



## **nutritionDay November 2012 in SLOVENIA**

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:	29
Number of patients on nutritionDay:	481
Number of patients completing Sheet 3a:	443
Number of patients completing Sheet 3b:	435

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	24 ± 20	30 ± 30
Maximum	31 ± 20	33 ± 20
<b>Number of patients on the nutritionDay (n):</b>		
Total	481	14093
Did not give consent	17 (3.53%)	1118 (7.93%)
Needed help completing form	262 (54.5%)	7592 (53.9%)
Terminally ill	20 (4.16%)	962 (6.83%)
<b>Specialities (n):</b>		
Internal medicine / general	5 (17.2%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	1 (3.45%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	2 (6.90%)	82 (12.5%)
Internal medicine / cardiology	1 (3.45%)	32 (4.86%)
Internal medicine / infectious diseases	1 (3.45%)	10 (1.52%)
Internal medicine / geriatrics	-	51 (7.75%)
Internal medicine / nephrology	1 (3.45%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	1 (3.45%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	1 (3.45%)	11 (1.67%)
General surgery	6 (20.7%)	99 (15.0%)
Cardiothoracic surgery	-	7 (1.06%)
Orthopedic surgery	1 (3.45%)	41 (6.23%)
Trauma	1 (3.45%)	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	8 (27.6%)	85 (12.9%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.93 ± 6.36	6.65 ± 9.35
Physicians per patient	0.15 ± 0.13	0.21 ± 0.27
Consultants	1.07 ± 1.00	2.70 ± 4.89
Consultants per patient	0.04 ± 0.04	0.09 ± 0.16
Registrars	1.56 ± 2.45	2.65 ± 4.92
Registrars per patient	0.05 ± 0.05	0.09 ± 0.16
Nurses	5.02 ± 8.19	8.33 ± 9.99
Nurses per patient	0.13 ± 0.11	0.27 ± 0.26
Nursing aides	3.19 ± 2.28	3.46 ± 7.88

Nursing aides per patient	0.13 ± 0.10	0.10 ± 0.12
Dieticians and dietetic assistants	0.12 ± 0.27	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	26 units (90%) Yes	477 units (72%) Yes
Written procedures		
- individual	6 units (21%) Yes	430 units (65%) Yes
- local	5 units (17%) Yes	276 units (42%) Yes
- national	3 units (10%) Yes	270 units (41%) Yes
- other	7 units (24%) Yes	74 units (11%) Yes

**Patients' weight assessed:**

On admission	22 units (76%) Yes	462 units (70%) Yes
When requested	16 units (55%) Yes	341 units (52%) Yes
Once a week	6 units (21%) Yes	243 units (37%) Yes
Occasionally	2 units (07%) 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
<b>Number of patients (n):</b>		
Total	481	14093
Patients who completed sheet 3a	443 (92.1%)	12396 (88.0%)
Patients who completed sheet 3b	435 (90.4%)	12050 (85.5%)
<b>Demographic data:</b>		
Age (years)	69 [19-94]	66 [3-113]
Female gender	221 (45.9%)	6843 (48.6%)
Weight (kg)	75.6 ± 18.2	70.7 ± 19.3
Height (cm)	168.1 ± 10.2	165.4 ± 11.8
BMI (kg/m <sup>2</sup> )	26.8 ± 6.6	25.7 ± 6.3
<b>ICU-stay:</b>		
Any ICU-stay	26 (5.41%)	1433 (10.2%)
<b>Surgery (n):</b>		
Preoperative patients	24 (4.99%)	1329 (9.43%)
Postoperative patients	94 (19.5%)	3478 (24.7%)
<b>Length of stay in Hospital (days):</b>	11 [2-91]	13 [2-107]
<b>Outcome after 30 days (n):</b>		
Still in hospital	17 (3.53%)	1430 (10.1%)
Transferred to another hospital	14 (2.91%)	315 (2.24%)
Transferred to long-term care	26 (5.41%)	720 (5.11%)
Rehabilitation	1 (0.21%)	417 (2.96%)
Discharge home	381 (79.2%)	9797 (69.5%)
Death	30 (6.24%)	614 (4.36%)
Others	2 (0.42%)	191 (1.36%)
Missing	10 (2.08%)	609 (4.32%)
<b>Readmitted (n):</b>	75 (15.6%)	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	68 (14.1%)	1007 (7.15%)
Parenteral nutrition	17 (3.53%)	504 (3.58%)
Enteral + parenteral nutrition	14 (2.91%)	164 (1.16%)
Special diet	51 (10.6%)	3511 (24.9%)
Protein supplement	29 (6.03%)	1606 (11.4%)
Hospital food	308 (64.0%)	7651 (54.3%)
Others	20 (4.16%)	775 (5.50%)
Missing	19 (3.95%)	760 (5.39%)
<b>Lines &amp; tubes (n)*:</b>		
None	382 (79.4%)	8953 (63.5%)
Centralvenous	17 (3.53%)	977 (6.93%)
Nasogastric tube	7 (1.46%)	353 (2.50%)
Any other (PEG, PEJ, ...)	75 (15.6%)	3810 (27.0%)
<b>Affected organs (n)*:</b>		
Brain, nerves	15 (3.12%)	1754 (12.4%)
Eye, ear	-	215 (1.53%)
Nose, throat	8 (1.66%)	337 (2.39%)
Heart, circulation	73 (15.2%)	2339 (16.6%)
Lung	186 (38.7%)	2014 (14.3%)
Liver	22 (4.57%)	645 (4.58%)
Gastrointestinal tract	67 (13.9%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	37 (7.69%)	1812 (12.9%)
Endocrine system	6 (1.25%)	801 (5.68%)
Skeleton, bone, muscle	35 (7.28%)	2123 (15.1%)
Blood, bone marrow	6 (1.25%)	695 (4.93%)
Skin	10 (2.08%)	499 (3.54%)
Ischaemia	4 (0.83%)	172 (1.22%)
Cancer	138 (28.7%)	2464 (17.5%)
Infection	21 (4.37%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	25 (5.20%)	904 (6.41%)
No affected organ	13 (2.70%)	840 (5.96%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	52 (10.8%)	2631 (18.7%)
Stroke	18 (3.74%)	694 (4.92%)
COPD	39 (8.11%)	876 (6.22%)
Myocardial infarction	12 (2.49%)	436 (3.09%)
Cardiac insufficiency	64 (13.3%)	1477 (10.5%)
Others	159 (33.1%)	6137 (43.5%)
No comorbidity	197 (41.0%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	435 (98.2%)	11983 (96.7%)
Yes	159 (35.9%)	5671 (45.7%)
No	216 (48.8%)	4600 (37.1%)
No, I've gained weight	25 (5.64%)	930 (7.50%)
I don't know	35 (7.90%)	782 (6.31%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	159 (35.9%)	5671 (45.7%)
0-4 kg	78 (17.6%)	2488 (20.1%)
5-8 kg	28 (6.32%)	1057 (8.53%)
> 8 kg	49 (11.1%)	1455 (11.7%)
Not sure	2 (0.45%)	581 (4.69%)
Missing	2 (0.45%)	90 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	259 (58.5%)	5813 (46.9%)
A bit less than normal	110 (24.8%)	2701 (21.8%)
Less than half of normal	45 (10.2%)	1765 (14.2%)
Less than a quarter to nearly nothing	23 (5.19%)	1645 (13.3%)
Missing	6 (1.35%)	472 (3.81%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	167 (37.7%)	6130 (49.5%)
Loss of appetite	107 (24.2%)	3309 (26.7%)
Problems with swallowing, mastication	16 (3.61%)	612 (4.94%)
Nausea	25 (5.64%)	1019 (8.22%)
Other reasons	38 (8.58%)	2337 (18.9%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	303 (68.4%)	7152 (57.7%)
No, only with assistance	93 (21.0%)	3308 (26.7%)
No, I stay in bed	39 (8.80%)	1514 (12.2%)
Missing	8 (1.81%)	422 (3.40%)
<b>"In general would you say your health is" (n):</b>		
Excellent	10 (2.26%)	452 (3.65%)
Good	30 (6.77%)	1001 (8.08%)
Very good	187 (42.2%)	3855 (31.1%)
Fair	88 (19.9%)	4253 (34.3%)
Poor	114 (25.7%)	2351 (19.0%)
Missing	14 (3.16%)	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	336 (75.8%)	7231 (58.3%)
No	87 (19.6%)	4009 (32.3%)
- I was not hungry	42 (48.3%)	1882 (46.9%)
- Problems with swallowing / mastication	7 (8.05%)	345 (8.61%)
- Nausea	20 (23.0%)	660 (16.5%)
- Others	13 (14.9%)	1147 (28.6%)
no answer	12 (2.71%)	810 (6.53%)

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

Patients with fluid intake	320 (73.6%)	9000 (74.7%)
Drinks per patient & day (l)	0.57	0.39
Patients with supplements	53 (12.2%)	1292 (10.7%)
Supplements per patient & day (l)	0.04	0.03

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

Water	184 (42.3%)	7568 (62.8%)
Milk	30 (6.90%)	2220 (18.4%)
Fruit juice	40 (9.20%)	3083 (25.6%)
Tea, coffee	288 (66.2%)	4258 (35.3%)
Soft drinks	5 (1.15%)	1010 (8.38%)

##### Lunch intake (n):

 All	174 (40.0%)	4890 (40.6%)
 1/2	160 (36.8%)	3106 (25.8%)
 1/4	68 (15.6%)	1863 (15.5%)
 Nothing	28 (6.44%)	1866 (15.5%)
? No answer	5 (1.15%)	325 (2.70%)

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

I was not hungry	56 (21.5%)	2028 (28.3%)
I had nausea / vomiting	11 (4.21%)	559 (7.81%)
I was not allowed to eat	5 (1.92%)	741 (10.3%)
I kann not eat without help	3 (1.15%)	89 (1.24%)
I had an examination / surgery	9 (3.45%)	506 (7.07%)
I ordered a smaller portion	4 (1.53%)	166 (2.32%)
I was tired	13 (4.98%)	408 (5.70%)
I normaly eat less	25 (9.58%)	475 (6.63%)
I did not like the smell	5 (1.92%)	238 (3.32%)
I did not like the taste	20 (7.66%)	930 (13.0%)



---

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

Yes	148 (33.4%)	4287 (34.6%)
No	275 (62.1%)	7009 (56.5%)
No answer	12 (2.71%)	754 (6.08%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	21 (14.2%)	1239 (28.9%)
Fresh fruits	94 (63.5%)	1825 (42.6%)
Sandwiches	5 (3.38%)	354 (8.26%)
Dairy products	10 (6.76%)	592 (13.8%)
Preferred dish	5 (3.38%)	425 (9.91%)
Sweets	17 (11.5%)	626 (14.6%)
Fruit Juice	13 (8.78%)	711 (16.6%)
Others	5 (3.38%)	842 (19.6%)

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

Yes	260 (58.7%)	8563 (69.1%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires