



nutritionDay November 2012 in OMAN

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:	9
Number of patients on nutritionDay:	202
Number of patients completing Sheet 3a:	162
Number of patients completing Sheet 3b:	157

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

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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	32 ± 12	30 ± 30
Maximum	35 ± 19	33 ± 20
Number of patients on the nutritionDay (n):		
Total	202	14093
Did not give consent	41 (20.3%)	1118 (7.93%)
Needed help completing form	111 (55.0%)	7592 (53.9%)
Terminally ill	36 (17.8%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	3 (33.3%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	3 (33.3%)	82 (12.5%)
Internal medicine / cardiology	-	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)	-	11 (1.67%)
General surgery	1 (11.1%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	1 (11.1%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	1 (11.1%)	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	-	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	9.44 ± 7.04	6.65 ± 9.35
Physicians per patient	0.30 ± 0.19	0.21 ± 0.27
Consultants	6.44 ± 4.48	2.70 ± 4.89
Consultants per patient	0.24 ± 0.18	0.09 ± 0.16
Registrars	5.67 ± 6.48	2.65 ± 4.92
Registrars per patient	0.21 ± 0.24	0.09 ± 0.16
Nurses	14.44 ± 7.78	8.33 ± 9.99
Nurses per patient	0.49 ± 0.43	0.27 ± 0.26
Nursing aides	0.56 ± 1.67	3.46 ± 7.88

Nursing aides per patient	0.01 ± 0.02	0.10 ± 0.12
Dieticians and dietetic assistants	1.11 ± 0.78	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.03	0.04 ± 0.05

Nutrition Care:

Nutrition Team	6 units (67%) Yes	477 units (72%) Yes
Written procedures		
- individual	6 units (67%) Yes	430 units (65%) Yes
- local	3 units (33%) Yes	276 units (42%) Yes
- national	1 units (11%) Yes	270 units (41%) Yes
- other	- units (00%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	7 units (78%) Yes	462 units (70%) Yes
When requested	5 units (56%) Yes	341 units (52%) Yes
Once a week	2 units (22%) Yes	243 units (37%) Yes
Occasionally	- units (00%) Yes	86 units (13%) Yes
Never	1 units (11%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	202	14093
Patients who completed sheet 3a	162 (80.2%)	12396 (88.0%)
Patients who completed sheet 3b	157 (77.7%)	12050 (85.5%)
Demographic data:		
Age (years)	48 [16-85]	66 [3-113]
Female gender	115 (56.9%)	6843 (48.6%)
Weight (kg)	64.1 ± 16.8	70.7 ± 19.3
Height (cm)	158.0 ± 9.3	165.4 ± 11.8
BMI (kg/m ²)	25.6 ± 6.3	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	7 (3.47%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	13 (6.44%)	1329 (9.43%)
Postoperative patients	24 (11.9%)	3478 (24.7%)
Length of stay in Hospital (days):	10 [2-65]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	17 (8.42%)	1430 (10.1%)
Transferred to another hospital	2 (0.99%)	315 (2.24%)
Transferred to long-term care	22 (10.9%)	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	134 (66.3%)	9797 (69.5%)
Death	14 (6.93%)	614 (4.36%)
Others	11 (5.45%)	191 (1.36%)
Missing	2 (0.99%)	609 (4.32%)
Readmitted (n):	41 (20.3%)	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	12 (5.94%)	1007 (7.15%)
Parenteral nutrition	2 (0.99%)	504 (3.58%)
Enteral + parenteral nutrition	1 (0.50%)	164 (1.16%)
Special diet	45 (22.3%)	3511 (24.9%)
Protein supplement	5 (2.48%)	1606 (11.4%)
Hospital food	159 (78.7%)	7651 (54.3%)
Others	5 (2.48%)	775 (5.50%)
Missing	3 (1.49%)	760 (5.39%)
Lines & tubes (n)*:		
None	21 (10.4%)	8953 (63.5%)
Centralvenous	26 (12.9%)	977 (6.93%)
Nasogastric tube	11 (5.45%)	353 (2.50%)
Any other (PEG, PEJ, ...)	144 (71.3%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	13 (6.44%)	1754 (12.4%)
Eye, ear	3 (1.49%)	215 (1.53%)
Nose, throat	-	337 (2.39%)
Heart, circulation	14 (6.93%)	2339 (16.6%)
Lung	23 (11.4%)	2014 (14.3%)
Liver	9 (4.46%)	645 (4.58%)
Gastrointestinal tract	10 (4.95%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	29 (14.4%)	1812 (12.9%)
Endocrine system	6 (2.97%)	801 (5.68%)
Skeleton, bone, muscle	34 (16.8%)	2123 (15.1%)
Blood, bone marrow	24 (11.9%)	695 (4.93%)
Skin	2 (0.99%)	499 (3.54%)
Ischaemia	-	172 (1.22%)
Cancer	34 (16.8%)	2464 (17.5%)
Infection	4 (1.98%)	941 (6.68%)
Pregnancy	14 (6.93%)	92 (0.65%)
Others	12 (5.94%)	904 (6.41%)
No affected organ	2 (0.99%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	45 (22.3%)	2631 (18.7%)
Stroke	12 (5.94%)	694 (4.92%)
COPD	9 (4.46%)	876 (6.22%)
Myocardial infarction	10 (4.95%)	436 (3.09%)
Cardiac insufficiency	10 (4.95%)	1477 (10.5%)
Others	102 (50.5%)	6137 (43.5%)
No comorbidity	41 (20.3%)	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	155 (95.7%)	11983 (96.7%)
Yes	81 (50.0%)	5671 (45.7%)
No	37 (22.8%)	4600 (37.1%)
No, I've gained weight	15 (9.26%)	930 (7.50%)
I don't know	22 (13.6%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	81 (50.0%)	5671 (45.7%)
0-4 kg	31 (19.1%)	2488 (20.1%)
5-8 kg	16 (9.88%)	1057 (8.53%)
> 8 kg	13 (8.02%)	1455 (11.7%)
Not sure	20 (12.3%)	581 (4.69%)
Missing	1 (0.62%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	47 (29.0%)	5813 (46.9%)
A bit less than normal	55 (34.0%)	2701 (21.8%)
Less than half of normal	21 (13.0%)	1765 (14.2%)
Less than a quarter to nearly nothing	31 (19.1%)	1645 (13.3%)
Missing	8 (4.94%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	110 (67.9%)	6130 (49.5%)
Loss of appetite	69 (42.6%)	3309 (26.7%)
Problems with swallowing, mastication	22 (13.6%)	612 (4.94%)
Nausea	20 (12.3%)	1019 (8.22%)
Other reasons	19 (11.7%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	80 (49.4%)	7152 (57.7%)
No, only with assistance	25 (15.4%)	3308 (26.7%)
No, I stay in bed	51 (31.5%)	1514 (12.2%)
Missing	6 (3.70%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	4 (2.47%)	452 (3.65%)
Good	17 (10.5%)	1001 (8.08%)
Very good	81 (50.0%)	3855 (31.1%)
Fair	29 (17.9%)	4253 (34.3%)
Poor	23 (14.2%)	2351 (19.0%)
Missing	8 (4.94%)	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	82 (50.6%)	7231 (58.3%)
No	58 (35.8%)	4009 (32.3%)
- I was not hungry	8 (13.8%)	1882 (46.9%)
- Problems with swallowing / mastication	11 (19.0%)	345 (8.61%)
- Nausea	21 (36.2%)	660 (16.5%)
- Others	12 (20.7%)	1147 (28.6%)
no answer	17 (10.5%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	127 (80.9%)	9000 (74.7%)
Drinks per patient & day (l)	0.47	0.39
Patients with supplements	22 (14.0%)	1292 (10.7%)
Supplements per patient & day (l)	0.08	0.03

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

Water	125 (79.6%)	7568 (62.8%)
Milk	70 (44.6%)	2220 (18.4%)
Fruit juice	36 (22.9%)	3083 (25.6%)
Tea, coffee	37 (23.6%)	4258 (35.3%)
Soft drinks	2 (1.27%)	1010 (8.38%)

Lunch intake (n):

 All	25 (15.9%)	4890 (40.6%)
 1/2	40 (25.5%)	3106 (25.8%)
 1/4	64 (40.8%)	1863 (15.5%)
 Nothing	25 (15.9%)	1866 (15.5%)
? No answer	3 (1.91%)	325 (2.70%)

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

I was not hungry	11 (8.33%)	2028 (28.3%)
I had nausea / vomiting	22 (16.7%)	559 (7.81%)
I was not allowed to eat	2 (1.52%)	741 (10.3%)
I kann not eat without help	1 (0.76%)	89 (1.24%)
I had an examination / surgery	4 (3.03%)	506 (7.07%)
I ordered a smaller portion	8 (6.06%)	166 (2.32%)
I was tired	13 (9.85%)	408 (5.70%)
I normaly eat less	12 (9.09%)	475 (6.63%)
I did not like the smell	9 (6.82%)	238 (3.32%)
I did not like the taste	33 (25.0%)	930 (13.0%)

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

Yes	65 (40.1%)	4287 (34.6%)
No	79 (48.8%)	7009 (56.5%)
No answer	13 (8.02%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	17 (26.2%)	1239 (28.9%)
Fresh fruits	29 (44.6%)	1825 (42.6%)
Sandwiches	12 (18.5%)	354 (8.26%)
Dairy products	19 (29.2%)	592 (13.8%)
Preferred dish	14 (21.5%)	425 (9.91%)
Sweets	8 (12.3%)	626 (14.6%)
Fruit Juice	24 (36.9%)	711 (16.6%)
Others	6 (9.23%)	842 (19.6%)

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

Yes	120 (74.1%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires