



nutritionDay November 2011 in SLOVENIA

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:	13
Number of patients on nutritionDay:	343
Number of patients completing Sheet 3a:	302
Number of patients completing Sheet 3b:	297

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	43 ± 49	37 ± 50
Maximum	49 ± 57	38 ± 31
Number of patients on the nutritionDay (n):		
Total	343	14207
Did not give consent	36 (10.5%)	1205 (8.48%)
Needed help completing form	210 (61.2%)	8324 (58.6%)
Terminally ill	12 (3.50%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	1 (7.69%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	5 (38.5%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	4 (30.8%)	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	1 (7.69%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	-	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 (15.4%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	6.46 ± 4.20	6.98 ± 10.34
Physicians per patient	0.22 ± 0.17	0.21 ± 0.27
Consultants	3.89 ± 3.48	3.16 ± 6.27
Consultants per patient	0.13 ± 0.10	0.10 ± 0.21
Registrars	3.18 ± 3.97	2.59 ± 4.52
Registrars per patient	0.10 ± 0.10	0.08 ± 0.17
Nurses	10.62 ± 15.01	9.92 ± 15.04
Nurses per patient	0.18 ± 0.07	0.27 ± 0.22
Nursing aides	0.50 ± 0.97	2.78 ± 4.15

Nursing aides per patient	0.01 ± 0.02	0.08 ± 0.14
Dieticians and dietetic assistants	0.44 ± 0.43	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.01 ± 0.01	0.06 ± 0.57

Nutrition Care:

Nutrition Team	10 units (77%) Yes	476 units (70%) Yes
Written procedures		
- individual	9 units (69%) Yes	421 units (62%) Yes
- local	2 units (15%) Yes	261 units (38%) Yes
- national	3 units (23%) Yes	234 units (35%) Yes
- other	2 units (15%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	9 units (69%) Yes	484 units (71%) Yes
When requested	4 units (31%) Yes	385 units (57%) Yes
Once a week	6 units (46%) Yes	249 units (37%) Yes
Occasionally	2 units (15%) Yes	59 units (09%) Yes
Never	1 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	343	14207
Patients who completed sheet 3a	302 (88.0%)	12770 (89.9%)
Patients who completed sheet 3b	297 (86.6%)	12319 (86.7%)
Demographic data:		
Age (years)	63 [22-94]	67 [2-105]
Female gender	158 (46.1%)	6921 (48.7%)
Weight (kg)	73.7 ± 17.7	69.6 ± 21.0
Height (cm)	168.6 ± 9.4	165.2 ± 14.5
BMI (kg/m ²)	25.8 ± 5.5	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	34 (9.91%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	26 (7.58%)	1251 (8.81%)
Postoperative patients	29 (8.45%)	3671 (25.8%)
Length of stay in Hospital (days):	15 [2-69]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	15 (4.37%)	1726 (12.1%)
Transferred to another hospital	14 (4.08%)	390 (2.75%)
Transferred to long-term care	5 (1.46%)	578 (4.07%)
Rehabilitation	4 (1.17%)	366 (2.58%)
Discharge home	265 (77.3%)	9755 (68.7%)
Death	12 (3.50%)	576 (4.05%)
Others	2 (0.58%)	204 (1.44%)
Missing	26 (7.58%)	612 (4.31%)
Readmitted (n):	50 (14.6%)	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	36 (10.5%)	1136 (8.00%)
Parenteral nutrition	14 (4.08%)	640 (4.50%)
Enteral + parenteral nutrition	7 (2.04%)	140 (0.99%)
Special diet	74 (21.6%)	3640 (25.6%)
Protein supplement	21 (6.12%)	1363 (9.59%)
Hospital food	237 (69.1%)	8154 (57.4%)
Others	9 (2.62%)	778 (5.48%)
Missing	5 (1.46%)	587 (4.13%)
Lines & tubes (n)*:		
None	220 (64.1%)	9416 (66.3%)
Centralvenous	18 (5.25%)	1055 (7.43%)
Nasogastric tube	3 (0.87%)	326 (2.29%)
Any other (PEG, PEJ, ...)	102 (29.7%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	42 (12.2%)	1926 (13.6%)
Eye, ear	2 (0.58%)	304 (2.14%)
Nose, throat	7 (2.04%)	388 (2.73%)
Heart, circulation	23 (6.71%)	2647 (18.6%)
Lung	73 (21.3%)	1961 (13.8%)
Liver	41 (12.0%)	913 (6.43%)
Gastrointestinal tract	86 (25.1%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	22 (6.41%)	1689 (11.9%)
Endocrine system	4 (1.17%)	1059 (7.45%)
Skeleton, bone, muscle	13 (3.79%)	2359 (16.6%)
Blood, bone marrow	3 (0.87%)	851 (5.99%)
Skin	6 (1.75%)	466 (3.28%)
Ischaemia	-	180 (1.27%)
Cancer	147 (42.9%)	3064 (21.6%)
Infection	8 (2.33%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	33 (9.62%)	1007 (7.09%)
No affected organ	5 (1.46%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	44 (12.8%)	2566 (18.1%)
Stroke	23 (6.71%)	798 (5.62%)
COPD	18 (5.25%)	883 (6.22%)
Myocardial infarction	7 (2.04%)	591 (4.16%)
Cardiac insufficiency	21 (6.12%)	1735 (12.2%)
Others	227 (66.2%)	5325 (37.5%)
No comorbidity	50 (14.6%)	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	297 (98.3%)	12269 (96.1%)
Yes	128 (42.4%)	5661 (44.3%)
No	131 (43.4%)	4638 (36.3%)
No, I've gained weight	25 (8.28%)	1067 (8.36%)
I don't know	13 (4.30%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	128 (42.4%)	5661 (44.3%)
0-4 kg	57 (18.9%)	2538 (19.9%)
5-8 kg	35 (11.6%)	1045 (8.18%)
> 8 kg	33 (10.9%)	1423 (11.1%)
Not sure	3 (0.99%)	576 (4.51%)
Missing	-	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	140 (46.4%)	6081 (47.6%)
A bit less than normal	78 (25.8%)	2575 (20.2%)
Less than half of normal	50 (16.6%)	1838 (14.4%)
Less than a quarter to nearly nothing	28 (9.27%)	1716 (13.4%)
Missing	6 (1.99%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	155 (51.3%)	6075 (47.6%)
Loss of appetite	90 (29.8%)	3243 (25.4%)
Problems with swallowing, mastication	14 (4.64%)	609 (4.77%)
Nausea	37 (12.3%)	1074 (8.41%)
Other reasons	50 (16.6%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	222 (73.5%)	7570 (59.3%)
No, only with assistance	58 (19.2%)	3323 (26.0%)
No, I stay in bed	18 (5.96%)	1417 (11.1%)
Missing	4 (1.32%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	6 (1.99%)	341 (2.67%)
Good	24 (7.95%)	852 (6.67%)
Very good	114 (37.7%)	3898 (30.5%)
Fair	67 (22.2%)	4501 (35.2%)
Poor	83 (27.5%)	2543 (19.9%)
Missing	8 (2.65%)	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	199 (65.9%)	7557 (59.2%)
No	83 (27.5%)	3941 (30.9%)
- I was not hungry	50 (60.2%)	1936 (49.1%)
- Problems with swallowing / mastication	9 (10.8%)	326 (8.27%)
- Nausea	21 (25.3%)	671 (17.0%)
- Others	17 (20.5%)	969 (24.6%)
no answer	15 (4.97%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	224 (75.4%)	9318 (75.6%)
Drinks per patient & day (l)	0.64	0.55
Patients with supplements	34 (11.4%)	1147 (9.31%)
Supplements per patient & day (l)	0.04	0.04

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

Water	185 (62.3%)	7925 (64.3%)
Milk	56 (18.9%)	2062 (16.7%)
Fruit juice	80 (26.9%)	3006 (24.4%)
Tea, coffee	194 (65.3%)	4583 (37.2%)
Soft drinks	15 (5.05%)	746 (6.06%)

Lunch intake (n):

 All	109 (36.7%)	5174 (42.0%)
 1/2	103 (34.7%)	3053 (24.8%)
 1/4	64 (21.5%)	1890 (15.3%)
 Nothing	18 (6.06%)	1954 (15.9%)
? No answer	3 (1.01%)	248 (2.01%)

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

I was not hungry	57 (30.3%)	2066 (28.9%)
I had nausea / vomiting	21 (11.2%)	685 (9.59%)
I was not allowed to eat	4 (2.13%)	702 (9.83%)
I kann not eat without help	4 (2.13%)	104 (1.46%)
I had an examination / surgery	8 (4.26%)	553 (7.74%)
I ordered a smaller portion	1 (0.53%)	136 (1.90%)
I was tired	13 (6.91%)	434 (6.07%)
I normaly eat less	23 (12.2%)	584 (8.17%)
I did not like the smell	23 (12.2%)	275 (3.85%)
I did not like the taste	32 (17.0%)	945 (13.2%)

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

Yes	143 (47.4%)	4578 (35.8%)
No	147 (48.7%)	7056 (55.3%)
No answer	7 (2.32%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	28 (19.6%)	1312 (28.7%)
Fresh fruits	101 (70.6%)	1918 (41.9%)
Sandwiches	21 (14.7%)	396 (8.65%)
Dairy products	25 (17.5%)	650 (14.2%)
Preferred dish	10 (6.99%)	522 (11.4%)
Sweets	14 (9.79%)	699 (15.3%)
Fruit Juice	36 (25.2%)	870 (19.0%)
Others	8 (5.59%)	901 (19.7%)

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

Yes	209 (69.2%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires