%)	2538 (19.9%)
5-8 kg	21 (7.22%)	1045 (8.18%)
> 8 kg	49 (16.8%)	1423 (11.1%)
Not sure	6 (2.06%)	576 (4.51%)
Missing	-	79 (0.62%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	124 (42.6%)	6081 (47.6%)
A bit less than normal	35 (12.0%)	2575 (20.2%)
Less than half of normal	44 (15.1%)	1838 (14.4%)
Less than a quarter to nearly nothing	79 (27.1%)	1716 (13.4%)
Missing	9 (3.09%)	560 (4.39%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	134 (46.0%)	6075 (47.6%)
Loss of appetite	83 (28.5%)	3243 (25.4%)
Problems with swallowing, mastication	8 (2.75%)	609 (4.77%)
Nausea	23 (7.90%)	1074 (8.41%)
Other reasons	50 (17.2%)	2325 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	168 (57.7%)	7570 (59.3%)
No, only with assistance	66 (22.7%)	3323 (26.0%)
No, I stay in bed	51 (17.5%)	1417 (11.1%)
Missing	6 (2.06%)	460 (3.60%)
<b>"In general would you say your health is" (n):</b>		
Excellent	9 (3.09%)	341 (2.67%)
Good	38 (13.1%)	852 (6.67%)
Very good	84 (28.9%)	3898 (30.5%)
Fair	75 (25.8%)	4501 (35.2%)
Poor	76 (26.1%)	2543 (19.9%)
Missing	9 (3.09%)	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	127 (43.6%)	7557 (59.2%)
No	137 (47.1%)	3941 (30.9%)
- I was not hungry	47 (34.3%)	1936 (49.1%)
- Problems with swallowing / mastication	6 (4.38%)	326 (8.27%)
- Nausea	9 (6.57%)	671 (17.0%)
- Others	16 (11.7%)	969 (24.6%)
no answer	19 (6.53%)	821 (6.43%)


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

Patients with fluid intake	174 (61.5%)	9318 (75.6%)
Drinks per patient & day (l)	0.37	0.55
Patients with supplements	6 (2.12%)	1147 (9.31%)
Supplements per patient & day (l)	0.00	0.04

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

Water	248 (87.6%)	7925 (64.3%)
Milk	113 (39.9%)	2062 (16.7%)
Fruit juice	82 (29.0%)	3006 (24.4%)
Tea, coffee	119 (42.0%)	4583 (37.2%)
Soft drinks	15 (5.30%)	746 (6.06%)

##### Lunch intake (n):

 All	100 (35.3%)	5174 (42.0%)
 1/2	49 (17.3%)	3053 (24.8%)
 1/4	45 (15.9%)	1890 (15.3%)
 Nothing	85 (30.0%)	1954 (15.9%)
? No answer	4 (1.41%)	248 (2.01%)

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

I was not hungry	46 (25.1%)	2066 (28.9%)
I had nausea / vomiting	14 (7.65%)	685 (9.59%)
I was not allowed to eat	26 (14.2%)	702 (9.83%)
I kann not eat without help	2 (1.09%)	104 (1.46%)
I had an examination / surgery	22 (12.0%)	553 (7.74%)
I ordered a smaller portion	1 (0.55%)	136 (1.90%)
I was tired	16 (8.74%)	434 (6.07%)
I normaly eat less	6 (3.28%)	584 (8.17%)
I did not like the smell	14 (7.65%)	275 (3.85%)
I did not like the taste	43 (23.5%)	945 (13.2%)



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

Yes	97 (33.3%)	4578 (35.8%)
No	171 (58.8%)	7056 (55.3%)
No answer	15 (5.15%)	685 (5.36%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	22 (22.7%)	1312 (28.7%)
Fresh fruits	26 (26.8%)	1918 (41.9%)
Sandwiches	14 (14.4%)	396 (8.65%)
Dairy products	6 (6.19%)	650 (14.2%)
Preferred dish	21 (21.6%)	522 (11.4%)
Sweets	10 (10.3%)	699 (15.3%)
Fruit Juice	20 (20.6%)	870 (19.0%)
Others	20 (20.6%)	901 (19.7%)

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

Yes	209 (71.8%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires