



## **nutritionDay November 2012 in SWEDEN**

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:	8
Number of patients on nutritionDay:	129
Number of patients completing Sheet 3a:	117
Number of patients completing Sheet 3b:	112

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	17 ± 6	30 ± 30
Maximum	21 ± 7	33 ± 20
<b>Number of patients on the nutritionDay (n):</b>		
Total	129	14093
Did not give consent	13 (10.1%)	1118 (7.93%)
Needed help completing form	32 (24.8%)	7592 (53.9%)
Terminally ill	2 (1.55%)	962 (6.83%)
<b>Specialities (n):</b>		
Internal medicine / general	3 (37.5%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	-	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	-	82 (12.5%)
Internal medicine / cardiology	1 (12.5%)	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	1 (12.5%)	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	2 (25.0%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	1 (12.5%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	-	85 (12.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	1.63 ± 1.19	6.65 ± 9.35
Physicians per patient	0.09 ± 0.06	0.21 ± 0.27
Consultants	1.63 ± 0.92	2.70 ± 4.89
Consultants per patient	0.08 ± 0.03	0.09 ± 0.16
Registrars	0.63 ± 1.19	2.65 ± 4.92
Registrars per patient	0.02 ± 0.04	0.09 ± 0.16
Nurses	3.88 ± 1.55	8.33 ± 9.99
Nurses per patient	0.19 ± 0.03	0.27 ± 0.26
Nursing aides	3.88 ± 1.25	3.46 ± 7.88

Nursing aides per patient	0.19 ± 0.04	0.10 ± 0.12
Dieticians and dietetic assistants	0.15 ± 0.00	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.01 ± 0.00	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	1 units (13%) Yes	477 units (72%) Yes
Written procedures		
- individual	4 units (50%) Yes	430 units (65%) Yes
- local	6 units (75%) Yes	276 units (42%) Yes
- national	- units (00%) Yes	270 units (41%) Yes
- other	1 units (13%) Yes	74 units (11%) Yes

**Patients' weight assessed:**

On admission	7 units (88%) Yes	462 units (70%) Yes
When requested	7 units (88%) Yes	341 units (52%) Yes
Once a week	2 units (25%) Yes	243 units (37%) Yes
Occasionally	1 units (13%) Yes	86 units (13%) Yes
Never	1 units (13%) 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	129	14093
Patients who completed sheet 3a	117 (90.7%)	12396 (88.0%)
Patients who completed sheet 3b	112 (86.8%)	12050 (85.5%)
<b>Demographic data:</b>		
Age (years)	77 [20-99]	66 [3-113]
Female gender	64 (49.6%)	6843 (48.6%)
Weight (kg)	75.3 ± 17.0	70.7 ± 19.3
Height (cm)	168.2 ± 9.3	165.4 ± 11.8
BMI (kg/m <sup>2</sup> )	26.5 ± 4.9	25.7 ± 6.3
<b>ICU-stay:</b>		
Any ICU-stay	15 (11.6%)	1433 (10.2%)
<b>Surgery (n):</b>		
Preoperative patients	5 (3.88%)	1329 (9.43%)
Postoperative patients	25 (19.4%)	3478 (24.7%)
<b>Length of stay in Hospital (days):</b>	10 [2-64]	13 [2-107]
<b>Outcome after 30 days (n):</b>		
Still in hospital	3 (2.33%)	1430 (10.1%)
Transferred to another hospital	5 (3.88%)	315 (2.24%)
Transferred to long-term care	-	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	103 (79.8%)	9797 (69.5%)
Death	7 (5.43%)	614 (4.36%)
Others	11 (8.53%)	191 (1.36%)
Missing	-	609 (4.32%)
<b>Readmitted (n):</b>	26 (20.2%)	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	-	1007 (7.15%)
Parenteral nutrition	11 (8.53%)	504 (3.58%)
Enteral + parenteral nutrition	2 (1.55%)	164 (1.16%)
Special diet	7 (5.43%)	3511 (24.9%)
Protein supplement	56 (43.4%)	1606 (11.4%)
Hospital food	115 (89.1%)	7651 (54.3%)
Others	2 (1.55%)	775 (5.50%)
Missing	-	760 (5.39%)
<b>Lines &amp; tubes (n)*:</b>		
None	55 (42.6%)	8953 (63.5%)
Centralvenous	3 (2.33%)	977 (6.93%)
Nasogastric tube	-	353 (2.50%)
Any other (PEG, PEJ, ...)	71 (55.0%)	3810 (27.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	12 (9.30%)	1754 (12.4%)
Eye, ear	1 (0.78%)	215 (1.53%)
Nose, throat	-	337 (2.39%)
Heart, circulation	52 (40.3%)	2339 (16.6%)
Lung	24 (18.6%)	2014 (14.3%)
Liver	2 (1.55%)	645 (4.58%)
Gastrointestinal tract	21 (16.3%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	19 (14.7%)	1812 (12.9%)
Endocrine system	7 (5.43%)	801 (5.68%)
Skeleton, bone, muscle	19 (14.7%)	2123 (15.1%)
Blood, bone marrow	5 (3.88%)	695 (4.93%)
Skin	3 (2.33%)	499 (3.54%)
Ischaemia	1 (0.78%)	172 (1.22%)
Cancer	9 (6.98%)	2464 (17.5%)
Infection	20 (15.5%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	4 (3.10%)	904 (6.41%)
No affected organ	7 (5.43%)	840 (5.96%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	25 (19.4%)	2631 (18.7%)
Stroke	14 (10.9%)	694 (4.92%)
COPD	16 (12.4%)	876 (6.22%)
Myocardial infarction	15 (11.6%)	436 (3.09%)
Cardiac insufficiency	25 (19.4%)	1477 (10.5%)
Others	78 (60.5%)	6137 (43.5%)
No comorbidity	20 (15.5%)	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	112 (95.7%)	11983 (96.7%)
Yes	32 (27.4%)	5671 (45.7%)
No	65 (55.6%)	4600 (37.1%)
No, I've gained weight	6 (5.13%)	930 (7.50%)
I don't know	9 (7.69%)	782 (6.31%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	32 (27.4%)	5671 (45.7%)
0-4 kg	13 (11.1%)	2488 (20.1%)
5-8 kg	7 (5.98%)	1057 (8.53%)
> 8 kg	6 (5.13%)	1455 (11.7%)
Not sure	6 (5.13%)	581 (4.69%)
Missing	-	90 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	61 (52.1%)	5813 (46.9%)
A bit less than normal	28 (23.9%)	2701 (21.8%)
Less than half of normal	12 (10.3%)	1765 (14.2%)
Less than a quarter to nearly nothing	10 (8.55%)	1645 (13.3%)
Missing	6 (5.13%)	472 (3.81%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	56 (47.9%)	6130 (49.5%)
Loss of appetite	35 (29.9%)	3309 (26.7%)
Problems with swallowing, mastication	6 (5.13%)	612 (4.94%)
Nausea	7 (5.98%)	1019 (8.22%)
Other reasons	21 (17.9%)	2337 (18.9%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	66 (56.4%)	7152 (57.7%)
No, only with assistance	40 (34.2%)	3308 (26.7%)
No, I stay in bed	7 (5.98%)	1514 (12.2%)
Missing	4 (3.42%)	422 (3.40%)
<b>"In general would you say your health is" (n):</b>		
Excellent	5 (4.27%)	452 (3.65%)
Good	17 (14.5%)	1001 (8.08%)
Very good	34 (29.1%)	3855 (31.1%)
Fair	25 (21.4%)	4253 (34.3%)
Poor	30 (25.6%)	2351 (19.0%)
Missing	6 (5.13%)	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	77 (65.8%)	7231 (58.3%)
No	29 (24.8%)	4009 (32.3%)
- I was not hungry	9 (31.0%)	1882 (46.9%)
- Problems with swallowing / mastication	5 (17.2%)	345 (8.61%)
- Nausea	2 (6.90%)	660 (16.5%)
- Others	12 (41.4%)	1147 (28.6%)
no answer	6 (5.13%)	810 (6.53%)


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

Patients with fluid intake	88 (78.6%)	9000 (74.7%)
Drinks per patient & day (l)	0.29	0.39
Patients with supplements	29 (25.9%)	1292 (10.7%)
Supplements per patient & day (l)	0.05	0.03

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

Water	53 (47.3%)	7568 (62.8%)
Milk	28 (25.0%)	2220 (18.4%)
Fruit juice	17 (15.2%)	3083 (25.6%)
Tea, coffee	10 (8.93%)	4258 (35.3%)
Soft drinks	33 (29.5%)	1010 (8.38%)

##### Lunch intake (n):

 All	69 (61.6%)	4890 (40.6%)
 1/2	22 (19.6%)	3106 (25.8%)
 1/4	12 (10.7%)	1863 (15.5%)
 Nothing	9 (8.04%)	1866 (15.5%)
? No answer	-	325 (2.70%)

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

I was not hungry	7 (16.3%)	2028 (28.3%)
I had nausea / vomiting	2 (4.65%)	559 (7.81%)
I was not allowed to eat	3 (6.98%)	741 (10.3%)
I kann not eat without help	1 (2.33%)	89 (1.24%)
I had an examination / surgery	1 (2.33%)	506 (7.07%)
I ordered a smaller portion	-	166 (2.32%)
I was tired	2 (4.65%)	408 (5.70%)
I normaly eat less	-	475 (6.63%)
I did not like the smell	-	238 (3.32%)
I did not like the taste	-	930 (13.0%)



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

Yes	20 (17.1%)	4287 (34.6%)
No	85 (72.6%)	7009 (56.5%)
No answer	7 (5.98%)	754 (6.08%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	7 (35.0%)	1239 (28.9%)
Fresh fruits	5 (25.0%)	1825 (42.6%)
Sandwiches	1 (5.00%)	354 (8.26%)
Dairy products	1 (5.00%)	592 (13.8%)
Preferred dish	-	425 (9.91%)
Sweets	6 (30.0%)	626 (14.6%)
Fruit Juice	1 (5.00%)	711 (16.6%)
Others	3 (15.0%)	842 (19.6%)

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

Yes	60 (51.3%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires