



nutritionDay November 2011 in CROATIA

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:	32
Number of patients on nutritionDay:	444
Number of patients completing Sheet 3a:	438
Number of patients completing Sheet 3b:	438

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	43 ± 61	37 ± 50
Maximum	44 ± 61	38 ± 31
Number of patients on the nutritionDay (n):		
Total	444	14207
Did not give consent	5 (1.13%)	1205 (8.48%)
Needed help completing form	412 (92.8%)	8324 (58.6%)
Terminally ill	11 (2.48%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	1 (3.13%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	2 (6.25%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	6 (18.8%)	76 (11.2%)
Internal medicine / cardiology	2 (6.25%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	-	54 (7.96%)
Internal medicine / nephrology	1 (3.13%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	2 (6.25%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	2 (6.25%)	18 (2.65%)
General surgery	1 (3.13%)	111 (16.4%)
Cardiothoracic surgery	2 (6.25%)	17 (2.51%)
Orthopedic surgery	3 (9.38%)	39 (5.75%)
Trauma	2 (6.25%)	7 (1.03%)
Neurosurgery	1 (3.13%)	11 (1.62%)
Gynecology	1 (3.13%)	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	6 (18.8%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	14.00 ± 19.94	6.98 ± 10.34
Physicians per patient	0.34 ± 0.23	0.21 ± 0.27
Consultants	0.13 ± 0.43	3.16 ± 6.27
Consultants per patient	0.00 ± 0.02	0.10 ± 0.21
Registrars	2.16 ± 4.10	2.59 ± 4.52
Registrars per patient	0.04 ± 0.04	0.08 ± 0.17
Nurses		
Nurses	17.81 ± 19.44	9.92 ± 15.04
Nurses per patient	0.49 ± 0.30	0.27 ± 0.22
Nursing aides	2.29 ± 2.98	2.78 ± 4.15

Nursing aides per patient	0.09 ± 0.14	0.08 ± 0.14
Dieticians and dietetic assistants	0.26 ± 0.68	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.06 ± 0.57

Nutrition Care:

Nutrition Team	28 units (88%) Yes	476 units (70%) Yes
Written procedures		
- individual	18 units (56%) Yes	421 units (62%) Yes
- local	5 units (16%) Yes	261 units (38%) Yes
- national	18 units (56%) Yes	234 units (35%) Yes
- other	15 units (47%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	23 units (72%) Yes	484 units (71%) Yes
When requested	5 units (16%) Yes	385 units (57%) Yes
Once a week	12 units (38%) Yes	249 units (37%) Yes
Occasionally	5 units (16%) Yes	59 units (09%) Yes
Never	2 units (06%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	444	14207
Patients who completed sheet 3a	438 (98.6%)	12770 (89.9%)
Patients who completed sheet 3b	438 (98.6%)	12319 (86.7%)
Demographic data:		
Age (years)	54 [2-90]	67 [2-105]
Female gender	232 (52.3%)	6921 (48.7%)
Weight (kg)	64.4 ± 25.6	69.6 ± 21.0
Height (cm)	163.5 ± 21.4	165.2 ± 14.5
BMI (kg/m ²)	24.5 ± 5.9	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	45 (10.1%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	43 (9.68%)	1251 (8.81%)
Postoperative patients	104 (23.4%)	3671 (25.8%)
Length of stay in Hospital (days):	12 [3-90]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	40 (9.01%)	1726 (12.1%)
Transferred to another hospital	7 (1.58%)	390 (2.75%)
Transferred to long-term care	2 (0.45%)	578 (4.07%)
Rehabilitation	2 (0.45%)	366 (2.58%)
Discharge home	324 (73.0%)	9755 (68.7%)
Death	2 (0.45%)	576 (4.05%)
Others	3 (0.68%)	204 (1.44%)
Missing	64 (14.4%)	612 (4.31%)
Readmitted (n):	64 (14.4%)	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	13 (2.93%)	1136 (8.00%)
Parenteral nutrition	9 (2.03%)	640 (4.50%)
Enteral + parenteral nutrition	9 (2.03%)	140 (0.99%)
Special diet	51 (11.5%)	3640 (25.6%)
Protein supplement	15 (3.38%)	1363 (9.59%)
Hospital food	332 (74.8%)	8154 (57.4%)
Others	31 (6.98%)	778 (5.48%)
Missing	11 (2.48%)	587 (4.13%)
Lines & tubes (n)*:		
None	399 (89.9%)	9416 (66.3%)
Centralvenous	20 (4.50%)	1055 (7.43%)
Nasogastric tube	5 (1.13%)	326 (2.29%)
Any other (PEG, PEJ, ...)	20 (4.50%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	43 (9.68%)	1926 (13.6%)
Eye, ear	16 (3.60%)	304 (2.14%)
Nose, throat	9 (2.03%)	388 (2.73%)
Heart, circulation	68 (15.3%)	2647 (18.6%)
Lung	23 (5.18%)	1961 (13.8%)
Liver	8 (1.80%)	913 (6.43%)
Gastrointestinal tract	64 (14.4%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	47 (10.6%)	1689 (11.9%)
Endocrine system	37 (8.33%)	1059 (7.45%)
Skeleton, bone, muscle	33 (7.43%)	2359 (16.6%)
Blood, bone marrow	19 (4.28%)	851 (5.99%)
Skin	5 (1.13%)	466 (3.28%)
Ischaemia	4 (0.90%)	180 (1.27%)
Cancer	20 (4.50%)	3064 (21.6%)
Infection	7 (1.58%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	59 (13.3%)	1007 (7.09%)
No affected organ	114 (25.7%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	47 (10.6%)	2566 (18.1%)
Stroke	7 (1.58%)	798 (5.62%)
COPD	17 (3.83%)	883 (6.22%)
Myocardial infarction	10 (2.25%)	591 (4.16%)
Cardiac insufficiency	18 (4.05%)	1735 (12.2%)
Others	3 (0.68%)	5325 (37.5%)
No comorbidity	358 (80.6%)	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	435 (99.3%)	12269 (96.1%)
Yes	193 (44.1%)	5661 (44.3%)
No	200 (45.7%)	4638 (36.3%)
No, I've gained weight	35 (7.99%)	1067 (8.36%)
I don't know	7 (1.60%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	193 (44.1%)	5661 (44.3%)
0-4 kg	99 (22.6%)	2538 (19.9%)
5-8 kg	37 (8.45%)	1045 (8.18%)
> 8 kg	43 (9.82%)	1423 (11.1%)
Not sure	14 (3.20%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	314 (71.7%)	6081 (47.6%)
A bit less than normal	76 (17.4%)	2575 (20.2%)
Less than half of normal	22 (5.02%)	1838 (14.4%)
Less than a quarter to nearly nothing	24 (5.48%)	1716 (13.4%)
Missing	2 (0.46%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	114 (26.0%)	6075 (47.6%)
Loss of appetite	65 (14.8%)	3243 (25.4%)
Problems with swallowing, mastication	5 (1.14%)	609 (4.77%)
Nausea	14 (3.20%)	1074 (8.41%)
Other reasons	39 (8.90%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	343 (78.3%)	7570 (59.3%)
No, only with assistance	69 (15.8%)	3323 (26.0%)
No, I stay in bed	25 (5.71%)	1417 (11.1%)
Missing	1 (0.23%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	20 (4.57%)	341 (2.67%)
Good	63 (14.4%)	852 (6.67%)
Very good	195 (44.5%)	3898 (30.5%)
Fair	52 (11.9%)	4501 (35.2%)
Poor	101 (23.1%)	2543 (19.9%)
Missing	7 (1.60%)	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	335 (76.5%)	7557 (59.2%)
No	99 (22.6%)	3941 (30.9%)
- I was not hungry	62 (62.6%)	1936 (49.1%)
- Problems with swallowing / mastication	7 (7.07%)	326 (8.27%)
- Nausea	11 (11.1%)	671 (17.0%)
- Others	27 (27.3%)	969 (24.6%)
no answer	4 (0.91%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	281 (64.2%)	9318 (75.6%)
Drinks per patient & day (l)	0.75	0.55
Patients with supplements	33 (7.53%)	1147 (9.31%)
Supplements per patient & day (l)	0.31	0.04

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

Water	343 (78.3%)	7925 (64.3%)
Milk	55 (12.6%)	2062 (16.7%)
Fruit juice	127 (29.0%)	3006 (24.4%)
Tea, coffee	179 (40.9%)	4583 (37.2%)
Soft drinks	13 (2.97%)	746 (6.06%)

Lunch intake (n):

 All	216 (49.3%)	5174 (42.0%)
 1/2	116 (26.5%)	3053 (24.8%)
 1/4	48 (11.0%)	1890 (15.3%)
 Nothing	52 (11.9%)	1954 (15.9%)
? No answer	6 (1.37%)	248 (2.01%)

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

I was not hungry	76 (34.2%)	2066 (28.9%)
I had nausea / vomiting	11 (4.95%)	685 (9.59%)
I was not allowed to eat	15 (6.76%)	702 (9.83%)
I kann not eat without help	3 (1.35%)	104 (1.46%)
I had an examination / surgery	28 (12.6%)	553 (7.74%)
I ordered a smaller portion	1 (0.45%)	136 (1.90%)
I was tired	12 (5.41%)	434 (6.07%)
I normaly eat less	22 (9.91%)	584 (8.17%)
I did not like the smell	18 (8.11%)	275 (3.85%)
I did not like the taste	28 (12.6%)	945 (13.2%)

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

Yes	285 (65.1%)	4578 (35.8%)
No	149 (34.0%)	7056 (55.3%)
No answer	4 (0.91%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	82 (28.8%)	1312 (28.7%)
Fresh fruits	168 (58.9%)	1918 (41.9%)
Sandwiches	17 (5.96%)	396 (8.65%)
Dairy products	43 (15.1%)	650 (14.2%)
Preferred dish	20 (7.02%)	522 (11.4%)
Sweets	60 (21.1%)	699 (15.3%)
Fruit Juice	84 (29.5%)	870 (19.0%)
Others	55 (19.3%)	901 (19.7%)

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

Yes	411 (93.8%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires