nutritionDay November 2011 in PORTUGAL

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:	25
Number of patients on nutritionDay:	736
Number of patients completing Sheet 3a:	734
Number of patients completing Sheet 3b:	724

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	49 ± 40	37 ± 50
Maximum	51 ± 41	38 ± 31
Number of patients on the nutritionDay (n):		
Total	736	14207
Did not give consent	3 (0.41%)	1205 (8.48%)
Needed help completing form	549 (74.6%)	8324 (58.6%)
Terminally ill	29 (3.94%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	7 (28.0%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	2 (8.00%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	3 (12.0%)	76 (11.2%)
Internal medicine / cardiology	-	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	1 (4.00%)	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	8 (32.0%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	-	39 (5.75%)
Trauma	1 (4.00%)	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	3 (12.0%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	11.64 ± 11.11	6.98 ± 10.34
Physicians per patient	0.24 ± 0.23	0.21 ± 0.27
Consultants	2.68 ± 4.73	3.16 ± 6.27
Consultants per patient	0.08 ± 0.16	0.10 ± 0.21
Registrars	4.88 ± 8.18	2.59 ± 4.52
Registrars per patient	0.09 ± 0.13	0.08 ± 0.17
Nurses	14.68 ± 17.88	9.92 ± 15.04
Nurses per patient	0.28 ± 0.24	0.27 ± 0.22
Nursing aides	7.80 ± 8.59	2.78 ± 4.15

nutritionDay
WORLDWIDE

Nursing aides per patient	0.15 ± 0.12	0.08 ± 0.14
Dieticians and dietetic assistants	1.36 ± 0.99	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.04	0.06 ± 0.57

Nutrition Care:

Nutrition Team	21 units (84%) Yes	476 units (70%) Yes
Written procedures		
- individual	15 units (60%) Yes	421 units (62%) Yes
- local	15 units (60%) Yes	261 units (38%) Yes
- national	8 units (32%) Yes	234 units (35%) Yes
- other	1 units (04%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	8 units (32%) Yes	484 units (71%) Yes
When requested	16 units (64%) Yes	385 units (57%) Yes
Once a week	2 units (08%) Yes	249 units (37%) Yes
Occasionally	8 units (32%) Yes	59 units (09%) Yes
Never	2 units (08%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Number of patients (n):		
Total	736	14207
Patients who completed sheet 3a	734 (99.7%)	12770 (89.9%)
Patients who completed sheet 3b	724 (98.4%)	12319 (86.7%)
Demographic data:		
Age (years)	66 [15-104]	67 [2-105]
Female gender	342 (46.5%)	6921 (48.7%)
Weight (kg)	68.8 ± 14.9	69.6 ± 21.0
Height (cm)	164.4 ± 8.6	165.2 ± 14.5
BMI (kg/m^2)	25.4 ± 4.9	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	38 (5.16%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	38 (5.16%)	1251 (8.81%)
Postoperative patients	195 (26.5%)	3671 (25.8%)
Length of stay in Hospital (days):	12 [2-388]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	56 (7.61%)	1726 (12.1%)
Transferred to another hospital	3 (0.41%)	390 (2.75%)
Transferred to long-term care	3 (0.41%)	578 (4.07%)
Rehabilitation	6 (0.82%)	366 (2.58%)
Discharge home	381 (51.8%)	9755 (68.7%)
Death	38 (5.16%)	576 (4.05%)
Others	6 (0.82%)	204 (1.44%)
Missing	243 (33.0%)	612 (4.31%)
Readmitted (n):	40 (5.43%)	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	22 (2.99%)	1136 (8.00%)
Parenteral nutrition	14 (1.90%)	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	103 (14.0%)	3640 (25.6%)
Protein supplement	30 (4.08%)	1363 (9.59%)
Hospital food	557 (75.7%)	8154 (57.4%)
Others	36 (4.89%)	778 (5.48%)
Missing	13 (1.77%)	587 (4.13%)
Lines & tubes (n)*:		
None	375 (51.0%)	9416 (66.3%)
Centralvenous	65 (8.83%)	1055 (7.43%)
Nasogastric tube	26 (3.53%)	326 (2.29%)
Any other (PEG, PEJ, ...)	270 (36.7%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	70 (9.51%)	1926 (13.6%)
Eye, ear	8 (1.09%)	304 (2.14%)
Nose, throat	12 (1.63%)	388 (2.73%)
Heart, circulation	92 (12.5%)	2647 (18.6%)
Lung	91 (12.4%)	1961 (13.8%)
Liver	39 (5.30%)	913 (6.43%)
Gastrointestinal tract	197 (26.8%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	89 (12.1%)	1689 (11.9%)
Endocrine system	42 (5.71%)	1059 (7.45%)
Skeleton, bone, muscle	109 (14.8%)	2359 (16.6%)
Blood, bone marrow	50 (6.79%)	851 (5.99%)
Skin	48 (6.52%)	466 (3.28%)
Ischaemia	14 (1.90%)	180 (1.27%)
Cancer	218 (29.6%)	3064 (21.6%)
Infection	57 (7.74%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	52 (7.07%)	1007 (7.09%)
No affected organ	7 (0.95%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	150 (20.4%)	2566 (18.1%)
Stroke	44 (5.98%)	798 (5.62%)
COPD	32 (4.35%)	883 (6.22%)
Myocardial infarction	13 (1.77%)	591 (4.16%)
Cardiac insufficiency	80 (10.9%)	1735 (12.2%)
Others	440 (59.8%)	5325 (37.5%)
No comorbidity	192 (26.1%)	5505 (38.7%)

Results in percent referring to the total number of patients

nutritionDay
WORLDWIDE

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**
Weight loss within the last 3 months (n):		
Total of patients answering	723 (98.5%)	12269 (96.1%)
Yes	345 (47.0%)	5661 (44.3%)
No	250 (34.1%)	4638 (36.3%)
No, I've gained weight	50 (6.81%)	1067 (8.36%)
I don't know	78 (10.6%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	345 (47.0%)	5661 (44.3%)
0-4 kg	138 (18.8%)	2538 (19.9%)
5-8 kg	59 (8.04%)	1045 (8.18%)
> 8 kg	82 (11.2%)	1423 (11.1%)
Not sure	60 (8.17%)	576 (4.51%)
Missing	6 (0.82%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	397 (54.1%)	6081 (47.6%)
A bit less than normal	124 (16.9%)	2575 (20.2%)
Less than half of normal	97 (13.2%)	1838 (14.4%)
Less than a quarter to nearly nothing	102 (13.9%)	1716 (13.4%)
Missing	14 (1.91%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	313 (42.6%)	6075 (47.6%)
Loss of appetite	171 (23.3%)	3243 (25.4%)
Problems with swallowing, mastication	24 (3.27%)	609 (4.77%)
Nausea	33 (4.50%)	1074 (8.41%)
Other reasons	126 (17.2%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	442 (60.2%)	7570 (59.3%)
No, only with assistance	208 (28.3%)	3323 (26.0%)
No, I stay in bed	73 (9.95%)	1417 (11.1%)
Missing	11 (1.50%)	460 (3.60%)
"In general would you say your health is"(n):		
Excellent	10 (1.36%)	341 (2.67%)
Good	24 (3.27%)	852 (6.67%)
Very good	161 (21.9%)	3898 (30.5%)
Fair	293 (39.9%)	4501 (35.2%)
Poor	210 (28.6%)	2543 (19.9%)
Missing	36 (4.90%)	635 (4.97%)

Results in percent referring to the total number of patients answering

nutritionDay
WORLDWIDE

	678 units, 14207 patients	
	YOUR RESULTS	**REFERENCE ND-11**

Hospital food intake:

„Is your appetite normal?" (n):

Yes	448 (61.0%)	7557 (59.2%)
No	217 (29.6%)	3941 (30.9%)
- I was not hungry	139 (64.1%)	1936 (49.1%)
- Problems with swallowing / mastication	13 (5.99%)	326 (8.27%)
- Nausea	37 (17.1%)	671 (17.0%)
- Others	30 (13.8%)	969 (24.6%)
no answer	59 (8.04%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	479 (66.2%)	9318 (75.6%)
Drinks per patient & day (l)	0.26	0.55
Patients with supplements	29 (4.01%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

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

Water	519 (71.7%)	7925 (64.3%)
Milk	125 (17.3%)	2062 (16.7%)
Fruit juice	69 (9.53%)	3006 (24.4%)
Tea, coffee	92 (12.7%)	4583 (37.2%)
Soft drinks	6 (0.83%)	746 (6.06%)

Lunch intake (n):

All	278 (38.4%)	5174 (42.0%)
1/2	195 (26.9%)	3053 (24.8%)
1/4	127 (17.5%)	1890 (15.3%)
Nothing	114 (15.7%)	1954 (15.9%)
? No answer	10 (1.38%)	248 (2.01%)

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

I was not hungry	182 (40.8%)	2066 (28.9%)
I had nausea / vomiting	38 (8.52%)	685 (9.59%)
I was not allowed to eat	36 (8.07%)	702 (9.83%)
I kann not eat without help	4 (0.90%)	104 (1.46%)
I had an examination / surgery	30 (6.73%)	553 (7.74%)
I ordered a smaller portion	9 (2.02%)	136 (1.90%)
I was tired	10 (2.24%)	434 (6.07%)
I normaly eat less	22 (4.93%)	584 (8.17%)
I did not like the smell	21 (4.71%)	275 (3.85%)
I did not like the taste	62 (13.9%)	945 (13.2%)

nutritionDay
WORLDWIDE

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

Yes	207 (28.2%)	4578 (35.8%)
No	476 (64.9%)	7056 (55.3%)
No answer	41 (5.59%)	685 (5.36%)

„What do you eat?" (n)*:

Cakes, biscuits	60 (29.0%)	1312 (28.7%)
Fresh fruits	98 (47.3%)	1918 (41.9%)
Sandwiches	9 (4.35%)	396 (8.65%)
Dairy products	66 (31.9%)	650 (14.2%)
Preferred dish	9 (4.35%)	522 (11.4%)
Sweets	19 (9.18%)	699 (15.3%)
Fruit Juice	35 (16.9%)	870 (19.0%)
Others	26 (12.6%)	901 (19.7%)

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

Yes	575 (78.3%)	8581 (67.2%)

Results referring to the total number of completed questionnaires

nutritionDay
WORLDWIDE