



## **nutritionDay November 2012 in ISRAEL**

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:	19
Number of patients on nutritionDay:	442
Number of patients completing Sheet 3a:	313
Number of patients completing Sheet 3b:	297

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	36 ± 8	30 ± 30
Maximum	39 ± 8	33 ± 20
<b>Number of patients on the nutritionDay (n):</b>		
Total	442	14093
Did not give consent	15 (3.39%)	1118 (7.93%)
Needed help completing form	232 (52.5%)	7592 (53.9%)
Terminally ill	17 (3.85%)	962 (6.83%)
<b>Specialities (n):</b>		
Internal medicine / general	3 (15.8%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	1 (5.26%)	82 (12.5%)
Internal medicine / cardiology	-	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	3 (15.8%)	51 (7.75%)
Internal medicine / nephrology	1 (5.26%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	2 (10.5%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	3 (15.8%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	2 (10.5%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	4 (21.1%)	8 (1.22%)
Others	-	85 (12.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	7.47 ± 4.81	6.65 ± 9.35
Physicians per patient	0.20 ± 0.14	0.21 ± 0.27
Consultants	0.47 ± 0.96	2.70 ± 4.89
Consultants per patient	0.01 ± 0.02	0.09 ± 0.16
Registrars	0.63 ± 1.74	2.65 ± 4.92
Registrars per patient	0.01 ± 0.03	0.09 ± 0.16
Nurses	12.11 ± 9.43	8.33 ± 9.99
Nurses per patient	0.34 ± 0.29	0.27 ± 0.26
Nursing aides	5.63 ± 4.25	3.46 ± 7.88

Nursing aides per patient	0.14 ± 0.08	0.10 ± 0.12
Dieticians and dietetic assistants	1.25 ± 0.87	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.03	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	19 units (100%) Yes	477 units (72%) Yes
Written procedures		
- individual	16 units (84%) Yes	430 units (65%) Yes
- local	17 units (89%) Yes	276 units (42%) Yes
- national	12 units (63%) Yes	270 units (41%) Yes
- other	3 units (16%) Yes	74 units (11%) Yes

**Patients' weight assessed:**

On admission	17 units (89%) Yes	462 units (70%) Yes
When requested	10 units (53%) Yes	341 units (52%) Yes
Once a week	1 units (05%) Yes	243 units (37%) Yes
Occasionally	1 units (05%) 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
<b>Number of patients (n):</b>		
Total	442	14093
Patients who completed sheet 3a	313 (70.8%)	12396 (88.0%)
Patients who completed sheet 3b	297 (67.2%)	12050 (85.5%)
<b>Demographic data:</b>		
Age (years)	67 [11-101]	66 [3-113]
Female gender	209 (47.3%)	6843 (48.6%)
Weight (kg)	74.7 ± 18.3	70.7 ± 19.3
Height (cm)	164.1 ± 9.8	165.4 ± 11.8
BMI (kg/m <sup>2</sup> )	27.7 ± 6.4	25.7 ± 6.3
<b>ICU-stay:</b>		
Any ICU-stay	16 (3.62%)	1433 (10.2%)
<b>Surgery (n):</b>		
Preoperative patients	23 (5.20%)	1329 (9.43%)
Postoperative patients	86 (19.5%)	3478 (24.7%)
<b>Length of stay in Hospital (days):</b>	9 [2-94]	13 [2-107]
<b>Outcome after 30 days (n):</b>		
Still in hospital	46 (10.4%)	1430 (10.1%)
Transferred to another hospital	4 (0.90%)	315 (2.24%)
Transferred to long-term care	13 (2.94%)	720 (5.11%)
Rehabilitation	19 (4.30%)	417 (2.96%)
Discharge home	229 (51.8%)	9797 (69.5%)
Death	19 (4.30%)	614 (4.36%)
Others	1 (0.23%)	191 (1.36%)
Missing	111 (25.1%)	609 (4.32%)
<b>Readmitted (n):</b>	52 (11.8%)	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	20 (4.52%)	1007 (7.15%)
Parenteral nutrition	5 (1.13%)	504 (3.58%)
Enteral + parenteral nutrition	1 (0.23%)	164 (1.16%)
Special diet	68 (15.4%)	3511 (24.9%)
Protein supplement	53 (12.0%)	1606 (11.4%)
Hospital food	276 (62.4%)	7651 (54.3%)
Others	38 (8.60%)	775 (5.50%)
Missing	37 (8.37%)	760 (5.39%)
<b>Lines &amp; tubes (n)*:</b>		
None	273 (61.8%)	8953 (63.5%)
Centralvenous	13 (2.94%)	977 (6.93%)
Nasogastric tube	13 (2.94%)	353 (2.50%)
Any other (PEG, PEJ, ...)	143 (32.4%)	3810 (27.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	90 (20.4%)	1754 (12.4%)
Eye, ear	5 (1.13%)	215 (1.53%)
Nose, throat	7 (1.58%)	337 (2.39%)
Heart, circulation	73 (16.5%)	2339 (16.6%)
Lung	44 (9.95%)	2014 (14.3%)
Liver	15 (3.39%)	645 (4.58%)
Gastrointestinal tract	67 (15.2%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	44 (9.95%)	1812 (12.9%)
Endocrine system	19 (4.30%)	801 (5.68%)
Skeleton, bone, muscle	139 (31.4%)	2123 (15.1%)
Blood, bone marrow	15 (3.39%)	695 (4.93%)
Skin	19 (4.30%)	499 (3.54%)
Ischaemia	9 (2.04%)	172 (1.22%)
Cancer	46 (10.4%)	2464 (17.5%)
Infection	15 (3.39%)	941 (6.68%)
Pregnancy	1 (0.23%)	92 (0.65%)
Others	16 (3.62%)	904 (6.41%)
No affected organ	35 (7.92%)	840 (5.96%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	129 (29.2%)	2631 (18.7%)
Stroke	67 (15.2%)	694 (4.92%)
COPD	21 (4.75%)	876 (6.22%)
Myocardial infarction	16 (3.62%)	436 (3.09%)
Cardiac insufficiency	54 (12.2%)	1477 (10.5%)
Others	236 (53.4%)	6137 (43.5%)
No comorbidity	118 (26.7%)	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	301 (96.2%)	11983 (96.7%)
Yes	142 (45.4%)	5671 (45.7%)
No	117 (37.4%)	4600 (37.1%)
No, I've gained weight	21 (6.71%)	930 (7.50%)
I don't know	21 (6.71%)	782 (6.31%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	142 (45.4%)	5671 (45.7%)
0-4 kg	66 (21.1%)	2488 (20.1%)
5-8 kg	31 (9.90%)	1057 (8.53%)
> 8 kg	33 (10.5%)	1455 (11.7%)
Not sure	10 (3.19%)	581 (4.69%)
Missing	2 (0.64%)	90 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	136 (43.5%)	5813 (46.9%)
A bit less than normal	66 (21.1%)	2701 (21.8%)
Less than half of normal	52 (16.6%)	1765 (14.2%)
Less than a quarter to nearly nothing	44 (14.1%)	1645 (13.3%)
Missing	15 (4.79%)	472 (3.81%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	161 (51.4%)	6130 (49.5%)
Loss of appetite	97 (31.0%)	3309 (26.7%)
Problems with swallowing, mastication	11 (3.51%)	612 (4.94%)
Nausea	20 (6.39%)	1019 (8.22%)
Other reasons	57 (18.2%)	2337 (18.9%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	140 (44.7%)	7152 (57.7%)
No, only with assistance	108 (34.5%)	3308 (26.7%)
No, I stay in bed	49 (15.7%)	1514 (12.2%)
Missing	16 (5.11%)	422 (3.40%)
<b>"In general would you say your health is" (n):</b>		
Excellent	22 (7.03%)	452 (3.65%)
Good	26 (8.31%)	1001 (8.08%)
Very good	76 (24.3%)	3855 (31.1%)
Fair	79 (25.2%)	4253 (34.3%)
Poor	97 (31.0%)	2351 (19.0%)
Missing	13 (4.15%)	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	173 (55.3%)	7231 (58.3%)
No	106 (33.9%)	4009 (32.3%)
- I was not hungry	46 (43.4%)	1882 (46.9%)
- Problems with swallowing / mastication	4 (3.77%)	345 (8.61%)
- Nausea	20 (18.9%)	660 (16.5%)
- Others	30 (28.3%)	1147 (28.6%)
no answer	18 (5.75%)	810 (6.53%)

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

Patients with fluid intake	221 (74.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.67	0.39
Patients with supplements	13 (4.38%)	1292 (10.7%)
Supplements per patient & day (l)	0.01	0.03

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

Water	218 (73.4%)	7568 (62.8%)
Milk	25 (8.42%)	2220 (18.4%)
Fruit juice	48 (16.2%)	3083 (25.6%)
Tea, coffee	151 (50.8%)	4258 (35.3%)
Soft drinks	52 (17.5%)	1010 (8.38%)

##### Lunch intake (n):

 All	76 (25.6%)	4890 (40.6%)
 1/2	95 (32.0%)	3106 (25.8%)
 1/4	73 (24.6%)	1863 (15.5%)
 Nothing	47 (15.8%)	1866 (15.5%)
? No answer	6 (2.02%)	325 (2.70%)

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

I was not hungry	68 (30.8%)	2028 (28.3%)
I had nausea / vomiting	18 (8.14%)	559 (7.81%)
I was not allowed to eat	25 (11.3%)	741 (10.3%)
I kann not eat without help	4 (1.81%)	89 (1.24%)
I had an examination / surgery	10 (4.52%)	506 (7.07%)
I ordered a smaller portion	3 (1.36%)	166 (2.32%)
I was tired	6 (2.71%)	408 (5.70%)
I normaly eat less	18 (8.14%)	475 (6.63%)
I did not like the smell	6 (2.71%)	238 (3.32%)
I did not like the taste	42 (19.0%)	930 (13.0%)



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

Yes	133 (42.5%)	4287 (34.6%)
No	150 (47.9%)	7009 (56.5%)
No answer	14 (4.47%)	754 (6.08%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	38 (28.6%)	1239 (28.9%)
Fresh fruits	47 (35.3%)	1825 (42.6%)
Sandwiches	19 (14.3%)	354 (8.26%)
Dairy products	13 (9.77%)	592 (13.8%)
Preferred dish	24 (18.0%)	425 (9.91%)
Sweets	13 (9.77%)	626 (14.6%)
Fruit Juice	14 (10.5%)	711 (16.6%)
Others	36 (27.1%)	842 (19.6%)

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

Yes	240 (76.7%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires