



nutritionDay November 2011 in THAILAND

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:	15
Number of patients on nutritionDay:	308
Number of patients completing Sheet 3a:	216
Number of patients completing Sheet 3b:	217

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	26 ± 7	37 ± 50
Maximum	29 ± 10	38 ± 31
Number of patients on the nutritionDay (n):		
Total	308	14207
Did not give consent	46 (14.9%)	1205 (8.48%)
Needed help completing form	153 (49.7%)	8324 (58.6%)
Terminally ill	9 (2.92%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	5 (33.3%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	1 (6.67%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	3 (20.0%)	76 (11.2%)
Internal medicine / cardiology	2 (13.3%)	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 (6.67%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	-	18 (2.65%)
General surgery	2 (13.3%)	111 (16.4%)
Cardiothoracic surgery	-	17 (2.51%)
Orthopedic surgery	1 (6.67%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	-	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	-	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	11.07 ± 10.83	6.98 ± 10.34
Physicians per patient	0.37 ± 0.28	0.21 ± 0.27
Consultants	15.33 ± 10.63	3.16 ± 6.27
Consultants per patient	0.53 ± 0.29	0.10 ± 0.21
Registrars	0.00 ± 0.00	2.59 ± 4.52
Registrars per patient	0.00 ± 0.00	0.08 ± 0.17
Nurses	5.47 ± 2.20	9.92 ± 15.04
Nurses per patient	0.19 ± 0.04	0.27 ± 0.22
Nursing aides	4.40 ± 1.40	2.78 ± 4.15

Nursing aides per patient	0.16 ± 0.06	0.08 ± 0.14
Dieticians and dietetic assistants	1.07 ± 0.92	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.04	0.06 ± 0.57

Nutrition Care:

Nutrition Team	13 units (87%) Yes	476 units (70%) Yes
Written procedures		
- individual	2 units (13%) Yes	421 units (62%) Yes
- local	6 units (40%) Yes	261 units (38%) Yes
- national	1 units (07%) Yes	234 units (35%) Yes
- other	2 units (13%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	13 units (87%) Yes	484 units (71%) Yes
When requested	11 units (73%) Yes	385 units (57%) Yes
Once a week	9 units (60%) Yes	249 units (37%) Yes
Occasionally	6 units (40%) 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	308	14207
Patients who completed sheet 3a	216 (70.1%)	12770 (89.9%)
Patients who completed sheet 3b	217 (70.5%)	12319 (86.7%)
Demographic data:		
Age (years)	63 [2-103]	67 [2-105]
Female gender	155 (50.3%)	6921 (48.7%)
Weight (kg)	61.6 ± 16.6	69.6 ± 21.0
Height (cm)	161.6 ± 8.4	165.2 ± 14.5
BMI (kg/m ²)	23.4 ± 5.4	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	1 (0.32%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	16 (5.19%)	1251 (8.81%)
Postoperative patients	67 (21.8%)	3671 (25.8%)
Length of stay in Hospital (days):	21 [3-288]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	65 (21.1%)	1726 (12.1%)
Transferred to another hospital	2 (0.65%)	390 (2.75%)
Transferred to long-term care	1 (0.32%)	578 (4.07%)
Rehabilitation	-	366 (2.58%)
Discharge home	198 (64.3%)	9755 (68.7%)
Death	9 (2.92%)	576 (4.05%)
Others	-	204 (1.44%)
Missing	33 (10.7%)	612 (4.31%)
Readmitted (n):	26 (8.44%)	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	50 (16.2%)	1136 (8.00%)
Parenteral nutrition	6 (1.95%)	640 (4.50%)
Enteral + parenteral nutrition	2 (0.65%)	140 (0.99%)
Special diet	61 (19.8%)	3640 (25.6%)
Protein supplement	33 (10.7%)	1363 (9.59%)
Hospital food	117 (38.0%)	8154 (57.4%)
Others	10 (3.25%)	778 (5.48%)
Missing	84 (27.3%)	587 (4.13%)
Lines & tubes (n)*:		
None	249 (80.8%)	9416 (66.3%)
Centralvenous	3 (0.97%)	1055 (7.43%)
Nasogastric tube	38 (12.3%)	326 (2.29%)
Any other (PEG, PEJ, ...)	18 (5.84%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	45 (14.6%)	1926 (13.6%)
Eye, ear	-	304 (2.14%)
Nose, throat	7 (2.27%)	388 (2.73%)
Heart, circulation	42 (13.6%)	2647 (18.6%)
Lung	50 (16.2%)	1961 (13.8%)
Liver	12 (3.90%)	913 (6.43%)
Gastrointestinal tract	61 (19.8%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	36 (11.7%)	1689 (11.9%)
Endocrine system	30 (9.74%)	1059 (7.45%)
Skeleton, bone, muscle	35 (11.4%)	2359 (16.6%)
Blood, bone marrow	28 (9.09%)	851 (5.99%)
Skin	8 (2.60%)	466 (3.28%)
Ischaemia	14 (4.55%)	180 (1.27%)
Cancer	94 (30.5%)	3064 (21.6%)
Infection	46 (14.9%)	1078 (7.59%)
Pregnancy	-	36 (0.25%)
Others	7 (2.27%)	1007 (7.09%)
No affected organ	83 (26.9%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	50 (16.2%)	2566 (18.1%)
Stroke	20 (6.49%)	798 (5.62%)
COPD	7 (2.27%)	883 (6.22%)
Myocardial infarction	20 (6.49%)	591 (4.16%)
Cardiac insufficiency	21 (6.82%)	1735 (12.2%)
Others	75 (24.4%)	5325 (37.5%)
No comorbidity	171 (55.5%)	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	213 (98.6%)	12269 (96.1%)
Yes	100 (46.3%)	5661 (44.3%)
No	65 (30.1%)	4638 (36.3%)
No, I've gained weight	18 (8.33%)	1067 (8.36%)
I don't know	30 (13.9%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	100 (46.3%)	5661 (44.3%)
0-4 kg	56 (25.9%)	2538 (19.9%)
5-8 kg	21 (9.72%)	1045 (8.18%)
> 8 kg	18 (8.33%)	1423 (11.1%)
Not sure	4 (1.85%)	576 (4.51%)
Missing	1 (0.46%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	111 (51.4%)	6081 (47.6%)
A bit less than normal	29 (13.4%)	2575 (20.2%)
Less than half of normal	36 (16.7%)	1838 (14.4%)
Less than a quarter to nearly nothing	40 (18.5%)	1716 (13.4%)
Missing	-	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	110 (50.9%)	6075 (47.6%)
Loss of appetite	55 (25.5%)	3243 (25.4%)
Problems with swallowing, mastication	12 (5.56%)	609 (4.77%)
Nausea	12 (5.56%)	1074 (8.41%)
Other reasons	44 (20.4%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	92 (42.6%)	7570 (59.3%)
No, only with assistance	43 (19.9%)	3323 (26.0%)
No, I stay in bed	79 (36.6%)	1417 (11.1%)
Missing	2 (0.93%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	8 (3.70%)	341 (2.67%)
Good	16 (7.41%)	852 (6.67%)
Very good	80 (37.0%)	3898 (30.5%)
Fair	81 (37.5%)	4501 (35.2%)
Poor	25 (11.6%)	2543 (19.9%)
Missing	6 (2.78%)	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	113 (52.3%)	7557 (59.2%)
No	82 (38.0%)	3941 (30.9%)
- I was not hungry	42 (51.2%)	1936 (49.1%)
- Problems with swallowing / mastication	6 (7.32%)	326 (8.27%)
- Nausea	10 (12.2%)	671 (17.0%)
- Others	26 (31.7%)	969 (24.6%)
no answer	22 (10.2%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	167 (77.0%)	9318 (75.6%)
Drinks per patient & day (l)	0.26	0.55
Patients with supplements	31 (14.3%)	1147 (9.31%)
Supplements per patient & day (l)	0.06	0.04

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

Water	146 (67.3%)	7925 (64.3%)
Milk	21 (9.68%)	2062 (16.7%)
Fruit juice	42 (19.4%)	3006 (24.4%)
Tea, coffee	20 (9.22%)	4583 (37.2%)
Soft drinks	9 (4.15%)	746 (6.06%)

Lunch intake (n):

 All	94 (43.3%)	5174 (42.0%)
 1/2	47 (21.7%)	3053 (24.8%)
 1/4	40 (18.4%)	1890 (15.3%)
 Nothing	34 (15.7%)	1954 (15.9%)
? No answer	2 (0.92%)	248 (2.01%)

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

I was not hungry	34 (27.6%)	2066 (28.9%)
I had nausea / vomiting	10 (8.13%)	685 (9.59%)
I was not allowed to eat	21 (17.1%)	702 (9.83%)
I kann not eat without help	1 (0.81%)	104 (1.46%)
I had an examination / surgery	5 (4.07%)	553 (7.74%)
I ordered a smaller portion	-	136 (1.90%)
I was tired	7 (5.69%)	434 (6.07%)
I normaly eat less	6 (4.88%)	584 (8.17%)
I did not like the smell	7 (5.69%)	275 (3.85%)
I did not like the taste	21 (17.1%)	945 (13.2%)

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

Yes	99 (45.8%)	4578 (35.8%)
No	99 (45.8%)	7056 (55.3%)
No answer	19 (8.80%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	13 (13.1%)	1312 (28.7%)
Fresh fruits	49 (49.5%)	1918 (41.9%)
Sandwiches	5 (5.05%)	396 (8.65%)
Dairy products	14 (14.1%)	650 (14.2%)
Preferred dish	22 (22.2%)	522 (11.4%)
Sweets	5 (5.05%)	699 (15.3%)
Fruit Juice	10 (10.1%)	870 (19.0%)
Others	14 (14.1%)	901 (19.7%)

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

Yes	161 (74.5%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires