



nutritionDay November 2011 in SWEDEN

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:	169
Number of patients completing Sheet 3a:	130
Number of patients completing Sheet 3b:	129

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	20 ± 6	37 ± 50
Maximum	21 ± 7	38 ± 31
Number of patients on the nutritionDay (n):		
Total	169	14207
Did not give consent	13 (7.69%)	1205 (8.48%)
Needed help completing form	43 (25.4%)	8324 (58.6%)
Terminally ill	3 (1.78%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	3 (33.3%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	-	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	-	76 (11.2%)
Internal medicine / cardiology	2 (22.2%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	1 (11.1%)	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	2 (22.2%)	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	1 (11.1%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	1.56 ± 1.13	6.98 ± 10.34
Physicians per patient	0.07 ± 0.05	0.21 ± 0.27
Consultants	1.78 ± 1.39	3.16 ± 6.27
Consultants per patient	0.08 ± 0.05	0.10 ± 0.21
Registrars	0.89 ± 1.05	2.59 ± 4.52
Registrars per patient	0.05 ± 0.06	0.08 ± 0.17
Nurses	3.89 ± 1.45	9.92 ± 15.04
Nurses per patient	0.19 ± 0.04	0.27 ± 0.22
Nursing aides	4.67 ± 1.73	2.78 ± 4.15

Nursing aides per patient	0.22 ± 0.05	0.08 ± 0.14
Dieticians and dietetic assistants	0.11 ± 0.33	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.06 ± 0.57

Nutrition Care:

Nutrition Team	1 units (11%) Yes	476 units (70%) Yes
Written procedures		
- individual	5 units (56%) Yes	421 units (62%) Yes
- local	7 units (78%) Yes	261 units (38%) Yes
- national	- units (00%) Yes	234 units (35%) Yes
- other	1 units (11%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	7 units (78%) Yes	484 units (71%) Yes
When requested	9 units (100%) Yes	385 units (57%) Yes
Once a week	2 units (22%) Yes	249 units (37%) Yes
Occasionally	1 units (11%) 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	169	14207
Patients who completed sheet 3a	130 (76.9%)	12770 (89.9%)
Patients who completed sheet 3b	129 (76.3%)	12319 (86.7%)
Demographic data:		
Age (years)	77 [21-105]	67 [2-105]
Female gender	85 (50.3%)	6921 (48.7%)
Weight (kg)	74.1 ± 17.4	69.6 ± 21.0
Height (cm)	169.7 ± 11.0	165.2 ± 14.5
BMI (kg/m ²)	25.6 ± 5.1	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	7 (4.14%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	9 (5.33%)	1251 (8.81%)
Postoperative patients	32 (18.9%)	3671 (25.8%)
Length of stay in Hospital (days):	12 [2-61]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	9 (5.33%)	1726 (12.1%)
Transferred to another hospital	12 (7.10%)	390 (2.75%)
Transferred to long-term care	-	578 (4.07%)
Rehabilitation	2 (1.18%)	366 (2.58%)
Discharge home	120 (71.0%)	9755 (68.7%)
Death	7 (4.14%)	576 (4.05%)
Others	17 (10.1%)	204 (1.44%)
Missing	2 (1.18%)	612 (4.31%)
Readmitted (n):	16 (9.47%)	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	3 (1.78%)	1136 (8.00%)
Parenteral nutrition	21 (12.4%)	640 (4.50%)
Enteral + parenteral nutrition	-	140 (0.99%)
Special diet	23 (13.6%)	3640 (25.6%)
Protein supplement	44 (26.0%)	1363 (9.59%)
Hospital food	129 (76.3%)	8154 (57.4%)
Others	2 (1.18%)	778 (5.48%)
Missing	2 (1.18%)	587 (4.13%)
Lines & tubes (n)*:		
None	50 (29.6%)	9416 (66.3%)
Centralvenous	11 (6.51%)	1055 (7.43%)
Nasogastric tube	1 (0.59%)	326 (2.29%)
Any other (PEG, PEJ, ...)	107 (63.3%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	29 (17.2%)	1926 (13.6%)
Eye, ear	1 (0.59%)	304 (2.14%)
Nose, throat	2 (1.18%)	388 (2.73%)
Heart, circulation	34 (20.1%)	2647 (18.6%)
Lung	29 (17.2%)	1961 (13.8%)
Liver	3 (1.78%)	913 (6.43%)
Gastrointestinal tract	50 (29.6%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	9 (5.33%)	1689 (11.9%)
Endocrine system	8 (4.73%)	1059 (7.45%)
Skeleton, bone, muscle	17 (10.1%)	2359 (16.6%)
Blood, bone marrow	1 (0.59%)	851 (5.99%)
Skin	4 (2.37%)	466 (3.28%)
Ischaemia	3 (1.78%)	180 (1.27%)
Cancer	30 (17.8%)	3064 (21.6%)
Infection	25 (14.8%)	1078 (7.59%)
Pregnancy	1 (0.59%)	36 (0.25%)
Others	24 (14.2%)	1007 (7.09%)
No affected organ	2 (1.18%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	25 (14.8%)	2566 (18.1%)
Stroke	14 (8.28%)	798 (5.62%)
COPD	15 (8.88%)	883 (6.22%)
Myocardial infarction	25 (14.8%)	591 (4.16%)
Cardiac insufficiency	36 (21.3%)	1735 (12.2%)
Others	126 (74.6%)	5325 (37.5%)
No comorbidity	20 (11.8%)	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	129 (99.2%)	12269 (96.1%)
Yes	50 (38.5%)	5661 (44.3%)
No	64 (49.2%)	4638 (36.3%)
No, I've gained weight	7 (5.38%)	1067 (8.36%)
I don't know	8 (6.15%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	50 (38.5%)	5661 (44.3%)
0-4 kg	22 (16.9%)	2538 (19.9%)
5-8 kg	9 (6.92%)	1045 (8.18%)
> 8 kg	15 (11.5%)	1423 (11.1%)
Not sure	4 (3.08%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	58 (44.6%)	6081 (47.6%)
A bit less than normal	26 (20.0%)	2575 (20.2%)
Less than half of normal	23 (17.7%)	1838 (14.4%)
Less than a quarter to nearly nothing	21 (16.2%)	1716 (13.4%)
Missing	2 (1.54%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	69 (53.1%)	6075 (47.6%)
Loss of appetite	40 (30.8%)	3243 (25.4%)
Problems with swallowing, mastication	9 (6.92%)	609 (4.77%)
Nausea	15 (11.5%)	1074 (8.41%)
Other reasons	19 (14.6%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	71 (54.6%)	7570 (59.3%)
No, only with assistance	54 (41.5%)	3323 (26.0%)
No, I stay in bed	3 (2.31%)	1417 (11.1%)
Missing	2 (1.54%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	4 (3.08%)	341 (2.67%)
Good	8 (6.15%)	852 (6.67%)
Very good	23 (17.7%)	3898 (30.5%)
Fair	46 (35.4%)	4501 (35.2%)
Poor	45 (34.6%)	2543 (19.9%)
Missing	4 (3.08%)	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	73 (56.2%)	7557 (59.2%)
No	43 (33.1%)	3941 (30.9%)
- I was not hungry	22 (51.2%)	1936 (49.1%)
- Problems with swallowing / mastication	1 (2.33%)	326 (8.27%)
- Nausea	12 (27.9%)	671 (17.0%)
- Others	10 (23.3%)	969 (24.6%)
no answer	13 (10.0%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	113 (87.6%)	9318 (75.6%)
Drinks per patient & day (l)	0.33	0.55
Patients with supplements	27 (20.9%)	1147 (9.31%)
Supplements per patient & day (l)	0.02	0.04

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

Water	54 (41.9%)	7925 (64.3%)
Milk	45 (34.9%)	2062 (16.7%)
Fruit juice	26 (20.2%)	3006 (24.4%)
Tea, coffee	19 (14.7%)	4583 (37.2%)
Soft drinks	29 (22.5%)	746 (6.06%)

Lunch intake (n):

 All	63 (48.8%)	5174 (42.0%)
 1/2	32 (24.8%)	3053 (24.8%)
 1/4	14 (10.9%)	1890 (15.3%)
 Nothing	19 (14.7%)	1954 (15.9%)
? No answer	1 (0.78%)	248 (2.01%)

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

I was not hungry	15 (22.7%)	2066 (28.9%)
I had nausea / vomiting	6 (9.09%)	685 (9.59%)
I was not allowed to eat	13 (19.7%)	702 (9.83%)
I kann not eat without help	-	104 (1.46%)
I had an examination / surgery	-	553 (7.74%)
I ordered a smaller portion	-	136 (1.90%)
I was tired	4 (6.06%)	434 (6.07%)
I normaly eat less	2 (3.03%)	584 (8.17%)
I did not like the smell	1 (1.52%)	275 (3.85%)
I did not like the taste	6 (9.09%)	945 (13.2%)

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

Yes	19 (14.6%)	4578 (35.8%)
No	99 (76.2%)	7056 (55.3%)
No answer	11 (8.46%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	3 (15.8%)	1312 (28.7%)
Fresh fruits	8 (42.1%)	1918 (41.9%)
Sandwiches	4 (21.1%)	396 (8.65%)
Dairy products	3 (15.8%)	650 (14.2%)
Preferred dish	2 (10.5%)	522 (11.4%)
Sweets	7 (36.8%)	699 (15.3%)
Fruit Juice	3 (15.8%)	870 (19.0%)
Others	2 (10.5%)	901 (19.7%)

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

Yes	74 (56.9%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires