



nutritionDay November 2012 in AUSTRALIA

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:	22
Number of patients on nutritionDay:	405
Number of patients completing Sheet 3a:	394
Number of patients completing Sheet 3b:	363

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	24 ± 7	30 ± 30
Maximum	25 ± 7	33 ± 20
Number of patients on the nutritionDay (n):		
Total	405	14093
Did not give consent	5 (1.23%)	1118 (7.93%)
Needed help completing form	84 (20.7%)	7592 (53.9%)
Terminally ill	2 (0.49%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	3 (13.6%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	2 (9.09%)	82 (12.5%)
Internal medicine / cardiology	2 (9.09%)	32 (4.86%)
Internal medicine / infectious diseases	1 (4.55%)	10 (1.52%)
Internal medicine / geriatrics	1 (4.55%)	51 (7.75%)
Internal medicine / nephrology	1 (4.55%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	-	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	1 (4.55%)	11 (1.67%)
General surgery	2 (9.09%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	2 (9.09%)	41 (6.23%)
Trauma	1 (4.55%)	11 (1.67%)
Neurosurgery	2 (9.09%)	11 (1.67%)
Gynecology	1 (4.55%)	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	3 (13.6%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	2.60 ± 3.59	6.65 ± 9.35
Physicians per patient	0.10 ± 0.13	0.21 ± 0.27
Consultants	6.67 ± 8.61	2.70 ± 4.89
Consultants per patient	0.26 ± 0.30	0.09 ± 0.16
Registrars	4.90 ± 3.48	2.65 ± 4.92
Registrars per patient	0.18 ± 0.12	0.09 ± 0.16
Nurses	10.09 ± 2.84	8.33 ± 9.99
Nurses per patient	0.42 ± 0.11	0.27 ± 0.26
Nursing aides	0.88 ± 0.55	3.46 ± 7.88

Nursing aides per patient	0.04 ± 0.02	0.10 ± 0.12
Dieticians and dietetic assistants	1.86 ± 0.69	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.08 ± 0.04	0.04 ± 0.05

Nutrition Care:

Nutrition Team	22 units (100%) Yes	477 units (72%) Yes
Written procedures		
- individual	18 units (82%) Yes	430 units (65%) Yes
- local	18 units (82%) Yes	276 units (42%) Yes
- national	18 units (82%) Yes	270 units (41%) Yes
- other	4 units (18%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	10 units (45%) Yes	462 units (70%) Yes
When requested	9 units (41%) Yes	341 units (52%) Yes
Once a week	10 units (45%) Yes	243 units (37%) Yes
Occasionally	4 units (18%) Yes	86 units (13%) Yes
Never	2 units (09%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	405	14093
Patients who completed sheet 3a	394 (97.3%)	12396 (88.0%)
Patients who completed sheet 3b	363 (89.6%)	12050 (85.5%)
Demographic data:		
Age (years)	64 [16-98]	66 [3-113]
Female gender	175 (43.2%)	6843 (48.6%)
Weight (kg)	77.6 ± 20.4	70.7 ± 19.3
Height (cm)	169.6 ± 11.0	165.4 ± 11.8
BMI (kg/m ²)	27.3 ± 7.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	40 (9.88%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	30 (7.41%)	1329 (9.43%)
Postoperative patients	121 (29.9%)	3478 (24.7%)
Length of stay in Hospital (days):	14 [2-99]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	44 (10.9%)	1430 (10.1%)
Transferred to another hospital	26 (6.42%)	315 (2.24%)
Transferred to long-term care	6 (1.48%)	720 (5.11%)
Rehabilitation	3 (0.74%)	417 (2.96%)
Discharge home	310 (76.5%)	9797 (69.5%)
Death	4 (0.99%)	614 (4.36%)
Others	12 (2.96%)	191 (1.36%)
Missing	-	609 (4.32%)
Readmitted (n):	75 (18.5%)	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	19 (4.69%)	1007 (7.15%)
Parenteral nutrition	5 (1.23%)	504 (3.58%)
Enteral + parenteral nutrition	4 (0.99%)	164 (1.16%)
Special diet	67 (16.5%)	3511 (24.9%)
Protein supplement	92 (22.7%)	1606 (11.4%)
Hospital food	238 (58.8%)	7651 (54.3%)
Others	8 (1.98%)	775 (5.50%)
Missing	11 (2.72%)	760 (5.39%)
Lines & tubes (n)*:		
None	186 (45.9%)	8953 (63.5%)
Centralvenous	44 (10.9%)	977 (6.93%)
Nasogastric tube	13 (3.21%)	353 (2.50%)
Any other (PEG, PEJ, ...)	162 (40.0%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	48 (11.9%)	1754 (12.4%)
Eye, ear	12 (2.96%)	215 (1.53%)
Nose, throat	7 (1.73%)	337 (2.39%)
Heart, circulation	55 (13.6%)	2339 (16.6%)
Lung	25 (6.17%)	2014 (14.3%)
Liver	4 (0.99%)	645 (4.58%)
Gastrointestinal tract	50 (12.3%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	40 (9.88%)	1812 (12.9%)
Endocrine system	18 (4.44%)	801 (5.68%)
Skeleton, bone, muscle	67 (16.5%)	2123 (15.1%)
Blood, bone marrow	37 (9.14%)	695 (4.93%)
Skin	38 (9.38%)	499 (3.54%)
Ischaemia	4 (0.99%)	172 (1.22%)
Cancer	78 (19.3%)	2464 (17.5%)
Infection	13 (3.21%)	941 (6.68%)
Pregnancy	4 (0.99%)	92 (0.65%)
Others	5 (1.23%)	904 (6.41%)
No affected organ	63 (15.6%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	75 (18.5%)	2631 (18.7%)
Stroke	16 (3.95%)	694 (4.92%)
COPD	30 (7.41%)	876 (6.22%)
Myocardial infarction	12 (2.96%)	436 (3.09%)
Cardiac insufficiency	49 (12.1%)	1477 (10.5%)
Others	173 (42.7%)	6137 (43.5%)
No comorbidity	175 (43.2%)	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	355 (90.1%)	11983 (96.7%)
Yes	154 (39.1%)	5671 (45.7%)
No	161 (40.9%)	4600 (37.1%)
No, I've gained weight	24 (6.09%)	930 (7.50%)
I don't know	16 (4.06%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	154 (39.1%)	5671 (45.7%)
0-4 kg	55 (14.0%)	2488 (20.1%)
5-8 kg	28 (7.11%)	1057 (8.53%)
> 8 kg	49 (12.4%)	1455 (11.7%)
Not sure	18 (4.57%)	581 (4.69%)
Missing	4 (1.02%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	176 (44.7%)	5813 (46.9%)
A bit less than normal	93 (23.6%)	2701 (21.8%)
Less than half of normal	42 (10.7%)	1765 (14.2%)
Less than a quarter to nearly nothing	45 (11.4%)	1645 (13.3%)
Missing	38 (9.64%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	176 (44.7%)	6130 (49.5%)
Loss of appetite	83 (21.1%)	3309 (26.7%)
Problems with swallowing, mastication	14 (3.55%)	612 (4.94%)
Nausea	44 (11.2%)	1019 (8.22%)
Other reasons	91 (23.1%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	211 (53.6%)	7152 (57.7%)
No, only with assistance	102 (25.9%)	3308 (26.7%)
No, I stay in bed	36 (9.14%)	1514 (12.2%)
Missing	45 (11.4%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	30 (7.61%)	452 (3.65%)
Good	32 (8.12%)	1001 (8.08%)
Very good	117 (29.7%)	3855 (31.1%)
Fair	99 (25.1%)	4253 (34.3%)
Poor	65 (16.5%)	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	214 (54.3%)	7231 (58.3%)
No	129 (32.7%)	4009 (32.3%)
- I was not hungry	75 (58.1%)	1882 (46.9%)
- Problems with swallowing / mastication	10 (7.75%)	345 (8.61%)
- Nausea	27 (20.9%)	660 (16.5%)
- Others	18 (14.0%)	1147 (28.6%)
no answer	20 (5.08%)	810 (6.53%)


Fluid and supplement intake (n):

Patients with fluid intake	299 (82.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.47	0.39
Patients with supplements	36 (9.92%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	204 (56.2%)	7568 (62.8%)
Milk	44 (12.1%)	2220 (18.4%)
Fruit juice	148 (40.8%)	3083 (25.6%)
Tea, coffee	137 (37.7%)	4258 (35.3%)
Soft drinks	24 (6.61%)	1010 (8.38%)

Lunch intake (n):

 All	180 (49.6%)	4890 (40.6%)
 1/2	94 (25.9%)	3106 (25.8%)
 1/4	33 (9.09%)	1863 (15.5%)
 Nothing	52 (14.3%)	1866 (15.5%)
? No answer	4 (1.10%)	325 (2.70%)

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

I was not hungry	62 (33.9%)	2028 (28.3%)
I had nausea / vomiting	17 (9.29%)	559 (7.81%)
I was not allowed to eat	23 (12.6%)	741 (10.3%)
I kann not eat without help	4 (2.19%)	89 (1.24%)
I had an examination / surgery	6 (3.28%)	506 (7.07%)
I ordered a smaller portion	10 (5.46%)	166 (2.32%)
I was tired	11 (6.01%)	408 (5.70%)
I normaly eat less	15 (8.20%)	475 (6.63%)
I did not like the smell	1 (0.55%)	238 (3.32%)
I did not like the taste	30 (16.4%)	930 (13.0%)

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

Yes	59 (15.0%)	4287 (34.6%)
No	268 (68.0%)	7009 (56.5%)
No answer	36 (9.14%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	9 (15.3%)	1239 (28.9%)
Fresh fruits	8 (13.6%)	1825 (42.6%)
Sandwiches	2 (3.39%)	354 (8.26%)
Dairy products	5 (8.47%)	592 (13.8%)
Preferred dish	3 (5.08%)	425 (9.91%)
Sweets	16 (27.1%)	626 (14.6%)
Fruit Juice	1 (1.69%)	711 (16.6%)
Others	26 (44.1%)	842 (19.6%)

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

Yes	365 (92.6%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires