



nutritionDay November 2012 in PORTUGAL

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:	16
Number of patients on nutritionDay:	670
Number of patients completing Sheet 3a:	524
Number of patients completing Sheet 3b:	478

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	52 ± 36	30 ± 30
Maximum	61 ± 43	33 ± 20
Number of patients on the nutritionDay (n):		
Total	670	14093
Did not give consent	94 (14.0%)	1118 (7.93%)
Needed help completing form	392 (58.5%)	7592 (53.9%)
Terminally ill	84 (12.5%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	4 (25.0%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	4 (25.0%)	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	4 (25.0%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	-	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	1 (6.25%)	8 (1.22%)
Others	3 (18.8%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	10.13 ± 10.58	6.65 ± 9.35
Physicians per patient	0.15 ± 0.10	0.21 ± 0.27
Consultants	2.38 ± 6.39	2.70 ± 4.89
Consultants per patient	0.03 ± 0.05	0.09 ± 0.16
Registrars	5.75 ± 9.04	2.65 ± 4.92
Registrars per patient	0.09 ± 0.09	0.09 ± 0.16
Nurses	22.56 ± 22.59	8.33 ± 9.99
Nurses per patient	0.33 ± 0.21	0.27 ± 0.26
Nursing aides	11.63 ± 9.51	3.46 ± 7.88

Nursing aides per patient	0.19 ± 0.10	0.10 ± 0.12
Dieticians and dietetic assistants	1.78 ± 1.20	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	15 units (94%) Yes	477 units (72%) Yes
Written procedures		
- individual	12 units (75%) Yes	430 units (65%) Yes
- local	8 units (50%) Yes	276 units (42%) Yes
- national	3 units (19%) Yes	270 units (41%) Yes
- other	1 units (06%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	8 units (50%) Yes	462 units (70%) Yes
When requested	9 units (56%) Yes	341 units (52%) Yes
Once a week	4 units (25%) Yes	243 units (37%) Yes
Occasionally	3 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	670	14093
Patients who completed sheet 3a	524 (78.2%)	12396 (88.0%)
Patients who completed sheet 3b	478 (71.3%)	12050 (85.5%)
Demographic data:		
Age (years)	69 [19-98]	66 [3-113]
Female gender	314 (46.9%)	6843 (48.6%)
Weight (kg)	68.3 ± 15.0	70.7 ± 19.3
Height (cm)	163.9 ± 8.5	165.4 ± 11.8
BMI (kg/m ²)	25.4 ± 5.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	37 (5.52%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	38 (5.67%)	1329 (9.43%)
Postoperative patients	161 (24.0%)	3478 (24.7%)
Length of stay in Hospital (days):	15 [2-84]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	59 (8.81%)	1430 (10.1%)
Transferred to another hospital	6 (0.90%)	315 (2.24%)
Transferred to long-term care	20 (2.99%)	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	396 (59.1%)	9797 (69.5%)
Death	69 (10.3%)	614 (4.36%)
Others	19 (2.84%)	191 (1.36%)
Missing	101 (15.1%)	609 (4.32%)
Readmitted (n):	38 (5.67%)	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	29 (4.33%)	1007 (7.15%)
Parenteral nutrition	7 (1.04%)	504 (3.58%)
Enteral + parenteral nutrition	1 (0.15%)	164 (1.16%)
Special diet	138 (20.6%)	3511 (24.9%)
Protein supplement	40 (5.97%)	1606 (11.4%)
Hospital food	428 (63.9%)	7651 (54.3%)
Others	53 (7.91%)	775 (5.50%)
Missing	20 (2.99%)	760 (5.39%)
Lines & tubes (n)*:		
None	290 (43.3%)	8953 (63.5%)
Centralvenous	76 (11.3%)	977 (6.93%)
Nasogastric tube	39 (5.82%)	353 (2.50%)
Any other (PEG, PEJ, ...)	265 (39.6%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	76 (11.3%)	1754 (12.4%)
Eye, ear	-	215 (1.53%)
Nose, throat	7 (1.04%)	337 (2.39%)
Heart, circulation	44 (6.57%)	2339 (16.6%)
Lung	91 (13.6%)	2014 (14.3%)
Liver	21 (3.13%)	645 (4.58%)
Gastrointestinal tract	138 (20.6%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	71 (10.6%)	1812 (12.9%)
Endocrine system	14 (2.09%)	801 (5.68%)
Skeleton, bone, muscle	32 (4.78%)	2123 (15.1%)
Blood, bone marrow	26 (3.88%)	695 (4.93%)
Skin	31 (4.63%)	499 (3.54%)
Ischaemia	8 (1.19%)	172 (1.22%)
Cancer	266 (39.7%)	2464 (17.5%)
Infection	49 (7.31%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	27 (4.03%)	904 (6.41%)
No affected organ	24 (3.58%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	126 (18.8%)	2631 (18.7%)
Stroke	51 (7.61%)	694 (4.92%)
COPD	27 (4.03%)	876 (6.22%)
Myocardial infarction	9 (1.34%)	436 (3.09%)
Cardiac insufficiency	87 (13.0%)	1477 (10.5%)
Others	401 (59.9%)	6137 (43.5%)
No comorbidity	175 (26.1%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	479 (91.4%)	11983 (96.7%)
Yes	226 (43.1%)	5671 (45.7%)
No	162 (30.9%)	4600 (37.1%)
No, I've gained weight	37 (7.06%)	930 (7.50%)
I don't know	54 (10.3%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	226 (43.1%)	5671 (45.7%)
0-4 kg	85 (16.2%)	2488 (20.1%)
5-8 kg	40 (7.63%)	1057 (8.53%)
> 8 kg	52 (9.92%)	1455 (11.7%)
Not sure	46 (8.78%)	581 (4.69%)
Missing	3 (0.57%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	252 (48.1%)	5813 (46.9%)
A bit less than normal	89 (17.0%)	2701 (21.8%)
Less than half of normal	69 (13.2%)	1765 (14.2%)
Less than a quarter to nearly nothing	72 (13.7%)	1645 (13.3%)
Missing	42 (8.02%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	234 (44.7%)	6130 (49.5%)
Loss of appetite	150 (28.6%)	3309 (26.7%)
Problems with swallowing, mastication	22 (4.20%)	612 (4.94%)
Nausea	33 (6.30%)	1019 (8.22%)
Other reasons	69 (13.2%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	278 (53.1%)	7152 (57.7%)
No, only with assistance	159 (30.3%)	3308 (26.7%)
No, I stay in bed	46 (8.78%)	1514 (12.2%)
Missing	41 (7.82%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	5 (0.95%)	452 (3.65%)
Good	12 (2.29%)	1001 (8.08%)
Very good	90 (17.2%)	3855 (31.1%)
Fair	195 (37.2%)	4253 (34.3%)
Poor	172 (32.8%)	2351 (19.0%)
Missing	50 (9.54%)	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	286 (54.6%)	7231 (58.3%)
No	158 (30.2%)	4009 (32.3%)
- I was not hungry	103 (65.2%)	1882 (46.9%)
- Problems with swallowing / mastication	11 (6.96%)	345 (8.61%)
- Nausea	21 (13.3%)	660 (16.5%)
- Others	28 (17.7%)	1147 (28.6%)
no answer	34 (6.49%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	329 (68.8%)	9000 (74.7%)
Drinks per patient & day (l)	0.24	0.39
Patients with supplements	14 (2.93%)	1292 (10.7%)
Supplements per patient & day (l)	0.01	0.03

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

Water	366 (76.6%)	7568 (62.8%)
Milk	49 (10.3%)	2220 (18.4%)
Fruit juice	36 (7.53%)	3083 (25.6%)
Tea, coffee	34 (7.11%)	4258 (35.3%)
Soft drinks	6 (1.26%)	1010 (8.38%)

Lunch intake (n):

 All	194 (40.6%)	4890 (40.6%)
 1/2	149 (31.2%)	3106 (25.8%)
 1/4	63 (13.2%)	1863 (15.5%)
 Nothing	71 (14.9%)	1866 (15.5%)
? No answer	1 (0.21%)	325 (2.70%)

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

I was not hungry	145 (51.1%)	2028 (28.3%)
I had nausea / vomiting	24 (8.45%)	559 (7.81%)
I was not allowed to eat	28 (9.86%)	741 (10.3%)
I kann not eat without help	1 (0.35%)	89 (1.24%)
I had an examination / surgery	20 (7.04%)	506 (7.07%)
I ordered a smaller portion	1 (0.35%)	166 (2.32%)
I was tired	7 (2.46%)	408 (5.70%)
I normaly eat less	13 (4.58%)	475 (6.63%)
I did not like the smell	16 (5.63%)	238 (3.32%)
I did not like the taste	40 (14.1%)	930 (13.0%)

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

Yes	135 (25.8%)	4287 (34.6%)
No	301 (57.4%)	7009 (56.5%)
No answer	42 (8.02%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	38 (28.1%)	1239 (28.9%)
Fresh fruits	75 (55.6%)	1825 (42.6%)
Sandwiches	9 (6.67%)	354 (8.26%)
Dairy products	46 (34.1%)	592 (13.8%)
Preferred dish	7 (5.19%)	425 (9.91%)
Sweets	12 (8.89%)	626 (14.6%)
Fruit Juice	27 (20.0%)	711 (16.6%)
Others	18 (13.3%)	842 (19.6%)

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

Yes	349 (66.6%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires