



nutritionDay November 2011 in LATVIA

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:	9
Number of patients on nutritionDay:	124
Number of patients completing Sheet 3a:	120
Number of patients completing Sheet 3b:	120

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!

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
Number of beds (n):		
Actual	23 ± 14	37 ± 50
Maximum	25 ± 17	38 ± 31
Number of patients on the nutritionDay (n):		
Total	124	14207
Did not give consent	2 (1.61%)	1205 (8.48%)
Needed help completing form	43 (34.7%)	8324 (58.6%)
Terminally ill	2 (1.61%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	1 (11.1%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	1 (11.1%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	-	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	5 (55.6%)	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 (22.2%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	2.44 ± 2.35	6.98 ± 10.34
Physicians per patient	0.11 ± 0.11	0.21 ± 0.27
Consultants	1.22 ± 1.99	3.16 ± 6.27
Consultants per patient	0.05 ± 0.06	0.10 ± 0.21
Registrars	2.44 ± 1.59	2.59 ± 4.52
Registrars per patient	0.12 ± 0.07	0.08 ± 0.17
Nurses	3.11 ± 1.17	9.92 ± 15.04
Nurses per patient	0.14 ± 0.05	0.27 ± 0.22
Nursing aides	1.67 ± 0.71	2.78 ± 4.15

Nursing aides per patient	0.09 ± 0.06	0.08 ± 0.14
Dieticians and dietetic assistants	0.13 ± 0.35	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.06 ± 0.57

Nutrition Care:

Nutrition Team	- units (00%) Yes	476 units (70%) Yes
Written procedures		
- individual	1 units (11%) Yes	421 units (62%) Yes
- local	4 units (44%) Yes	261 units (38%) Yes
- national	1 units (11%) Yes	234 units (35%) Yes
- other	- units (00%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	5 units (56%) Yes	484 units (71%) Yes
When requested	2 units (22%) Yes	385 units (57%) Yes
Once a week	- units (00%) Yes	249 units (37%) Yes
Occasionally	2 units (22%) Yes	59 units (09%) Yes
Never	1 units (11%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	124	14207
Patients who completed sheet 3a	120 (96.8%)	12770 (89.9%)
Patients who completed sheet 3b	120 (96.8%)	12319 (86.7%)
Demographic data:		
Age (years)	58 [19-89]	67 [2-105]
Female gender	62 (50.0%)	6921 (48.7%)
Weight (kg)	74.2 ± 19.4	69.6 ± 21.0
Height (cm)	168.9 ± 10.0	165.2 ± 14.5
BMI (kg/m ²)	26.1 ± 7.1	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	13 (10.5%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	15 (12.1%)	1251 (8.81%)
Postoperative patients	52 (41.9%)	3671 (25.8%)
Length of stay in Hospital (days):	9 [3-301]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	9 (7.26%)	1726 (12.1%)
Transferred to another hospital	4 (3.23%)	390 (2.75%)
Transferred to long-term care	1 (0.81%)	578 (4.07%)
Rehabilitation	-	366 (2.58%)
Discharge home	99 (79.8%)	9755 (68.7%)
Death	2 (1.61%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	9 (7.26%)	612 (4.31%)
Readmitted (n):	2 (1.61%)	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	4 (3.23%)	1136 (8.00%)
Parenteral nutrition	5 (4.03%)	640 (4.50%)
Enteral + parenteral nutrition	1 (0.81%)	140 (0.99%)
Special diet	42 (33.9%)	3640 (25.6%)
Protein supplement	11 (8.87%)	1363 (9.59%)
Hospital food	63 (50.8%)	8154 (57.4%)
Others	16 (12.9%)	778 (5.48%)
Missing	4 (3.23%)	587 (4.13%)
Lines & tubes (n)*:		
None	53 (42.7%)	9416 (66.3%)
Centralvenous	42 (33.9%)	1055 (7.43%)
Nasogastric tube	1 (0.81%)	326 (2.29%)
Any other (PEG, PEJ, ...)	28 (22.6%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	7 (5.65%)	1926 (13.6%)
Eye, ear	-	304 (2.14%)
Nose, throat	3 (2.42%)	388 (2.73%)
Heart, circulation	17 (13.7%)	2647 (18.6%)
Lung	7 (5.65%)	1961 (13.8%)
Liver	13 (10.5%)	913 (6.43%)
Gastrointestinal tract	56 (45.2%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	3 (2.42%)	1689 (11.9%)
Endocrine system	10 (8.06%)	1059 (7.45%)
Skeleton, bone, muscle	22 (17.7%)	2359 (16.6%)
Blood, bone marrow	3 (2.42%)	851 (5.99%)
Skin	4 (3.23%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	12 (9.68%)	3064 (21.6%)
Infection	13 (10.5%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	7 (5.65%)	1007 (7.09%)
No affected organ	4 (3.23%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	12 (9.68%)	2566 (18.1%)
Stroke	2 (1.61%)	798 (5.62%)
COPD	5 (4.03%)	883 (6.22%)
Myocardial infarction	1 (0.81%)	591 (4.16%)
Cardiac insufficiency	19 (15.3%)	1735 (12.2%)
Others	48 (38.7%)	5325 (37.5%)
No comorbidity	53 (42.7%)	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	119 (99.2%)	12269 (96.1%)
Yes	50 (41.7%)	5661 (44.3%)
No	39 (32.5%)	4638 (36.3%)
No, I've gained weight	17 (14.2%)	1067 (8.36%)
I don't know	13 (10.8%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	50 (41.7%)	5661 (44.3%)
0-4 kg	24 (20.0%)	2538 (19.9%)
5-8 kg	11 (9.17%)	1045 (8.18%)
> 8 kg	13 (10.8%)	1423 (11.1%)
Not sure	2 (1.67%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	50 (41.7%)	6081 (47.6%)
A bit less than normal	28 (23.3%)	2575 (20.2%)
Less than half of normal	32 (26.7%)	1838 (14.4%)
Less than a quarter to nearly nothing	10 (8.33%)	1716 (13.4%)
Missing	-	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	62 (51.7%)	6075 (47.6%)
Loss of appetite	33 (27.5%)	3243 (25.4%)
Problems with swallowing, mastication	14 (11.7%)	609 (4.77%)
Nausea	8 (6.67%)	1074 (8.41%)
Other reasons	16 (13.3%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	92 (76.7%)	7570 (59.3%)
No, only with assistance	17 (14.2%)	3323 (26.0%)
No, I stay in bed	11 (9.17%)	1417 (11.1%)
Missing	-	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	1 (0.83%)	341 (2.67%)
Good	4 (3.33%)	852 (6.67%)
Very good	43 (35.8%)	3898 (30.5%)
Fair	52 (43.3%)	4501 (35.2%)
Poor	15 (12.5%)	2543 (19.9%)
Missing	5 (4.17%)	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	69 (57.5%)	7557 (59.2%)
No	47 (39.2%)	3941 (30.9%)
- I was not hungry	30 (63.8%)	1936 (49.1%)
- Problems with swallowing / mastication	7 (14.9%)	326 (8.27%)
- Nausea	6 (12.8%)	671 (17.0%)
- Others	5 (10.6%)	969 (24.6%)
no answer	4 (3.33%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	106 (88.3%)	9318 (75.6%)
Drinks per patient & day (l)	0.37	0.55
Patients with supplements	14 (11.7%)	1147 (9.31%)
Supplements per patient & day (l)	0.03	0.04

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

Water	106 (88.3%)	7925 (64.3%)
Milk	6 (5.00%)	2062 (16.7%)
Fruit juice	26 (21.7%)	3006 (24.4%)
Tea, coffee	59 (49.2%)	4583 (37.2%)
Soft drinks	7 (5.83%)	746 (6.06%)

Lunch intake (n):

 All	41 (34.2%)	5174 (42.0%)
 1/2	35 (29.2%)	3053 (24.8%)
 1/4	13 (10.8%)	1890 (15.3%)
 Nothing	31 (25.8%)	1954 (15.9%)
? No answer	-	248 (2.01%)

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

I was not hungry	18 (22.8%)	2066 (28.9%)
I had nausea / vomiting	5 (6.33%)	685 (9.59%)
I was not allowed to eat	25 (31.6%)	702 (9.83%)
I kann not eat without help	1 (1.27%)	104 (1.46%)
I had an examination / surgery	4 (5.06%)	553 (7.74%)
I ordered a smaller portion	1 (1.27%)	136 (1.90%)
I was tired	1 (1.27%)	434 (6.07%)
I normaly eat less	3 (3.80%)	584 (8.17%)
I did not like the smell	4 (5.06%)	275 (3.85%)
I did not like the taste	20 (25.3%)	945 (13.2%)

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

Yes	62 (51.7%)	4578 (35.8%)
No	50 (41.7%)	7056 (55.3%)
No answer	8 (6.67%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	7 (11.3%)	1312 (28.7%)
Fresh fruits	26 (41.9%)	1918 (41.9%)
Sandwiches	5 (8.06%)	396 (8.65%)
Dairy products	32 (51.6%)	650 (14.2%)
Preferred dish	3 (4.84%)	522 (11.4%)
Sweets	6 (9.68%)	699 (15.3%)
Fruit Juice	9 (14.5%)	870 (19.0%)
Others	4 (6.45%)	901 (19.7%)

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

Yes	36 (30.0%)	8581 (67.2%)
-----	------------	--------------

Results referring to the total number of completed questionnaires