



nutritionDay November 2012 in TURKEY

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:	60
Number of patients on nutritionDay:	1226
Number of patients completing Sheet 3a:	1144
Number of patients completing Sheet 3b:	1132

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	37 ± 30	30 ± 30
Maximum	40 ± 29	33 ± 20
Number of patients on the nutritionDay (n):		
Total	1226	14093
Did not give consent	14 (1.14%)	1118 (7.93%)
Needed help completing form	918 (74.9%)	7592 (53.9%)
Terminally ill	65 (5.30%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	10 (16.7%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	5 (8.33%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	7 (11.7%)	82 (12.5%)
Internal medicine / cardiology	-	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	2 (3.33%)	51 (7.75%)
Internal medicine / nephrology	-	14 (2.13%)
Pediatrics	1 (1.67%)	4 (0.61%)
Neurology	4 (6.67%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	2 (3.33%)	11 (1.67%)
General surgery	20 (33.3%)	99 (15.0%)
Cardiothoracic surgery	1 (1.67%)	7 (1.06%)
Orthopedic surgery	1 (1.67%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	-	11 (1.67%)
Gynecology	2 (3.33%)	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	5 (8.33%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	10.40 ± 11.53	6.65 ± 9.35
Physicians per patient	0.31 ± 0.41	0.21 ± 0.27
Consultants	5.19 ± 6.53	2.70 ± 4.89
Consultants per patient	0.18 ± 0.26	0.09 ± 0.16
Registrars	6.91 ± 7.22	2.65 ± 4.92
Registrars per patient	0.20 ± 0.21	0.09 ± 0.16
Nurses	11.15 ± 13.00	8.33 ± 9.99
Nurses per patient	0.28 ± 0.15	0.27 ± 0.26
Nursing aides	1.23 ± 2.33	3.46 ± 7.88

Nursing aides per patient	0.04 ± 0.07	0.10 ± 0.12
Dieticians and dietetic assistants	1.11 ± 1.48	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.04 ± 0.06	0.04 ± 0.05

Nutrition Care:

Nutrition Team	41 units (68%) Yes	477 units (72%) Yes
Written procedures		
- individual	39 units (65%) Yes	430 units (65%) Yes
- local	15 units (25%) Yes	276 units (42%) Yes
- national	34 units (57%) Yes	270 units (41%) Yes
- other	4 units (07%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	37 units (62%) Yes	462 units (70%) Yes
When requested	40 units (67%) Yes	341 units (52%) Yes
Once a week	12 units (20%) Yes	243 units (37%) Yes
Occasionally	4 units (07%) Yes	86 units (13%) Yes
Never	4 units (07%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	1226	14093
Patients who completed sheet 3a	1144 (93.3%)	12396 (88.0%)
Patients who completed sheet 3b	1132 (92.3%)	12050 (85.5%)
Demographic data:		
Age (years)	57 [3-113]	66 [3-113]
Female gender	570 (46.5%)	6843 (48.6%)
Weight (kg)	70.3 ± 18.2	70.7 ± 19.3
Height (cm)	163.9 ± 14.4	165.4 ± 11.8
BMI (kg/m ²)	26.1 ± 6.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	142 (11.6%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	198 (16.2%)	1329 (9.43%)
Postoperative patients	327 (26.7%)	3478 (24.7%)
Length of stay in Hospital (days):	13 [2-95]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	61 (4.98%)	1430 (10.1%)
Transferred to another hospital	5 (0.41%)	315 (2.24%)
Transferred to long-term care	15 (1.22%)	720 (5.11%)
Rehabilitation	3 (0.24%)	417 (2.96%)
Discharge home	587 (47.9%)	9797 (69.5%)
Death	11 (0.90%)	614 (4.36%)
Others	4 (0.33%)	191 (1.36%)
Missing	540 (44.0%)	609 (4.32%)
Readmitted (n):	103 (8.40%)	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	160 (13.1%)	1007 (7.15%)
Parenteral nutrition	130 (10.6%)	504 (3.58%)
Enteral + parenteral nutrition	48 (3.92%)	164 (1.16%)
Special diet	153 (12.5%)	3511 (24.9%)
Protein supplement	43 (3.51%)	1606 (11.4%)
Hospital food	695 (56.7%)	7651 (54.3%)
Others	87 (7.10%)	775 (5.50%)
Missing	83 (6.77%)	760 (5.39%)
Lines & tubes (n)*:		
None	586 (47.8%)	8953 (63.5%)
Centralvenous	84 (6.85%)	977 (6.93%)
Nasogastric tube	16 (1.31%)	353 (2.50%)
Any other (PEG, PEJ, ...)	540 (44.0%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	91 (7.42%)	1754 (12.4%)
Eye, ear	15 (1.22%)	215 (1.53%)
Nose, throat	32 (2.61%)	337 (2.39%)
Heart, circulation	90 (7.34%)	2339 (16.6%)
Lung	139 (11.3%)	2014 (14.3%)
Liver	103 (8.40%)	645 (4.58%)
Gastrointestinal tract	372 (30.3%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	79 (6.44%)	1812 (12.9%)
Endocrine system	97 (7.91%)	801 (5.68%)
Skeleton, bone, muscle	82 (6.69%)	2123 (15.1%)
Blood, bone marrow	30 (2.45%)	695 (4.93%)
Skin	26 (2.12%)	499 (3.54%)
Ischaemia	4 (0.33%)	172 (1.22%)
Cancer	220 (17.9%)	2464 (17.5%)
Infection	43 (3.51%)	941 (6.68%)
Pregnancy	61 (4.98%)	92 (0.65%)
Others	68 (5.55%)	904 (6.41%)
No affected organ	118 (9.62%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	195 (15.9%)	2631 (18.7%)
Stroke	32 (2.61%)	694 (4.92%)
COPD	29 (2.37%)	876 (6.22%)
Myocardial infarction	23 (1.88%)	436 (3.09%)
Cardiac insufficiency	107 (8.73%)	1477 (10.5%)
Others	387 (31.6%)	6137 (43.5%)
No comorbidity	577 (47.1%)	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	1122 (98.1%)	11983 (96.7%)
Yes	547 (47.8%)	5671 (45.7%)
No	433 (37.8%)	4600 (37.1%)
No, I've gained weight	93 (8.13%)	930 (7.50%)
I don't know	49 (4.28%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	547 (47.8%)	5671 (45.7%)
0-4 kg	224 (19.6%)	2488 (20.1%)
5-8 kg	94 (8.22%)	1057 (8.53%)
> 8 kg	197 (17.2%)	1455 (11.7%)
Not sure	29 (2.53%)	581 (4.69%)
Missing	3 (0.26%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	615 (53.8%)	5813 (46.9%)
A bit less than normal	181 (15.8%)	2701 (21.8%)
Less than half of normal	138 (12.1%)	1765 (14.2%)
Less than a quarter to nearly nothing	192 (16.8%)	1645 (13.3%)
Missing	18 (1.57%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	481 (42.0%)	6130 (49.5%)
Loss of appetite	264 (23.1%)	3309 (26.7%)
Problems with swallowing, mastication	61 (5.33%)	612 (4.94%)
Nausea	116 (10.1%)	1019 (8.22%)
Other reasons	114 (9.97%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	831 (72.6%)	7152 (57.7%)
No, only with assistance	232 (20.3%)	3308 (26.7%)
No, I stay in bed	67 (5.86%)	1514 (12.2%)
Missing	14 (1.22%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	25 (2.19%)	452 (3.65%)
Good	99 (8.65%)	1001 (8.08%)
Very good	466 (40.7%)	3855 (31.1%)
Fair	400 (35.0%)	4253 (34.3%)
Poor	137 (12.0%)	2351 (19.0%)
Missing	17 (1.49%)	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	693 (60.6%)	7231 (58.3%)
No	307 (26.8%)	4009 (32.3%)
- I was not hungry	74 (24.1%)	1882 (46.9%)
- Problems with swallowing / mastication	39 (12.7%)	345 (8.61%)
- Nausea	97 (31.6%)	660 (16.5%)
- Others	95 (30.9%)	1147 (28.6%)
no answer	132 (11.5%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	725 (64.0%)	9000 (74.7%)
Drinks per patient & day (l)	0.52	0.39
Patients with supplements	143 (12.6%)	1292 (10.7%)
Supplements per patient & day (l)	0.30	0.03

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

Water	953 (84.2%)	7568 (62.8%)
Milk	322 (28.4%)	2220 (18.4%)
Fruit juice	327 (28.9%)	3083 (25.6%)
Tea, coffee	560 (49.5%)	4258 (35.3%)
Soft drinks	15 (1.33%)	1010 (8.38%)

Lunch intake (n):

 All	376 (33.2%)	4890 (40.6%)
 1/2	270 (23.9%)	3106 (25.8%)
 1/4	238 (21.0%)	1863 (15.5%)
 Nothing	202 (17.8%)	1866 (15.5%)
? No answer	46 (4.06%)	325 (2.70%)

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

I was not hungry	97 (12.8%)	2028 (28.3%)
I had nausea / vomiting	88 (11.6%)	559 (7.81%)
I was not allowed to eat	151 (20.0%)	741 (10.3%)
I kann not eat without help	5 (0.66%)	89 (1.24%)
I had an examination / surgery	73 (9.66%)	506 (7.07%)
I ordered a smaller portion	7 (0.93%)	166 (2.32%)
I was tired	97 (12.8%)	408 (5.70%)
I normaly eat less	47 (6.22%)	475 (6.63%)
I did not like the smell	23 (3.04%)	238 (3.32%)
I did not like the taste	83 (11.0%)	930 (13.0%)

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

Yes	515 (45.0%)	4287 (34.6%)
No	486 (42.5%)	7009 (56.5%)
No answer	131 (11.5%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	135 (26.2%)	1239 (28.9%)
Fresh fruits	168 (32.6%)	1825 (42.6%)
Sandwiches	55 (10.7%)	354 (8.26%)
Dairy products	62 (12.0%)	592 (13.8%)
Preferred dish	94 (18.3%)	425 (9.91%)
Sweets	30 (5.83%)	626 (14.6%)
Fruit Juice	124 (24.1%)	711 (16.6%)
Others	117 (22.7%)	842 (19.6%)

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

Yes	707 (61.8%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires