nutritionDay November 2012 in GERMANY

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:	37
Number of patients on nutritionDay:	844
Number of patients completing Sheet 3a:	481
Number of patients completing Sheet 3b:	461

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]

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I. DESCRIPTION OF THE UNIT ("Sheet 1"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of beds (n):		
Actual	26 ± 10	30 ± 30
Maximum	30 ± 10	33 ± 20
Number of patients on the nutritionDay (n):		
Total	844	14093
Did not give consent	274 (32.5%)	1118 (7.93%)
Needed help completing form	279 (33.1%)	7592 (53.9%)
Terminally ill	239 (28.3%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	4 (10.8%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	4 (10.8%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	7 (18.9%)	82 (12.5%)
Internal medicine / cardiology	3 (8.11%)	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	1 (2.70%)	51 (7.75%)
Internal medicine / nephrology	1 (2.70%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	1 (2.70%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	3 (8.11%)	11 (1.67%)
General surgery	5 (13.5%)	99 (15.0%)
Cardiothoracic surgery	1 (2.70%)	7 (1.06%)
Orthopedic surgery	-	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	1 (2.70%)	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	6 (16.2%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians		6.65 ± 9.35
Physicians per patient		0.21 ± 0.27
Consultants		2.70 ± 4.89
Consultants per patient		0.09 ± 0.16
Registrars		2.65 ± 4.92
Registrars per patient		0.09 ± 0.16
Nurses		8.33 ± 9.99
Nurses per patient		0.27 ± 0.26
Nursing aides		3.46 ± 7.88

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

Nutrition Care:

Nutrition Team	35 units (95%) Yes	477 units (72%) Yes
Written procedures		
- individual	30 units (81%) Yes	430 units (65%) Yes
- local	5 units (14%) Yes	276 units (42%) Yes
- national	23 units (62%) Yes	270 units (41%) Yes
- other	4 units (11%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	31 units (84%) Yes	462 units (70%) Yes
When requested	18 units (49%) Yes	341 units (52%) Yes
Once a week	11 units (30%) Yes	243 units (37%) Yes
Occasionally	- units (00%) Yes	86 units (13%) Yes
Never	1 units (03%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	**REFERENCE ND-12**
Number of patients (n):		
Total	844	14093
Patients who completed sheet 3a	481 (57.0%)	12396 (88.0%)
Patients who completed sheet 3b	461 (54.6%)	12050 (85.5%)
Demographic data:		
Age (years)	68 [6-97]	66 [3-113]
Female gender	356 (42.2%)	6843 (48.6%)
Weight (kg)	74.5 ± 15.9	70.7 ± 19.3
Height (cm)	171.3 ± 9.1	165.4 ± 11.8
BMI (kg/m^2)	25.4 ± 4.9	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	105 (12.4%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	66 (7.82%)	1329 (9.43%)
Postoperative patients	239 (28.3%)	3478 (24.7%)
Length of stay in Hospital (days):	11 [2-100]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	58 (6.87%)	1430 (10.1%)
Transferred to another hospital	39 (4.62%)	315 (2.24%)
Transferred to long-term care	40 (4.74%)	720 (5.11%)
Rehabilitation	21 (2.49%)	417 (2.96%)
Discharge home	541 (64.1%)	9797 (69.5%)
Death	29 (3.44%)	614 (4.36%)
Others	4 (0.47%)	191 (1.36%)
Missing	112 (13.3%)	609 (4.32%)
Readmitted (n):	131 (15.5%)	1341 (9.52%)

Results in percent referring to the total number of patients

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II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	**REFERENCE ND-12**
Nutrition therapy (n)*:		
Enteral nutrition	56 (6.64%)	1007 (7.15%)
Parenteral nutrition	39 (4.62%)	504 (3.58%)
Enteral + parenteral nutrition	10 (1.18%)	164 (1.16%)
Special diet	24 (2.84%)	3511 (24.9%)
Protein supplement	54 (6.40%)	1606 (11.4%)
Hospital food	574 (68.0%)	7651 (54.3%)
Others	20 (2.37%)	775 (5.50%)
Missing	179 (21.2%)	760 (5.39%)
Lines & tubes (n)*:		
None	498 (59.0%)	8953 (63.5%)
Centralvenous	122 (14.5%)	977 (6.93%)
Nasogastric tube	5 (0.59%)	353 (2.50%)
Any other (PEG, PEJ, ...)	219 (25.9%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	69 (8.18%)	1754 (12.4%)
Eye, ear	21 (2.49%)	215 (1.53%)
Nose, throat	92 (10.9%)	337 (2.39%)
Heart, circulation	123 (14.6%)	2339 (16.6%)
Lung	78 (9.24%)	2014 (14.3%)
Liver	49 (5.81%)	645 (4.58%)
Gastrointestinal tract	182 (21.6%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	106 (12.6%)	1812 (12.9%)
Endocrine system	32 (3.79%)	801 (5.68%)
Skeleton, bone, muscle	63 (7.46%)	2123 (15.1%)
Blood, bone marrow	59 (6.99%)	695 (4.93%)
Skin	21 (2.49%)	499 (3.54%)
Ischaemia	12 (1.42%)	172 (1.22%)
Cancer	216 (25.6%)	2464 (17.5%)
Infection	26 (3.08%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	49 (5.81%)	904 (6.41%)
No affected organ	123 (14.6%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	146 (17.3%)	2631 (18.7%)
Stroke	18 (2.13%)	694 (4.92%)
COPD	33 (3.91%)	876 (6.22%)
Myocardial infarction	16 (1.90%)	436 (3.09%)
Cardiac insufficiency	72 (8.53%)	1477 (10.5%)
Others	417 (49.4%)	6137 (43.5%)
No comorbidity	337 (39.9%)	5101 (36.2%)

Results in percent referring to the total number of patients

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WORLDWIDE

	658 units, 14093 patients	
	YOUR RESULTS	**REFERENCE ND-12**
Weight loss within the last 3 months (n):		
Total of patients answering	468 (97.3%)	11983 (96.7%)
Yes	210 (43.7%)	5671 (45.7%)
No	201 (41.8%)	4600 (37.1%)
No, I've gained weight	31 (6.44%)	930 (7.50%)
I don't know	26 (5.41%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	210 (43.7%)	5671 (45.7%)
0-4 kg	91 (18.9%)	2488 (20.1%)
5-8 kg	33 (6.86%)	1057 (8.53%)
> 8 kg	75 (15.6%)	1455 (11.7%)
Not sure	11 (2.29%)	581 (4.69%)
Missing	-	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	222 (46.2%)	5813 (46.9%)
A bit less than normal	123 (25.6%)	2701 (21.8%)
Less than half of normal	57 (11.9%)	1765 (14.2%)
Less than a quarter to nearly nothing	68 (14.1%)	1645 (13.3%)
Missing	11 (2.29%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	251 (52.2%)	6130 (49.5%)
Loss of appetite	138 (28.7%)	3309 (26.7%)
Problems with swallowing, mastication	28 (5.82%)	612 (4.94%)
Nausea	50 (10.4%)	1019 (8.22%)
Other reasons	99 (20.6%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	359 (74.6%)	7152 (57.7%)
No, only with assistance	78 (16.2%)	3308 (26.7%)
No, I stay in bed	34 (7.07%)	1514 (12.2%)
Missing	10 (2.08%)	422 (3.40%)
"In general would you say your health is"(n):		
Excellent	6 (1.25%)	452 (3.65%)
Good	12 (2.49%)	1001 (8.08%)
Very good	129 (26.8%)	3855 (31.1%)
Fair	196 (40.7%)	4253 (34.3%)
Poor	123 (25.6%)	2351 (19.0%)
Missing	15 (3.12%)	484 (3.90%)

Results in percent referring to the total number of patients answering

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	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12

Hospital food intake:

„Is your appetite normal?" (n):

	YOUR RESULTS	REFERENCE ND-12
Yes	286 (59.5%)	7231 (58.3%)
No	142 (29.5%)	4009 (32.3%)
- I was not hungry	78 (54.9%)	1882 (46.9%)
- Problems with swallowing / mastication	20 (14.1%)	345 (8.61%)
- Nausea	34 (23.9%)	660 (16.5%)
- Others	27 (19.0%)	1147 (28.6%)
no answer	33 (6.86%)	810 (6.53%)

Fluid and supplement intake (n):

	YOUR RESULTS	REFERENCE ND-12
Patients with fluid intake	387 (83.9%)	9000 (74.7%)
Drinks per patient & day (l)	0.46	0.39
Patients with supplements	43 (9.33%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

	YOUR RESULTS	REFERENCE ND-12
Water	379 (82.2%)	7568 (62.8%)
Milk	18 (3.90%)	2220 (18.4%)
Fruit juice	60 (13.0%)	3083 (25.6%)
Tea, coffee	322 (69.8%)	4258 (35.3%)
Soft drinks	28 (6.07%)	1010 (8.38%)

Lunch intake (n):

	YOUR RESULTS	REFERENCE ND-12
All	190 (41.2%)	4890 (40.6%)
1/2	145 (31.5%)	3106 (25.8%)
1/4	62 (13.4%)	1863 (15.5%)
Nothing	59 (12.8%)	1866 (15.5%)
? No answer	5 (1.08%)	325 (2.70%)

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

	YOUR RESULTS	REFERENCE ND-12
I was not hungry	71 (26.2%)	2028 (28.3%)
I had nausea / vomiting	29 (10.7%)	559 (7.81%)
I was not allowed to eat	14 (5.17%)	741 (10.3%)
I kann not eat without help	2 (0.74%)	89 (1.24%)
I had an examination / surgery	27 (9.96%)	506 (7.07%)
I ordered a smaller portion	11 (4.06%)	166 (2.32%)
I was tired	12 (4.43%)	408 (5.70%)
I normaly eat less	33 (12.2%)	475 (6.63%)
I did not like the smell	11 (4.06%)	238 (3.32%)
I did not like the taste	28 (10.3%)	930 (13.0%)

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

Yes	177 (36.8%)	4287 (34.6%)
No	251 (52.2%)	7009 (56.5%)
No answer	33 (6.86%)	754 (6.08%)

„What do you eat?" (n)*:

Cakes, biscuits	83 (46.9%)	1239 (28.9%)
Fresh fruits	80 (45.2%)	1825 (42.6%)
Sandwiches	13 (7.34%)	354 (8.26%)
Dairy products	20 (11.3%)	592 (13.8%)
Preferred dish	9 (5.08%)	425 (9.91%)
Sweets	61 (34.5%)	626 (14.6%)
Fruit Juice	29 (16.4%)	711 (16.6%)
Others	14 (7.91%)	842 (19.6%)

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

Yes	269 (55.9%)	8563 (69.1%)

Results referring to the total number of completed questionnaires

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