



nutritionDay November 2011 in SINGAPORE

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:	17
Number of patients on nutritionDay:	506
Number of patients completing Sheet 3a:	502
Number of patients completing Sheet 3b:	445

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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Karin Schindler

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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	35 ± 7	37 ± 50
Maximum	36 ± 7	38 ± 31
Number of patients on the nutritionDay (n):		
Total	506	14207
Did not give consent	-	1205 (8.48%)
Needed help completing form	375 (74.1%)	8324 (58.6%)
Terminally ill	24 (4.74%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	5 (29.4%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	1 (5.88%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	-	76 (11.2%)
Internal medicine / cardiology	1 (5.88%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	2 (11.8%)	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	3 (17.6%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	4 (23.5%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	1 (5.88%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	7.29 ± 8.86	6.98 ± 10.34
Physicians per patient	0.23 ± 0.31	0.21 ± 0.27
Consultants	5.88 ± 4.69	3.16 ± 6.27
Consultants per patient	0.18 ± 0.18	0.10 ± 0.21
Registrars	3.94 ± 4.74	2.59 ± 4.52
Registrars per patient	0.12 ± 0.16	0.08 ± 0.17
Nurses	7.53 ± 3.30	9.92 ± 15.04
Nurses per patient	0.21 ± 0.09	0.27 ± 0.22
Nursing aides	4.29 ± 2.66	2.78 ± 4.15

Nursing aides per patient	0.12 ± 0.08	0.08 ± 0.14
Dieticians and dietetic assistants	0.97 ± 0.12	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.03 ± 0.01	0.06 ± 0.57

Nutrition Care:

Nutrition Team	11 units (65%) Yes	476 units (70%) Yes
Written procedures		
- individual	15 units (88%) Yes	421 units (62%) Yes
- local	- units (00%) Yes	261 units (38%) Yes
- national	- units (00%) Yes	234 units (35%) Yes
- other	1 units (06%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	14 units (82%) Yes	484 units (71%) Yes
When requested	6 units (35%) Yes	385 units (57%) Yes
Once a week	14 units (82%) Yes	249 units (37%) Yes
Occasionally	- units (00%) 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	506	14207
Patients who completed sheet 3a	502 (99.2%)	12770 (89.9%)
Patients who completed sheet 3b	445 (87.9%)	12319 (86.7%)
Demographic data:		
Age (years)	69 [17-105]	67 [2-105]
Female gender	235 (46.4%)	6921 (48.7%)
Weight (kg)	60.3 ± 14.9	69.6 ± 21.0
Height (cm)	160.5 ± 10.2	165.2 ± 14.5
BMI (kg/m ²)	23.4 ± 5.4	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	28 (5.53%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	21 (4.15%)	1251 (8.81%)
Postoperative patients	87 (17.2%)	3671 (25.8%)
Length of stay in Hospital (days):	9 [1-383]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	45 (8.89%)	1726 (12.1%)
Transferred to another hospital	6 (1.19%)	390 (2.75%)
Transferred to long-term care	30 (5.93%)	578 (4.07%)
Rehabilitation	8 (1.58%)	366 (2.58%)
Discharge home	395 (78.1%)	9755 (68.7%)
Death	17 (3.36%)	576 (4.05%)
Others	4 (0.79%)	204 (1.44%)
Missing	1 (0.20%)	612 (4.31%)
Readmitted (n):	30 (5.93%)	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	49 (9.68%)	1136 (8.00%)
Parenteral nutrition	-	640 (4.50%)
Enteral + parenteral nutrition	1 (0.20%)	140 (0.99%)
Special diet	252 (49.8%)	3640 (25.6%)
Protein supplement	9 (1.78%)	1363 (9.59%)
Hospital food	187 (37.0%)	8154 (57.4%)
Others	19 (3.75%)	778 (5.48%)
Missing	-	587 (4.13%)
Lines & tubes (n)*:		
None	355 (70.2%)	9416 (66.3%)
Centralvenous	5 (0.99%)	1055 (7.43%)
Nasogastric tube	46 (9.09%)	326 (2.29%)
Any other (PEG, PEJ, ...)	100 (19.8%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	102 (20.2%)	1926 (13.6%)
Eye, ear	18 (3.56%)	304 (2.14%)
Nose, throat	12 (2.37%)	388 (2.73%)
Heart, circulation	151 (29.8%)	2647 (18.6%)
Lung	100 (19.8%)	1961 (13.8%)
Liver	32 (6.32%)	913 (6.43%)
Gastrointestinal tract	73 (14.4%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	74 (14.6%)	1689 (11.9%)
Endocrine system	100 (19.8%)	1059 (7.45%)
Skeleton, bone, muscle	134 (26.5%)	2359 (16.6%)
Blood, bone marrow	16 (3.16%)	851 (5.99%)
Skin	32 (6.32%)	466 (3.28%)
Ischaemia	11 (2.17%)	180 (1.27%)
Cancer	19 (3.75%)	3064 (21.6%)
Infection	90 (17.8%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	27 (5.34%)	1007 (7.09%)
No affected organ	3 (0.59%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	147 (29.1%)	2566 (18.1%)
Stroke	65 (12.8%)	798 (5.62%)
COPD	20 (3.95%)	883 (6.22%)
Myocardial infarction	33 (6.52%)	591 (4.16%)
Cardiac insufficiency	64 (12.6%)	1735 (12.2%)
Others	269 (53.2%)	5325 (37.5%)
No comorbidity	109 (21.5%)	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	499 (99.4%)	12269 (96.1%)
Yes	109 (21.7%)	5661 (44.3%)
No	199 (39.6%)	4638 (36.3%)
No, I've gained weight	18 (3.59%)	1067 (8.36%)
I don't know	173 (34.5%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	109 (21.7%)	5661 (44.3%)
0-4 kg	52 (10.4%)	2538 (19.9%)
5-8 kg	11 (2.19%)	1045 (8.18%)
> 8 kg	20 (3.98%)	1423 (11.1%)
Not sure	23 (4.58%)	576 (4.51%)
Missing	3 (0.60%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	301 (60.0%)	6081 (47.6%)
A bit less than normal	79 (15.7%)	2575 (20.2%)
Less than half of normal	67 (13.3%)	1838 (14.4%)
Less than a quarter to nearly nothing	26 (5.18%)	1716 (13.4%)
Missing	29 (5.78%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	169 (33.7%)	6075 (47.6%)
Loss of appetite	92 (18.3%)	3243 (25.4%)
Problems with swallowing, mastication	16 (3.19%)	609 (4.77%)
Nausea	7 (1.39%)	1074 (8.41%)
Other reasons	55 (11.0%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	231 (46.0%)	7570 (59.3%)
No, only with assistance	164 (32.7%)	3323 (26.0%)
No, I stay in bed	92 (18.3%)	1417 (11.1%)
Missing	15 (2.99%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	7 (1.39%)	341 (2.67%)
Good	36 (7.17%)	852 (6.67%)
Very good	191 (38.0%)	3898 (30.5%)
Fair	166 (33.1%)	4501 (35.2%)
Poor	59 (11.8%)	2543 (19.9%)
Missing	43 (8.57%)	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	327 (65.1%)	7557 (59.2%)
No	91 (18.1%)	3941 (30.9%)
- I was not hungry	39 (42.9%)	1936 (49.1%)
- Problems with swallowing / mastication	3 (3.30%)	326 (8.27%)
- Nausea	14 (15.4%)	671 (17.0%)
- Others	30 (33.0%)	969 (24.6%)
no answer	27 (5.38%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	379 (85.2%)	9318 (75.6%)
Drinks per patient & day (l)	0.18	0.55
Patients with supplements	14 (3.15%)	1147 (9.31%)
Supplements per patient & day (l)	0.01	0.04

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

Water	383 (86.1%)	7925 (64.3%)
Milk	11 (2.47%)	2062 (16.7%)
Fruit juice	13 (2.92%)	3006 (24.4%)
Tea, coffee	36 (8.09%)	4583 (37.2%)
Soft drinks	-	746 (6.06%)

Lunch intake (n):

 All	238 (53.5%)	5174 (42.0%)
 1/2	110 (24.7%)	3053 (24.8%)
 1/4	45 (10.1%)	1890 (15.3%)
 Nothing	50 (11.2%)	1954 (15.9%)
? No answer	2 (0.45%)	248 (2.01%)

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

I was not hungry	79 (38.2%)	2066 (28.9%)
I had nausea / vomiting	13 (6.28%)	685 (9.59%)
I was not allowed to eat	10 (4.83%)	702 (9.83%)
I kann not eat without help	5 (2.42%)	104 (1.46%)
I had an examination / surgery	17 (8.21%)	553 (7.74%)
I ordered a smaller portion	4 (1.93%)	136 (1.90%)
I was tired	11 (5.31%)	434 (6.07%)
I normaly eat less	25 (12.1%)	584 (8.17%)
I did not like the smell	3 (1.45%)	275 (3.85%)
I did not like the taste	21 (10.1%)	945 (13.2%)

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

Yes	103 (20.5%)	4578 (35.8%)
No	327 (65.1%)	7056 (55.3%)
No answer	15 (2.99%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	21 (20.4%)	1312 (28.7%)
Fresh fruits	30 (29.1%)	1918 (41.9%)
Sandwiches	13 (12.6%)	396 (8.65%)
Dairy products	2 (1.94%)	650 (14.2%)
Preferred dish	16 (15.5%)	522 (11.4%)
Sweets	3 (2.91%)	699 (15.3%)
Fruit Juice	8 (7.77%)	870 (19.0%)
Others	30 (29.1%)	901 (19.7%)

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

Yes	359 (71.5%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires