



nutritionDay November 2012 in NORWAY

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:	484
Number of patients completing Sheet 3a:	442
Number of patients completing Sheet 3b:	443

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	18 ± 5	30 ± 30
Maximum	19 ± 5	33 ± 20
Number of patients on the nutritionDay (n):		
Total	484	14093
Did not give consent	26 (5.37%)	1118 (7.93%)
Needed help completing form	166 (34.3%)	7592 (53.9%)
Terminally ill	11 (2.27%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	3 (6.98%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	2 (4.65%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	5 (11.6%)	82 (12.5%)
Internal medicine / cardiology	3 (6.98%)	32 (4.86%)
Internal medicine / infectious diseases	2 (4.65%)	10 (1.52%)
Internal medicine / geriatrics	1 (2.33%)	51 (7.75%)
Internal medicine / nephrology	1 (2.33%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	2 (4.65%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	1 (2.33%)	11 (1.67%)
General surgery	5 (11.6%)	99 (15.0%)
Cardiothoracic surgery	1 (2.33%)	7 (1.06%)
Orthopedic surgery	5 (11.6%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	1 (2.33%)	11 (1.67%)
Gynecology	1 (2.33%)	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	10 (23.3%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	2.59 ± 2.06	6.65 ± 9.35
Physicians per patient	0.14 ± 0.12	0.21 ± 0.27
Consultants	2.49 ± 1.68	2.70 ± 4.89
Consultants per patient	0.13 ± 0.09	0.09 ± 0.16
Registrars	2.48 ± 2.03	2.65 ± 4.92
Registrars per patient	0.13 ± 0.11	0.09 ± 0.16
Nurses	10.09 ± 11.18	8.33 ± 9.99
Nurses per patient	0.53 ± 0.59	0.27 ± 0.26
Nursing aides	1.86 ± 1.44	3.46 ± 7.88

Nursing aides per patient	0.10 ± 0.08	0.10 ± 0.12
Dieticians and dietetic assistants	0.09 ± 0.30	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	5 units (12%) Yes	477 units (72%) Yes
Written procedures		
- individual	23 units (53%) Yes	430 units (65%) Yes
- local	15 units (35%) Yes	276 units (42%) Yes
- national	19 units (44%) Yes	270 units (41%) Yes
- other	1 units (02%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	29 units (67%) Yes	462 units (70%) Yes
When requested	27 units (63%) Yes	341 units (52%) Yes
Once a week	9 units (21%) Yes	243 units (37%) Yes
Occasionally	8 units (19%) 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	484	14093
Patients who completed sheet 3a	442 (91.3%)	12396 (88.0%)
Patients who completed sheet 3b	443 (91.5%)	12050 (85.5%)
Demographic data:		
Age (years)	66 [16-96]	66 [3-113]
Female gender	208 (43.0%)	6843 (48.6%)
Weight (kg)	75.9 ± 17.9	70.7 ± 19.3
Height (cm)	172.5 ± 10.9	165.4 ± 11.8
BMI (kg/m ²)	25.3 ± 5.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	13 (2.69%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	49 (10.1%)	1329 (9.43%)
Postoperative patients	145 (30.0%)	3478 (24.7%)
Length of stay in Hospital (days):	10 [2-75]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	34 (7.02%)	1430 (10.1%)
Transferred to another hospital	31 (6.40%)	315 (2.24%)
Transferred to long-term care	41 (8.47%)	720 (5.11%)
Rehabilitation	11 (2.27%)	417 (2.96%)
Discharge home	293 (60.5%)	9797 (69.5%)
Death	13 (2.69%)	614 (4.36%)
Others	16 (3.31%)	191 (1.36%)
Missing	45 (9.30%)	609 (4.32%)
Readmitted (n):	69 (14.3%)	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	56 (11.6%)	1007 (7.15%)
Parenteral nutrition	21 (4.34%)	504 (3.58%)
Enteral + parenteral nutrition	5 (1.03%)	164 (1.16%)
Special diet	43 (8.88%)	3511 (24.9%)
Protein supplement	24 (4.96%)	1606 (11.4%)
Hospital food	336 (69.4%)	7651 (54.3%)
Others	3 (0.62%)	775 (5.50%)
Missing	46 (9.50%)	760 (5.39%)
Lines & tubes (n)*:		
None	390 (80.6%)	8953 (63.5%)
Centralvenous	51 (10.5%)	977 (6.93%)
Nasogastric tube	7 (1.45%)	353 (2.50%)
Any other (PEG, PEJ, ...)	36 (7.44%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	23 (4.75%)	1754 (12.4%)
Eye, ear	2 (0.41%)	215 (1.53%)
Nose, throat	14 (2.89%)	337 (2.39%)
Heart, circulation	83 (17.1%)	2339 (16.6%)
Lung	39 (8.06%)	2014 (14.3%)
Liver	17 (3.51%)	645 (4.58%)
Gastrointestinal tract	103 (21.3%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	46 (9.50%)	1812 (12.9%)
Endocrine system	14 (2.89%)	801 (5.68%)
Skeleton, bone, muscle	61 (12.6%)	2123 (15.1%)
Blood, bone marrow	21 (4.34%)	695 (4.93%)
Skin	19 (3.93%)	499 (3.54%)
Ischaemia	4 (0.83%)	172 (1.22%)
Cancer	108 (22.3%)	2464 (17.5%)
Infection	42 (8.68%)	941 (6.68%)
Pregnancy	2 (0.41%)	92 (0.65%)
Others	12 (2.48%)	904 (6.41%)
No affected organ	50 (10.3%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	65 (13.4%)	2631 (18.7%)
Stroke	8 (1.65%)	694 (4.92%)
COPD	31 (6.40%)	876 (6.22%)
Myocardial infarction	15 (3.10%)	436 (3.09%)
Cardiac insufficiency	22 (4.55%)	1477 (10.5%)
Others	162 (33.5%)	6137 (43.5%)
No comorbidity	249 (51.4%)	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	427 (96.6%)	11983 (96.7%)
Yes	175 (39.6%)	5671 (45.7%)
No	196 (44.3%)	4600 (37.1%)
No, I've gained weight	33 (7.47%)	930 (7.50%)
I don't know	23 (5.20%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	175 (39.6%)	5671 (45.7%)
0-4 kg	70 (15.8%)	2488 (20.1%)
5-8 kg	49 (11.1%)	1057 (8.53%)
> 8 kg	44 (9.95%)	1455 (11.7%)
Not sure	10 (2.26%)	581 (4.69%)
Missing	2 (0.45%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	178 (40.3%)	5813 (46.9%)
A bit less than normal	116 (26.2%)	2701 (21.8%)
Less than half of normal	78 (17.6%)	1765 (14.2%)
Less than a quarter to nearly nothing	63 (14.3%)	1645 (13.3%)
Missing	7 (1.58%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	266 (60.2%)	6130 (49.5%)
Loss of appetite	147 (33.3%)	3309 (26.7%)
Problems with swallowing, mastication	29 (6.56%)	612 (4.94%)
Nausea	69 (15.6%)	1019 (8.22%)
Other reasons	101 (22.9%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	295 (66.7%)	7152 (57.7%)
No, only with assistance	117 (26.5%)	3308 (26.7%)
No, I stay in bed	24 (5.43%)	1514 (12.2%)
Missing	6 (1.36%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	22 (4.98%)	452 (3.65%)
Good	38 (8.60%)	1001 (8.08%)
Very good	172 (38.9%)	3855 (31.1%)
Fair	125 (28.3%)	4253 (34.3%)
Poor	74 (16.7%)	2351 (19.0%)
Missing	11 (2.49%)	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	254 (57.5%)	7231 (58.3%)
No	141 (31.9%)	4009 (32.3%)
- I was not hungry	57 (40.4%)	1882 (46.9%)
- Problems with swallowing / mastication	12 (8.51%)	345 (8.61%)
- Nausea	28 (19.9%)	660 (16.5%)
- Others	45 (31.9%)	1147 (28.6%)
no answer	48 (10.9%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	303 (68.4%)	9000 (74.7%)
Drinks per patient & day (l)	0.30	0.39
Patients with supplements	34 (7.67%)	1292 (10.7%)
Supplements per patient & day (l)	0.02	0.03

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

Water	234 (52.8%)	7568 (62.8%)
Milk	83 (18.7%)	2220 (18.4%)
Fruit juice	127 (28.7%)	3083 (25.6%)
Tea, coffee	129 (29.1%)	4258 (35.3%)
Soft drinks	65 (14.7%)	1010 (8.38%)

Lunch intake (n):

 All	197 (44.5%)	4890 (40.6%)
 1/2	85 (19.2%)	3106 (25.8%)
 1/4	57 (12.9%)	1863 (15.5%)
 Nothing	80 (18.1%)	1866 (15.5%)
? No answer	24 (5.42%)	325 (2.70%)

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

I was not hungry	59 (24.0%)	2028 (28.3%)
I had nausea / vomiting	19 (7.72%)	559 (7.81%)
I was not allowed to eat	36 (14.6%)	741 (10.3%)
I kann not eat without help	4 (1.63%)	89 (1.24%)
I had an examination / surgery	13 (5.28%)	506 (7.07%)
I ordered a smaller portion	19 (7.72%)	166 (2.32%)
I was tired	15 (6.10%)	408 (5.70%)
I normaly eat less	16 (6.50%)	475 (6.63%)
I did not like the smell	3 (1.22%)	238 (3.32%)
I did not like the taste	15 (6.10%)	930 (13.0%)

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

Yes	101 (22.9%)	4287 (34.6%)
No	306 (69.2%)	7009 (56.5%)
No answer	36 (8.14%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	33 (32.7%)	1239 (28.9%)
Fresh fruits	49 (48.5%)	1825 (42.6%)
Sandwiches	10 (9.90%)	354 (8.26%)
Dairy products	15 (14.9%)	592 (13.8%)
Preferred dish	8 (7.92%)	425 (9.91%)
Sweets	21 (20.8%)	626 (14.6%)
Fruit Juice	11 (10.9%)	711 (16.6%)
Others	17 (16.8%)	842 (19.6%)

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

Yes	263 (59.5%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires