



nutritionDay November 2012 in JAPAN

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:	41
Number of patients on nutritionDay:	830
Number of patients completing Sheet 3a:	756
Number of patients completing Sheet 3b:	741

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	69 ± 136	30 ± 30
Maximum	43 ± 16	33 ± 20
Number of patients on the nutritionDay (n):		
Total	830	14093
Did not give consent	37 (4.46%)	1118 (7.93%)
Needed help completing form	285 (34.3%)	7592 (53.9%)
Terminally ill	24 (2.89%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	8 (19.5%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	7 (17.1%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	2 (4.88%)	82 (12.5%)
Internal medicine / cardiology	1 (2.44%)	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	-	51 (7.75%)
Internal medicine / nephrology	-	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	-	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	1 (2.44%)	11 (1.67%)
General surgery	10 (24.4%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	7 (17.1%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	1 (2.44%)	11 (1.67%)
Gynecology	1 (2.44%)	7 (1.06%)
Long-term-care	1 (2.44%)	8 (1.22%)
Others	2 (4.88%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	7.07 ± 5.84	6.65 ± 9.35
Physicians per patient	0.17 ± 0.12	0.21 ± 0.27
Consultants	1.51 ± 2.05	2.70 ± 4.89
Consultants per patient	0.04 ± 0.05	0.09 ± 0.16
Registrars	2.34 ± 4.55	2.65 ± 4.92
Registrars per patient	0.05 ± 0.08	0.09 ± 0.16
Nurses	20.22 ± 21.30	8.33 ± 9.99
Nurses per patient	0.48 ± 0.44	0.27 ± 0.26
Nursing aides	2.05 ± 1.69	3.46 ± 7.88

Nursing aides per patient	0.05 ± 0.05	0.10 ± 0.12
Dieticians and dietetic assistants	0.83 ± 2.08	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.02 ± 0.05	0.04 ± 0.05

Nutrition Care:

Nutrition Team	39 units (95%) Yes	477 units (72%) Yes
Written procedures		
- individual	27 units (66%) Yes	430 units (65%) Yes
- local	21 units (51%) Yes	276 units (42%) Yes
- national	8 units (20%) Yes	270 units (41%) Yes
- other	6 units (15%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	39 units (95%) Yes	462 units (70%) Yes
When requested	21 units (51%) Yes	341 units (52%) Yes
Once a week	28 units (68%) Yes	243 units (37%) Yes
Occasionally	15 units (37%) 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
Number of patients (n):		
Total	830	14093
Patients who completed sheet 3a	756 (91.1%)	12396 (88.0%)
Patients who completed sheet 3b	741 (89.3%)	12050 (85.5%)
Demographic data:		
Age (years)	70 [15-100]	66 [3-113]
Female gender	368 (44.3%)	6843 (48.6%)
Weight (kg)	55.0 ± 12.8	70.7 ± 19.3
Height (cm)	158.7 ± 10.4	165.4 ± 11.8
BMI (kg/m ²)	21.7 ± 4.1	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	90 (10.8%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	50 (6.02%)	1329 (9.43%)
Postoperative patients	246 (29.6%)	3478 (24.7%)
Length of stay in Hospital (days):	22 [2-106]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	193 (23.3%)	1430 (10.1%)
Transferred to another hospital	32 (3.86%)	315 (2.24%)
Transferred to long-term care	14 (1.69%)	720 (5.11%)
Rehabilitation	5 (0.60%)	417 (2.96%)
Discharge home	443 (53.4%)	9797 (69.5%)
Death	28 (3.37%)	614 (4.36%)
Others	7 (0.84%)	191 (1.36%)
Missing	108 (13.0%)	609 (4.32%)
Readmitted (n):	31 (3.73%)	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	58 (6.99%)	1007 (7.15%)
Parenteral nutrition	124 (14.9%)	504 (3.58%)
Enteral + parenteral nutrition	14 (1.69%)	164 (1.16%)
Special diet	109 (13.1%)	3511 (24.9%)
Protein supplement	73 (8.80%)	1606 (11.4%)
Hospital food	511 (61.6%)	7651 (54.3%)
Others	9 (1.08%)	775 (5.50%)
Missing	2 (0.24%)	760 (5.39%)
Lines & tubes (n)*:		
None	503 (60.6%)	8953 (63.5%)
Centralvenous	38 (4.58%)	977 (6.93%)
Nasogastric tube	17 (2.05%)	353 (2.50%)
Any other (PEG, PEJ, ...)	272 (32.8%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	126 (15.2%)	1754 (12.4%)
Eye, ear	25 (3.01%)	215 (1.53%)
Nose, throat	20 (2.41%)	337 (2.39%)
Heart, circulation	136 (16.4%)	2339 (16.6%)
Lung	79 (9.52%)	2014 (14.3%)
Liver	102 (12.3%)	645 (4.58%)
Gastrointestinal tract	254 (30.6%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	108 (13.0%)	1812 (12.9%)
Endocrine system	92 (11.1%)	801 (5.68%)
Skeleton, bone, muscle	197 (23.7%)	2123 (15.1%)
Blood, bone marrow	56 (6.75%)	695 (4.93%)
Skin	29 (3.49%)	499 (3.54%)
Ischaemia	9 (1.08%)	172 (1.22%)
Cancer	201 (24.2%)	2464 (17.5%)
Infection	37 (4.46%)	941 (6.68%)
Pregnancy	1 (0.12%)	92 (0.65%)
Others	84 (10.1%)	904 (6.41%)
No affected organ	13 (1.57%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	127 (15.3%)	2631 (18.7%)
Stroke	35 (4.22%)	694 (4.92%)
COPD	7 (0.84%)	876 (6.22%)
Myocardial infarction	11 (1.33%)	436 (3.09%)
Cardiac insufficiency	25 (3.01%)	1477 (10.5%)
Others	255 (30.7%)	6137 (43.5%)
No comorbidity	432 (52.0%)	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	739 (97.8%)	11983 (96.7%)
Yes	288 (38.1%)	5671 (45.7%)
No	315 (41.7%)	4600 (37.1%)
No, I've gained weight	70 (9.26%)	930 (7.50%)
I don't know	66 (8.73%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	288 (38.1%)	5671 (45.7%)
0-4 kg	163 (21.6%)	2488 (20.1%)
5-8 kg	51 (6.75%)	1057 (8.53%)
> 8 kg	50 (6.61%)	1455 (11.7%)
Not sure	18 (2.38%)	581 (4.69%)
Missing	6 (0.79%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	515 (68.1%)	5813 (46.9%)
A bit less than normal	106 (14.0%)	2701 (21.8%)
Less than half of normal	62 (8.20%)	1765 (14.2%)
Less than a quarter to nearly nothing	63 (8.33%)	1645 (13.3%)
Missing	10 (1.32%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	231 (30.6%)	6130 (49.5%)
Loss of appetite	131 (17.3%)	3309 (26.7%)
Problems with swallowing, mastication	16 (2.12%)	612 (4.94%)
Nausea	22 (2.91%)	1019 (8.22%)
Other reasons	81 (10.7%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	499 (66.0%)	7152 (57.7%)
No, only with assistance	161 (21.3%)	3308 (26.7%)
No, I stay in bed	75 (9.92%)	1514 (12.2%)
Missing	21 (2.78%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	7 (0.93%)	452 (3.65%)
Good	39 (5.16%)	1001 (8.08%)
Very good	189 (25.0%)	3855 (31.1%)
Fair	282 (37.3%)	4253 (34.3%)
Poor	218 (28.8%)	2351 (19.0%)
Missing	21 (2.78%)	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	536 (70.9%)	7231 (58.3%)
No	162 (21.4%)	4009 (32.3%)
- I was not hungry	58 (35.8%)	1882 (46.9%)
- Problems with swallowing / mastication	13 (8.02%)	345 (8.61%)
- Nausea	21 (13.0%)	660 (16.5%)
- Others	58 (35.8%)	1147 (28.6%)
no answer	43 (5.69%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	507 (68.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.23	0.39
Patients with supplements	123 (16.6%)	1292 (10.7%)
Supplements per patient & day (l)	0.05	0.03

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

Water	239 (32.3%)	7568 (62.8%)
Milk	108 (14.6%)	2220 (18.4%)
Fruit juice	34 (4.59%)	3083 (25.6%)
Tea, coffee	417 (56.3%)	4258 (35.3%)
Soft drinks	50 (6.75%)	1010 (8.38%)

Lunch intake (n):

 All	419 (56.5%)	4890 (40.6%)
 1/2	141 (19.0%)	3106 (25.8%)
 1/4	64 (8.64%)	1863 (15.5%)
 Nothing	105 (14.2%)	1866 (15.5%)
? No answer	12 (1.62%)	325 (2.70%)

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

I was not hungry	48 (14.9%)	2028 (28.3%)
I had nausea / vomiting	19 (5.90%)	559 (7.81%)
I was not allowed to eat	27 (8.39%)	741 (10.3%)
I kann not eat without help	2 (0.62%)	89 (1.24%)
I had an examination / surgery	37 (11.5%)	506 (7.07%)
I ordered a smaller portion	6 (1.86%)	166 (2.32%)
I was tired	5 (1.55%)	408 (5.70%)
I normaly eat less	33 (10.2%)	475 (6.63%)
I did not like the smell	8 (2.48%)	238 (3.32%)
I did not like the taste	27 (8.39%)	930 (13.0%)

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

Yes	251 (33.2%)	4287 (34.6%)
No	456 (60.3%)	7009 (56.5%)
No answer	34 (4.50%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	54 (21.5%)	1239 (28.9%)
Fresh fruits	86 (34.3%)	1825 (42.6%)
Sandwiches	31 (12.4%)	354 (8.26%)
Dairy products	40 (15.9%)	592 (13.8%)
Preferred dish	17 (6.77%)	425 (9.91%)
Sweets	37 (14.7%)	626 (14.6%)
Fruit Juice	16 (6.37%)	711 (16.6%)
Others	73 (29.1%)	842 (19.6%)

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

Yes	333 (44.0%)	8563 (69.1%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires