



nutritionDay
WORLDWIDE

Country report

nutritionDay November 2011 in TURKEY

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:	96
Number of patients on nutritionDay:	2213
Number of patients completing Sheet 3a:	2142
Number of patients completing Sheet 3b:	2133

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

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	70 ± 274	37 ± 50
Maximum	47 ± 42	38 ± 31
Number of patients on the nutritionDay (n):		
Total	2213	14207
Did not give consent	23 (1.04%)	1205 (8.48%)
Needed help completing form	1663 (75.1%)	8324 (58.6%)
Terminally ill	85 (3.84%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	7 (7.29%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	9 (9.38%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	6 (6.25%)	76 (11.2%)
Internal medicine / cardiology	4 (4.17%)	38 (5.60%)
Internal medicine / infectious diseases	2 (2.08%)	8 (1.18%)
Internal medicine / geriatrics	-	54 (7.96%)
Internal medicine / nephrology	1 (1.04%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	3 (3.13%)	26 (3.83%)
Psychiatry	-	4 (0.59%)
Ear Nose Throat (ENT)	5 (5.21%)	18 (2.65%)
General surgery	35 (36.5%)	111 (16.4%)
Cardiothoracic surgery	5 (5.21%)	17 (2.51%)
Orthopedic surgery	3 (3.13%)	39 (5.75%)
Trauma	-	7 (1.03%)
Neurosurgery	2 (2.08%)	11 (1.62%)
Gynecology	-	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	14 (14.6%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	11.17 ± 22.96	6.98 ± 10.34
Physicians per patient	0.23 ± 0.23	0.21 ± 0.27
Consultants	6.07 ± 6.12	3.16 ± 6.27
Consultants per patient	0.15 ± 0.13	0.10 ± 0.21
Registrars	8.16 ± 8.90	2.59 ± 4.52
Registrars per patient	0.19 ± 0.15	0.08 ± 0.17
Nurses	13.46 ± 15.29	9.92 ± 15.04
Nurses per patient	0.30 ± 0.19	0.27 ± 0.22
Nursing aides	1.29 ± 3.02	2.78 ± 4.15

Nursing aides per patient	0.03 ± 0.09	0.08 ± 0.14
Dieticians and dietetic assistants	1.29 ± 1.92	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.07	0.06 ± 0.57

Nutrition Care:

Nutrition Team	80 units (83%) Yes	476 units (70%) Yes
Written procedures		
- individual	45 units (47%) Yes	421 units (62%) Yes
- local	17 units (18%) Yes	261 units (38%) Yes
- national	42 units (44%) Yes	234 units (35%) Yes
- other	8 units (08%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	52 units (54%) Yes	484 units (71%) Yes
When requested	57 units (59%) Yes	385 units (57%) Yes
Once a week	15 units (16%) Yes	249 units (37%) Yes
Occasionally	6 units (06%) Yes	59 units (09%) Yes
Never	3 units (03%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	2213	14207
Patients who completed sheet 3a	2142 (96.8%)	12770 (89.9%)
Patients who completed sheet 3b	2133 (96.4%)	12319 (86.7%)
Demographic data:		
Age (years)	57 [3-97]	67 [2-105]
Female gender	1023 (46.2%)	6921 (48.7%)
Weight (kg)	71.2 ± 15.6	69.6 ± 21.0
Height (cm)	165.6 ± 9.3	165.2 ± 14.5
BMI (kg/m ²)	26.0 ± 5.5	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	298 (13.5%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	494 (22.3%)	1251 (8.81%)
Postoperative patients	702 (31.7%)	3671 (25.8%)
Length of stay in Hospital (days):	15 [2-195]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	151 (6.82%)	1726 (12.1%)
Transferred to another hospital	22 (0.99%)	390 (2.75%)
Transferred to long-term care	4 (0.18%)	578 (4.07%)
Rehabilitation	25 (1.13%)	366 (2.58%)
Discharge home	1165 (52.6%)	9755 (68.7%)
Death	41 (1.85%)	576 (4.05%)
Others	20 (0.90%)	204 (1.44%)
Missing	785 (35.5%)	612 (4.31%)
Readmitted (n):	326 (14.7%)	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	173 (7.82%)	1136 (8.00%)
Parenteral nutrition	237 (10.7%)	640 (4.50%)
Enteral + parenteral nutrition	58 (2.62%)	140 (0.99%)
Special diet	547 (24.7%)	3640 (25.6%)
Protein supplement	62 (2.80%)	1363 (9.59%)
Hospital food	1232 (55.7%)	8154 (57.4%)
Others	151 (6.82%)	778 (5.48%)
Missing	89 (4.02%)	587 (4.13%)
Lines & tubes (n)*:		
None	1235 (55.8%)	9416 (66.3%)
Centralvenous	119 (5.38%)	1055 (7.43%)
Nasogastric tube	25 (1.13%)	326 (2.29%)
Any other (PEG, PEJ, ...)	834 (37.7%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	150 (6.78%)	1926 (13.6%)
Eye, ear	33 (1.49%)	304 (2.14%)
Nose, throat	85 (3.84%)	388 (2.73%)
Heart, circulation	287 (13.0%)	2647 (18.6%)
Lung	222 (10.0%)	1961 (13.8%)
Liver	201 (9.08%)	913 (6.43%)
Gastrointestinal tract	762 (34.4%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	151 (6.82%)	1689 (11.9%)
Endocrine system	195 (8.81%)	1059 (7.45%)
Skeleton, bone, muscle	175 (7.91%)	2359 (16.6%)
Blood, bone marrow	101 (4.56%)	851 (5.99%)
Skin	36 (1.63%)	466 (3.28%)
Ischaemia	12 (0.54%)	180 (1.27%)
Cancer	563 (25.4%)	3064 (21.6%)
Infection	106 (4.79%)	1078 (7.59%)
Pregnancy	1 (0.05%)	36 (0.25%)
Others	89 (4.02%)	1007 (7.09%)
No affected organ	71 (3.21%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	414 (18.7%)	2566 (18.1%)
Stroke	46 (2.08%)	798 (5.62%)
COPD	76 (3.43%)	883 (6.22%)
Myocardial infarction	60 (2.71%)	591 (4.16%)
Cardiac insufficiency	152 (6.87%)	1735 (12.2%)
Others	623 (28.2%)	5325 (37.5%)
No comorbidity	1137 (51.4%)	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	2118 (98.9%)	12269 (96.1%)
Yes	1036 (48.4%)	5661 (44.3%)
No	853 (39.8%)	4638 (36.3%)
No, I've gained weight	158 (7.38%)	1067 (8.36%)
I don't know	71 (3.31%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	1036 (48.4%)	5661 (44.3%)
0-4 kg	443 (20.7%)	2538 (19.9%)
5-8 kg	224 (10.5%)	1045 (8.18%)
> 8 kg	331 (15.5%)	1423 (11.1%)
Not sure	35 (1.63%)	576 (4.51%)
Missing	3 (0.14%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	1141 (53.3%)	6081 (47.6%)
A bit less than normal	306 (14.3%)	2575 (20.2%)
Less than half of normal	313 (14.6%)	1838 (14.4%)
Less than a quarter to nearly nothing	352 (16.4%)	1716 (13.4%)
Missing	30 (1.40%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	951 (44.4%)	6075 (47.6%)
Loss of appetite	485 (22.6%)	3243 (25.4%)
Problems with swallowing, mastication	116 (5.42%)	609 (4.77%)
Nausea	256 (12.0%)	1074 (8.41%)
Other reasons	275 (12.8%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	1549 (72.3%)	7570 (59.3%)
No, only with assistance	413 (19.3%)	3323 (26.0%)
No, I stay in bed	154 (7.19%)	1417 (11.1%)
Missing	26 (1.21%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	30 (1.40%)	341 (2.67%)
Good	159 (7.42%)	852 (6.67%)
Very good	857 (40.0%)	3898 (30.5%)
Fair	737 (34.4%)	4501 (35.2%)
Poor	326 (15.2%)	2543 (19.9%)
Missing	33 (1.54%)	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	1253 (58.5%)	7557 (59.2%)
No	702 (32.8%)	3941 (30.9%)
- I was not hungry	237 (33.8%)	1936 (49.1%)
- Problems with swallowing / mastication	81 (11.5%)	326 (8.27%)
- Nausea	219 (31.2%)	671 (17.0%)
- Others	184 (26.2%)	969 (24.6%)
no answer	178 (8.31%)	821 (6.43%)

Fluid and supplement intake (n):

Patients with fluid intake	1444 (67.7%)	9318 (75.6%)
Drinks per patient & day (l)	1.53	0.55
Patients with supplements	312 (14.6%)	1147 (9.31%)
Supplements per patient & day (l)	0.05	0.04

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

Water	1654 (77.5%)	7925 (64.3%)
Milk	535 (25.1%)	2062 (16.7%)
Fruit juice	556 (26.1%)	3006 (24.4%)
Tea, coffee	985 (46.2%)	4583 (37.2%)
Soft drinks	30 (1.41%)	746 (6.06%)

Lunch intake (n):

 All	752 (35.3%)	5174 (42.0%)
 1/2	489 (22.9%)	3053 (24.8%)
 1/4	475 (22.3%)	1890 (15.3%)
 Nothing	380 (17.8%)	1954 (15.9%)
? No answer	37 (1.73%)	248 (2.01%)

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

I was not hungry	230 (16.7%)	2066 (28.9%)
I had nausea / vomiting	257 (18.6%)	685 (9.59%)
I was not allowed to eat	181 (13.1%)	702 (9.83%)
I kann not eat without help	29 (2.10%)	104 (1.46%)
I had an examination / surgery	157 (11.4%)	553 (7.74%)
I ordered a smaller portion	26 (1.88%)	136 (1.90%)
I was tired	193 (14.0%)	434 (6.07%)
I normaly eat less	109 (7.89%)	584 (8.17%)
I did not like the smell	80 (5.79%)	275 (3.85%)
I did not like the taste	218 (15.8%)	945 (13.2%)

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

Yes	995 (46.5%)	4578 (35.8%)
No	995 (46.5%)	7056 (55.3%)
No answer	143 (6.68%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	307 (30.9%)	1312 (28.7%)
Fresh fruits	326 (32.8%)	1918 (41.9%)
Sandwiches	138 (13.9%)	396 (8.65%)
Dairy products	160 (16.1%)	650 (14.2%)
Preferred dish	240 (24.1%)	522 (11.4%)
Sweets	67 (6.73%)	699 (15.3%)
Fruit Juice	260 (26.1%)	870 (19.0%)
Others	160 (16.1%)	901 (19.7%)

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

Yes	1358 (63.4%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires