



nutritionDay November 2012 in BELGIUM

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:	149
Number of patients on nutritionDay:	3007
Number of patients completing Sheet 3a:	2710
Number of patients completing Sheet 3b:	2675

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	25 ± 6	30 ± 30
Maximum	28 ± 6	33 ± 20
Number of patients on the nutritionDay (n):		
Total	3007	14093
Did not give consent	173 (5.75%)	1118 (7.93%)
Needed help completing form	1767 (58.8%)	7592 (53.9%)
Terminally ill	131 (4.36%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	8 (5.37%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	15 (10.1%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	15 (10.1%)	82 (12.5%)
Internal medicine / cardiology	6 (4.03%)	32 (4.86%)
Internal medicine / infectious diseases	2 (1.34%)	10 (1.52%)
Internal medicine / geriatrics	33 (22.1%)	51 (7.75%)
Internal medicine / nephrology	4 (2.68%)	14 (2.13%)
Pediatrics	1 (0.67%)	4 (0.61%)
Neurology	8 (5.37%)	14 (2.13%)
Psychiatry	7 (4.70%)	7 (1.06%)
Ear Nose Throat (ENT)	2 (1.34%)	11 (1.67%)
General surgery	9 (6.04%)	99 (15.0%)
Cardiothoracic surgery	1 (0.67%)	7 (1.06%)
Orthopedic surgery	8 (5.37%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	1 (0.67%)	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	5 (3.36%)	8 (1.22%)
Others	24 (16.1%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	2.75 ± 2.13	6.65 ± 9.35
Physicians per patient	0.10 ± 0.08	0.21 ± 0.27
Consultants	0.28 ± 0.93	2.70 ± 4.89
Consultants per patient	0.01 ± 0.04	0.09 ± 0.16
Registrars	0.86 ± 1.45	2.65 ± 4.92
Registrars per patient	0.03 ± 0.06	0.09 ± 0.16
Nurses	5.81 ± 2.78	8.33 ± 9.99
Nurses per patient	0.21 ± 0.11	0.27 ± 0.26
Nursing aides	1.47 ± 1.22	3.46 ± 7.88

Nursing aides per patient	0.05 ± 0.04	0.10 ± 0.12
Dieticians and dietetic assistants	1.05 ± 0.65	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.03	0.04 ± 0.05

Nutrition Care:

Nutrition Team	135 units (91%) Yes	477 units (72%) Yes
Written procedures		
- individual	74 units (50%) Yes	430 units (65%) Yes
- local	46 units (31%) Yes	276 units (42%) Yes
- national	63 units (42%) Yes	270 units (41%) Yes
- other	8 units (05%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	110 units (74%) Yes	462 units (70%) Yes
When requested	56 units (38%) Yes	341 units (52%) Yes
Once a week	100 units (67%) Yes	243 units (37%) Yes
Occasionally	17 units (11%) Yes	86 units (13%) Yes
Never	1 units (01%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	3007	14093
Patients who completed sheet 3a	2710 (90.1%)	12396 (88.0%)
Patients who completed sheet 3b	2675 (89.0%)	12050 (85.5%)
Demographic data:		
Age (years)	74 [3-105]	66 [3-113]
Female gender	1704 (56.7%)	6843 (48.6%)
Weight (kg)	69.8 ± 18.5	70.7 ± 19.3
Height (cm)	165.3 ± 11.7	165.4 ± 11.8
BMI (kg/m ²)	25.4 ± 5.9	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	270 (8.98%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	187 (6.22%)	1329 (9.43%)
Postoperative patients	712 (23.7%)	3478 (24.7%)
Length of stay in Hospital (days):	17 [2-107]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	309 (10.3%)	1430 (10.1%)
Transferred to another hospital	39 (1.30%)	315 (2.24%)
Transferred to long-term care	261 (8.68%)	720 (5.11%)
Rehabilitation	85 (2.83%)	417 (2.96%)
Discharge home	1514 (50.3%)	9797 (69.5%)
Death	115 (3.82%)	614 (4.36%)
Others	22 (0.73%)	191 (1.36%)
Missing	662 (22.0%)	609 (4.32%)
Readmitted (n):	124 (4.12%)	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	142 (4.72%)	1007 (7.15%)
Parenteral nutrition	73 (2.43%)	504 (3.58%)
Enteral + parenteral nutrition	16 (0.53%)	164 (1.16%)
Special diet	607 (20.2%)	3511 (24.9%)
Protein supplement	758 (25.2%)	1606 (11.4%)
Hospital food	1840 (61.2%)	7651 (54.3%)
Others	81 (2.69%)	775 (5.50%)
Missing	99 (3.29%)	760 (5.39%)
Lines & tubes (n)*:		
None	2139 (71.1%)	8953 (63.5%)
Centralvenous	267 (8.88%)	977 (6.93%)
Nasogastric tube	34 (1.13%)	353 (2.50%)
Any other (PEG, PEJ, ...)	567 (18.9%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	569 (18.9%)	1754 (12.4%)
Eye, ear	58 (1.93%)	215 (1.53%)
Nose, throat	50 (1.66%)	337 (2.39%)
Heart, circulation	424 (14.1%)	2339 (16.6%)
Lung	459 (15.3%)	2014 (14.3%)
Liver	101 (3.36%)	645 (4.58%)
Gastrointestinal tract	503 (16.7%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	323 (10.7%)	1812 (12.9%)
Endocrine system	143 (4.76%)	801 (5.68%)
Skeleton, bone, muscle	519 (17.3%)	2123 (15.1%)
Blood, bone marrow	93 (3.09%)	695 (4.93%)
Skin	84 (2.79%)	499 (3.54%)
Ischaemia	48 (1.60%)	172 (1.22%)
Cancer	380 (12.6%)	2464 (17.5%)
Infection	282 (9.38%)	941 (6.68%)
Pregnancy	1 (0.03%)	92 (0.65%)
Others	333 (11.1%)	904 (6.41%)
No affected organ	111 (3.69%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	576 (19.2%)	2631 (18.7%)
Stroke	212 (7.05%)	694 (4.92%)
COPD	284 (9.44%)	876 (6.22%)
Myocardial infarction	82 (2.73%)	436 (3.09%)
Cardiac insufficiency	341 (11.3%)	1477 (10.5%)
Others	809 (26.9%)	6137 (43.5%)
No comorbidity	1269 (42.2%)	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	2599 (95.9%)	11983 (96.7%)
Yes	1312 (48.4%)	5671 (45.7%)
No	919 (33.9%)	4600 (37.1%)
No, I've gained weight	243 (8.97%)	930 (7.50%)
I don't know	125 (4.61%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	1312 (48.4%)	5671 (45.7%)
0-4 kg	542 (20.0%)	2488 (20.1%)
5-8 kg	268 (9.89%)	1057 (8.53%)
> 8 kg	320 (11.8%)	1455 (11.7%)
Not sure	149 (5.50%)	581 (4.69%)
Missing	33 (1.22%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	1212 (44.7%)	5813 (46.9%)
A bit less than normal	685 (25.3%)	2701 (21.8%)
Less than half of normal	367 (13.5%)	1765 (14.2%)
Less than a quarter to nearly nothing	331 (12.2%)	1645 (13.3%)
Missing	115 (4.24%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	1390 (51.3%)	6130 (49.5%)
Loss of appetite	784 (28.9%)	3309 (26.7%)
Problems with swallowing, mastication	150 (5.54%)	612 (4.94%)
Nausea	192 (7.08%)	1019 (8.22%)
Other reasons	531 (19.6%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	1473 (54.4%)	7152 (57.7%)
No, only with assistance	861 (31.8%)	3308 (26.7%)
No, I stay in bed	272 (10.0%)	1514 (12.2%)
Missing	104 (3.84%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	88 (3.25%)	452 (3.65%)
Good	197 (7.27%)	1001 (8.08%)
Very good	874 (32.3%)	3855 (31.1%)
Fair	1000 (36.9%)	4253 (34.3%)
Poor	436 (16.1%)	2351 (19.0%)
Missing	115 (4.24%)	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	1535 (56.6%)	7231 (58.3%)
No	926 (34.2%)	4009 (32.3%)
- I was not hungry	465 (50.2%)	1882 (46.9%)
- Problems with swallowing / mastication	72 (7.78%)	345 (8.61%)
- Nausea	103 (11.1%)	660 (16.5%)
- Others	283 (30.6%)	1147 (28.6%)
no answer	214 (7.90%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	1987 (74.3%)	9000 (74.7%)
Drinks per patient & day (l)	0.33	0.39
Patients with supplements	317 (11.9%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	2166 (81.0%)	7568 (62.8%)
Milk	64 (2.39%)	2220 (18.4%)
Fruit juice	124 (4.64%)	3083 (25.6%)
Tea, coffee	860 (32.1%)	4258 (35.3%)
Soft drinks	271 (10.1%)	1010 (8.38%)

Lunch intake (n):

 All	1074 (40.1%)	4890 (40.6%)
 1/2	701 (26.2%)	3106 (25.8%)
 1/4	422 (15.8%)	1863 (15.5%)
 Nothing	402 (15.0%)	1866 (15.5%)
? No answer	76 (2.84%)	325 (2.70%)

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

I was not hungry	598 (37.4%)	2028 (28.3%)
I had nausea / vomiting	120 (7.50%)	559 (7.81%)
I was not allowed to eat	139 (8.68%)	741 (10.3%)
I kann not eat without help	28 (1.75%)	89 (1.24%)
I had an examination / surgery	133 (8.31%)	506 (7.07%)
I ordered a smaller portion	60 (3.75%)	166 (2.32%)
I was tired	98 (6.12%)	408 (5.70%)
I normaly eat less	115 (7.18%)	475 (6.63%)
I did not like the smell	43 (2.69%)	238 (3.32%)
I did not like the taste	217 (13.6%)	930 (13.0%)

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

Yes	1065 (39.3%)	4287 (34.6%)
No	1466 (54.1%)	7009 (56.5%)
No answer	144 (5.31%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	508 (47.7%)	1239 (28.9%)
Fresh fruits	463 (43.5%)	1825 (42.6%)
Sandwiches	60 (5.63%)	354 (8.26%)
Dairy products	147 (13.8%)	592 (13.8%)
Preferred dish	86 (8.08%)	425 (9.91%)
Sweets	195 (18.3%)	626 (14.6%)
Fruit Juice	103 (9.67%)	711 (16.6%)
Others	175 (16.4%)	842 (19.6%)

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

Yes	1833 (67.6%)	8563 (69.1%)
-----	--------------	--------------

Results referring to the total number of completed questionnaires