



nutritionDay November 2012 in UNITED ARAB EMIRATES

Dear participant,

Mai 2013

Thank you for your participation in nutritionDay worldwide in November 2012 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	16
Number of patients on nutritionDay:	416
Number of patients completing Sheet 3a:	394
Number of patients completing Sheet 3b:	359

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 7th 2013. 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

Sigrid Kosak

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 2012 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2012.

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 2012 = 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"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of beds (n):		
Actual	32 ± 8	30 ± 30
Maximum	35 ± 10	33 ± 20
Number of patients on the nutritionDay (n):		
Total	416	14093
Did not give consent	19 (4.57%)	1118 (7.93%)
Needed help completing form	312 (75.0%)	7592 (53.9%)
Terminally ill	71 (17.1%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	4 (25.0%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	1 (6.25%)	82 (12.5%)
Internal medicine / cardiology	1 (6.25%)	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	1 (6.25%)	51 (7.75%)
Internal medicine / nephrology	1 (6.25%)	14 (2.13%)
Pediatrics	1 (6.25%)	4 (0.61%)
Neurology	-	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	3 (18.8%)	99 (15.0%)
Cardiothoracic surgery	1 (6.25%)	7 (1.06%)
Orthopedic surgery	-	41 (6.23%)
Trauma	1 (6.25%)	11 (1.67%)
Neurosurgery	1 (6.25%)	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	1 (6.25%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	22.63 ± 14.30	6.65 ± 9.35
Physicians per patient	0.69 ± 0.49	0.21 ± 0.27
Consultants	11.44 ± 8.82	2.70 ± 4.89
Consultants per patient	0.34 ± 0.27	0.09 ± 0.16
Registrars	7.07 ± 8.56	2.65 ± 4.92
Registrars per patient	0.22 ± 0.29	0.09 ± 0.16
Nurses	12.06 ± 10.71	8.33 ± 9.99
Nurses per patient	0.38 ± 0.38	0.27 ± 0.26
Nursing aides	1.27 ± 1.03	3.46 ± 7.88

Nursing aides per patient	0.04 ± 0.03	0.10 ± 0.12
Dieticians and dietetic assistants	1.88 ± 1.02	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.06 ± 0.04	0.04 ± 0.05

Nutrition Care:

Nutrition Team	16 units (100%) Yes	477 units (72%) Yes
Written procedures		
- individual	11 units (69%) Yes	430 units (65%) Yes
- local	9 units (56%) Yes	276 units (42%) Yes
- national	14 units (88%) Yes	270 units (41%) Yes
- other	6 units (38%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	15 units (94%) Yes	462 units (70%) Yes
When requested	9 units (56%) Yes	341 units (52%) Yes
Once a week	6 units (38%) Yes	243 units (37%) Yes
Occasionally	1 units (06%) Yes	86 units (13%) Yes
Never	- units (00%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	416	14093
Patients who completed sheet 3a	394 (94.7%)	12396 (88.0%)
Patients who completed sheet 3b	359 (86.3%)	12050 (85.5%)
Demographic data:		
Age (years)	52 [3-108]	66 [3-113]
Female gender	183 (44.0%)	6843 (48.6%)
Weight (kg)	70.9 ± 25.5	70.7 ± 19.3
Height (cm)	160.1 ± 17.5	165.4 ± 11.8
BMI (kg/m ²)	27.1 ± 8.3	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	48 (11.5%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	39 (9.38%)	1329 (9.43%)
Postoperative patients	98 (23.6%)	3478 (24.7%)
Length of stay in Hospital (days):	12 [2-99]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	79 (19.0%)	1430 (10.1%)
Transferred to another hospital	-	315 (2.24%)
Transferred to long-term care	3 (0.72%)	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	280 (67.3%)	9797 (69.5%)
Death	17 (4.09%)	614 (4.36%)
Others	7 (1.68%)	191 (1.36%)
Missing	30 (7.21%)	609 (4.32%)
Readmitted (n):	29 (6.97%)	1341 (9.52%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Nutrition therapy (n)*:		
Enteral nutrition	61 (14.7%)	1007 (7.15%)
Parenteral nutrition	16 (3.85%)	504 (3.58%)
Enteral + parenteral nutrition	3 (0.72%)	164 (1.16%)
Special diet	204 (49.0%)	3511 (24.9%)
Protein supplement	44 (10.6%)	1606 (11.4%)
Hospital food	191 (45.9%)	7651 (54.3%)
Others	18 (4.33%)	775 (5.50%)
Missing	2 (0.48%)	760 (5.39%)
Lines & tubes (n)*:		
None	131 (31.5%)	8953 (63.5%)
Centralvenous	20 (4.81%)	977 (6.93%)
Nasogastric tube	36 (8.65%)	353 (2.50%)
Any other (PEG, PEJ, ...)	229 (55.0%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	64 (15.4%)	1754 (12.4%)
Eye, ear	9 (2.16%)	215 (1.53%)
Nose, throat	8 (1.92%)	337 (2.39%)
Heart, circulation	121 (29.1%)	2339 (16.6%)
Lung	43 (10.3%)	2014 (14.3%)
Liver	6 (1.44%)	645 (4.58%)
Gastrointestinal tract	64 (15.4%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	85 (20.4%)	1812 (12.9%)
Endocrine system	49 (11.8%)	801 (5.68%)
Skeleton, bone, muscle	59 (14.2%)	2123 (15.1%)
Blood, bone marrow	21 (5.05%)	695 (4.93%)
Skin	5 (1.20%)	499 (3.54%)
Ischaemia	4 (0.96%)	172 (1.22%)
Cancer	29 (6.97%)	2464 (17.5%)
Infection	19 (4.57%)	941 (6.68%)
Pregnancy	5 (1.20%)	92 (0.65%)
Others	25 (6.01%)	904 (6.41%)
No affected organ	-	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	138 (33.2%)	2631 (18.7%)
Stroke	48 (11.5%)	694 (4.92%)
COPD	14 (3.37%)	876 (6.22%)
Myocardial infarction	34 (8.17%)	436 (3.09%)
Cardiac insufficiency	51 (12.3%)	1477 (10.5%)
Others	185 (44.5%)	6137 (43.5%)
No comorbidity	91 (21.9%)	5101 (36.2%)

Results in percent referring to the total number of patients

III. YOUR PATIENTS ("Sheet 3a"):

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Weight loss within the last 3 months (n):		
Total of patients answering	358 (90.9%)	11983 (96.7%)
Yes	129 (32.7%)	5671 (45.7%)
No	119 (30.2%)	4600 (37.1%)
No, I've gained weight	46 (11.7%)	930 (7.50%)
I don't know	64 (16.2%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	129 (32.7%)	5671 (45.7%)
0-4 kg	66 (16.8%)	2488 (20.1%)
5-8 kg	24 (6.09%)	1057 (8.53%)
> 8 kg	25 (6.35%)	1455 (11.7%)
Not sure	13 (3.30%)	581 (4.69%)
Missing	1 (0.25%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	182 (46.2%)	5813 (46.9%)
A bit less than normal	59 (15.0%)	2701 (21.8%)
Less than half of normal	48 (12.2%)	1765 (14.2%)
Less than a quarter to nearly nothing	38 (9.64%)	1645 (13.3%)
Missing	67 (17.0%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	141 (35.8%)	6130 (49.5%)
Loss of appetite	73 (18.5%)	3309 (26.7%)
Problems with swallowing, mastication	13 (3.30%)	612 (4.94%)
Nausea	23 (5.84%)	1019 (8.22%)
Other reasons	57 (14.5%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	215 (54.6%)	7152 (57.7%)
No, only with assistance	82 (20.8%)	3308 (26.7%)
No, I stay in bed	48 (12.2%)	1514 (12.2%)
Missing	49 (12.4%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	21 (5.33%)	452 (3.65%)
Good	61 (15.5%)	1001 (8.08%)
Very good	172 (43.7%)	3855 (31.1%)
Fair	63 (16.0%)	4253 (34.3%)
Poor	26 (6.60%)	2351 (19.0%)
Missing	51 (12.9%)	484 (3.90%)
Results in percent referring to the total number of patients answering		

III. YOUR PATIENTS ("Sheet 3b"):

658 units, 14093 patients

YOUR RESULTS REFERENCE ND-12

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	188 (47.7%)	7231 (58.3%)
No	118 (29.9%)	4009 (32.3%)
- I was not hungry	36 (30.5%)	1882 (46.9%)
- Problems with swallowing / mastication	15 (12.7%)	345 (8.61%)
- Nausea	27 (22.9%)	660 (16.5%)
- Others	39 (33.1%)	1147 (28.6%)
no answer	53 (13.5%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	252 (70.2%)	9000 (74.7%)
Drinks per patient & day (l)	0.57	0.39
Patients with supplements	76 (21.2%)	1292 (10.7%)
Supplements per patient & day (l)	0.14	0.03

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

Water	271 (75.5%)	7568 (62.8%)
Milk	131 (36.5%)	2220 (18.4%)
Fruit juice	180 (50.1%)	3083 (25.6%)
Tea, coffee	131 (36.5%)	4258 (35.3%)
Soft drinks	12 (3.34%)	1010 (8.38%)

Lunch intake (n):

 All	91 (25.3%)	4890 (40.6%)
 1/2	89 (24.8%)	3106 (25.8%)
 1/4	82 (22.8%)	1863 (15.5%)
 Nothing	63 (17.5%)	1866 (15.5%)
? No answer	34 (9.47%)	325 (2.70%)

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

I was not hungry	46 (17.2%)	2028 (28.3%)
I had nausea / vomiting	19 (7.09%)	559 (7.81%)
I was not allowed to eat	18 (6.72%)	741 (10.3%)
I kann not eat without help	4 (1.49%)	89 (1.24%)
I had an examination / surgery	14 (5.22%)	506 (7.07%)
I ordered a smaller portion	4 (1.49%)	166 (2.32%)
I was tired	32 (11.9%)	408 (5.70%)
I normaly eat less	15 (5.60%)	475 (6.63%)
I did not like the smell	16 (5.97%)	238 (3.32%)
I did not like the taste	38 (14.2%)	930 (13.0%)

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

Yes	87 (22.1%)	4287 (34.6%)
No	227 (57.6%)	7009 (56.5%)
No answer	45 (11.4%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	12 (13.8%)	1239 (28.9%)
Fresh fruits	13 (14.9%)	1825 (42.6%)
Sandwiches	17 (19.5%)	354 (8.26%)
Dairy products	5 (5.75%)	592 (13.8%)
Preferred dish	32 (36.8%)	425 (9.91%)
Sweets	11 (12.6%)	626 (14.6%)
Fruit Juice	11 (12.6%)	711 (16.6%)
Others	15 (17.2%)	842 (19.6%)

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

Yes	276 (70.1%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires