



## **nutritionDay November 2012 in SPAIN**

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:	43
Number of patients on nutritionDay:	907
Number of patients completing Sheet 3a:	731
Number of patients completing Sheet 3b:	716

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 7<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	29 ± 18	30 ± 30
Maximum	31 ± 19	33 ± 20
<b>Number of patients on the nutritionDay (n):</b>		
Total	907	14093
Did not give consent	104 (11.5%)	1118 (7.93%)
Needed help completing form	411 (45.3%)	7592 (53.9%)
Terminally ill	40 (4.41%)	962 (6.83%)
<b>Specialities (n):</b>		
Internal medicine / general	5 (11.6%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	1 (2.33%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	7 (16.3%)	82 (12.5%)
Internal medicine / cardiology	2 (4.65%)	32 (4.86%)
Internal medicine / infectious diseases	1 (2.33%)	10 (1.52%)
Internal medicine / geriatrics	3 (6.98%)	51 (7.75%)
Internal medicine / nephrology	1 (2.33%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	3 (6.98%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	5 (11.6%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	-	41 (6.23%)
Trauma	5 (11.6%)	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	1 (2.33%)	7 (1.06%)
Long-term-care	1 (2.33%)	8 (1.22%)
Others	8 (18.6%)	85 (12.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	3.12 ± 5.16	6.65 ± 9.35
Physicians per patient	0.10 ± 0.15	0.21 ± 0.27
Consultants	4.29 ± 4.46	2.70 ± 4.89
Consultants per patient	0.18 ± 0.19	0.09 ± 0.16
Registrars	2.76 ± 3.32	2.65 ± 4.92
Registrars per patient	0.10 ± 0.09	0.09 ± 0.16
Nurses	5.57 ± 5.13	8.33 ± 9.99
Nurses per patient	0.22 ± 0.20	0.27 ± 0.26
Nursing aides	4.86 ± 4.20	3.46 ± 7.88

Nursing aides per patient	0.19 ± 0.17	0.10 ± 0.12
Dieticians and dietetic assistants	0.65 ± 0.77	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.03 ± 0.05	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	37 units (86%) Yes	477 units (72%) Yes
Written procedures		
- individual	13 units (30%) Yes	430 units (65%) Yes
- local	17 units (40%) Yes	276 units (42%) Yes
- national	2 units (05%) Yes	270 units (41%) Yes
- other	5 units (12%) Yes	74 units (11%) Yes

**Patients' weight assessed:**

On admission	18 units (42%) Yes	462 units (70%) Yes
When requested	19 units (44%) Yes	341 units (52%) Yes
Once a week	15 units (35%) Yes	243 units (37%) Yes
Occasionally	6 units (14%) Yes	86 units (13%) Yes
Never	2 units (05%) Yes	23 units (03%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
<b>Number of patients (n):</b>		
Total	907	14093
Patients who completed sheet 3a	731 (80.6%)	12396 (88.0%)
Patients who completed sheet 3b	716 (78.9%)	12050 (85.5%)
<b>Demographic data:</b>		
Age (years)	73 [17-113]	66 [3-113]
Female gender	414 (45.6%)	6843 (48.6%)
Weight (kg)	70.9 ± 14.9	70.7 ± 19.3
Height (cm)	163.3 ± 9.5	165.4 ± 11.8
BMI (kg/m <sup>2</sup> )	26.4 ± 5.1	25.7 ± 6.3
<b>ICU-stay:</b>		
Any ICU-stay	51 (5.62%)	1433 (10.2%)
<b>Surgery (n):</b>		
Preoperative patients	42 (4.63%)	1329 (9.43%)
Postoperative patients	198 (21.8%)	3478 (24.7%)
<b>Length of stay in Hospital (days):</b>	12 [2-102]	13 [2-107]
<b>Outcome after 30 days (n):</b>		
Still in hospital	40 (4.41%)	1430 (10.1%)
Transferred to another hospital	17 (1.87%)	315 (2.24%)
Transferred to long-term care	50 (5.51%)	720 (5.11%)
Rehabilitation	4 (0.44%)	417 (2.96%)
Discharge home	450 (49.6%)	9797 (69.5%)
Death	34 (3.75%)	614 (4.36%)
Others	6 (0.66%)	191 (1.36%)
Missing	306 (33.7%)	609 (4.32%)
<b>Readmitted (n):</b>	63 (6.95%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	19 (2.09%)	1007 (7.15%)
Parenteral nutrition	17 (1.87%)	504 (3.58%)
Enteral + parenteral nutrition	2 (0.22%)	164 (1.16%)
Special diet	411 (45.3%)	3511 (24.9%)
Protein supplement	66 (7.28%)	1606 (11.4%)
Hospital food	323 (35.6%)	7651 (54.3%)
Others	49 (5.40%)	775 (5.50%)
Missing	86 (9.48%)	760 (5.39%)
<b>Lines &amp; tubes (n)*:</b>		
None	689 (76.0%)	8953 (63.5%)
Centralvenous	38 (4.19%)	977 (6.93%)
Nasogastric tube	14 (1.54%)	353 (2.50%)
Any other (PEG, PEJ, ...)	166 (18.3%)	3810 (27.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	74 (8.16%)	1754 (12.4%)
Eye, ear	14 (1.54%)	215 (1.53%)
Nose, throat	16 (1.76%)	337 (2.39%)
Heart, circulation	161 (17.8%)	2339 (16.6%)
Lung	202 (22.3%)	2014 (14.3%)
Liver	33 (3.64%)	645 (4.58%)
Gastrointestinal tract	110 (12.1%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	124 (13.7%)	1812 (12.9%)
Endocrine system	51 (5.62%)	801 (5.68%)
Skeleton, bone, muscle	170 (18.7%)	2123 (15.1%)
Blood, bone marrow	68 (7.50%)	695 (4.93%)
Skin	12 (1.32%)	499 (3.54%)
Ischaemia	32 (3.53%)	172 (1.22%)
Cancer	185 (20.4%)	2464 (17.5%)
Infection	76 (8.38%)	941 (6.68%)
Pregnancy	2 (0.22%)	92 (0.65%)
Others	35 (3.86%)	904 (6.41%)
No affected organ	69 (7.61%)	840 (5.96%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	198 (21.8%)	2631 (18.7%)
Stroke	57 (6.28%)	694 (4.92%)
COPD	112 (12.3%)	876 (6.22%)
Myocardial infarction	72 (7.94%)	436 (3.09%)
Cardiac insufficiency	101 (11.1%)	1477 (10.5%)
Others	479 (52.8%)	6137 (43.5%)
No comorbidity	255 (28.1%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	712 (97.4%)	11983 (96.7%)
Yes	336 (46.0%)	5671 (45.7%)
No	259 (35.4%)	4600 (37.1%)
No, I've gained weight	55 (7.52%)	930 (7.50%)
I don't know	62 (8.48%)	782 (6.31%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	336 (46.0%)	5671 (45.7%)
0-4 kg	164 (22.4%)	2488 (20.1%)
5-8 kg	69 (9.44%)	1057 (8.53%)
> 8 kg	66 (9.03%)	1455 (11.7%)
Not sure	36 (4.92%)	581 (4.69%)
Missing	1 (0.14%)	90 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	304 (41.6%)	5813 (46.9%)
A bit less than normal	177 (24.2%)	2701 (21.8%)
Less than half of normal	111 (15.2%)	1765 (14.2%)
Less than a quarter to nearly nothing	121 (16.6%)	1645 (13.3%)
Missing	18 (2.46%)	472 (3.81%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	408 (55.8%)	6130 (49.5%)
Loss of appetite	224 (30.6%)	3309 (26.7%)
Problems with swallowing, mastication	56 (7.66%)	612 (4.94%)
Nausea	42 (5.75%)	1019 (8.22%)
Other reasons	149 (20.4%)	2337 (18.9%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	390 (53.4%)	7152 (57.7%)
No, only with assistance	218 (29.8%)	3308 (26.7%)
No, I stay in bed	102 (14.0%)	1514 (12.2%)
Missing	21 (2.87%)	422 (3.40%)
<b>"In general would you say your health is" (n):</b>		
Excellent	7 (0.96%)	452 (3.65%)
Good	34 (4.65%)	1001 (8.08%)
Very good	203 (27.8%)	3855 (31.1%)
Fair	309 (42.3%)	4253 (34.3%)
Poor	159 (21.8%)	2351 (19.0%)
Missing	19 (2.60%)	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	408 (55.8%)	7231 (58.3%)
No	261 (35.7%)	4009 (32.3%)
- I was not hungry	172 (65.9%)	1882 (46.9%)
- Problems with swallowing / mastication	28 (10.7%)	345 (8.61%)
- Nausea	31 (11.9%)	660 (16.5%)
- Others	48 (18.4%)	1147 (28.6%)
no answer	47 (6.43%)	810 (6.53%)

##### Fluid and supplement intake (n):

Patients with fluid intake	549 (76.7%)	9000 (74.7%)
Drinks per patient & day (l)	0.27	0.39
Patients with supplements	53 (7.40%)	1292 (10.7%)
Supplements per patient & day (l)	0.02	0.03

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

Water	607 (84.8%)	7568 (62.8%)
Milk	201 (28.1%)	2220 (18.4%)
Fruit juice	196 (27.4%)	3083 (25.6%)
Tea, coffee	127 (17.7%)	4258 (35.3%)
Soft drinks	46 (6.42%)	1010 (8.38%)

##### Lunch intake (n):

 All	280 (39.1%)	4890 (40.6%)
 1/2	217 (30.3%)	3106 (25.8%)
 1/4	126 (17.6%)	1863 (15.5%)
 Nothing	80 (11.2%)	1866 (15.5%)
? No answer	13 (1.82%)	325 (2.70%)

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

I was not hungry	199 (45.6%)	2028 (28.3%)
I had nausea / vomiting	24 (5.50%)	559 (7.81%)
I was not allowed to eat	36 (8.26%)	741 (10.3%)
I kann not eat without help	6 (1.38%)	89 (1.24%)
I had an examination / surgery	13 (2.98%)	506 (7.07%)
I ordered a smaller portion	3 (0.69%)	166 (2.32%)
I was tired	21 (4.82%)	408 (5.70%)
I normaly eat less	23 (5.28%)	475 (6.63%)
I did not like the smell	20 (4.59%)	238 (3.32%)
I did not like the taste	78 (17.9%)	930 (13.0%)



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

Yes	215 (29.4%)	4287 (34.6%)
No	471 (64.4%)	7009 (56.5%)
No answer	30 (4.10%)	754 (6.08%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	57 (26.5%)	1239 (28.9%)
Fresh fruits	100 (46.5%)	1825 (42.6%)
Sandwiches	22 (10.2%)	354 (8.26%)
Dairy products	35 (16.3%)	592 (13.8%)
Preferred dish	18 (8.37%)	425 (9.91%)
Sweets	38 (17.7%)	626 (14.6%)
Fruit Juice	46 (21.4%)	711 (16.6%)
Others	23 (10.7%)	842 (19.6%)

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

Yes	489 (66.9%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires