



nutritionDay November 2012 in UNITED KINGDOM

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:	6
Number of patients on nutritionDay:	123
Number of patients completing Sheet 3a:	113
Number of patients completing Sheet 3b:	107

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

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
Number of beds (n):		
Actual	27 ± 4	30 ± 30
Maximum	27 ± 4	33 ± 20
Number of patients on the nutritionDay (n):		
Total	123	14093
Did not give consent	1 (0.81%)	1118 (7.93%)
Needed help completing form	25 (20.3%)	7592 (53.9%)
Terminally ill	16 (13.0%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	-	125 (19.0%)
Internal medicine / gastroenterology and hepatology	2 (33.3%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	1 (16.7%)	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 (16.7%)	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	-	8 (1.22%)
Others	2 (33.3%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	1.67 ± 2.34	6.65 ± 9.35
Physicians per patient	0.07 ± 0.12	0.21 ± 0.27
Consultants	2.33 ± 1.21	2.70 ± 4.89
Consultants per patient	0.08 ± 0.04	0.09 ± 0.16
Registrars	1.83 ± 1.33	2.65 ± 4.92
Registrars per patient	0.07 ± 0.04	0.09 ± 0.16
Nurses	7.00 ± 8.63	8.33 ± 9.99
Nurses per patient	0.25 ± 0.28	0.27 ± 0.26
Nursing aides	2.50 ± 1.52	3.46 ± 7.88

Nursing aides per patient	0.09 ± 0.05	0.10 ± 0.12
Dieticians and dietetic assistants	1.50 ± 1.38	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.05 ± 0.05	0.04 ± 0.05

Nutrition Care:

Nutrition Team	6 units (100%) Yes	477 units (72%) Yes
Written procedures		
- individual	6 units (100%) Yes	430 units (65%) Yes
- local	6 units (100%) Yes	276 units (42%) Yes
- national	6 units (100%) Yes	270 units (41%) Yes
- other	1 units (17%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	6 units (100%) Yes	462 units (70%) Yes
When requested	- units (00%) Yes	341 units (52%) Yes
Once a week	6 units (100%) Yes	243 units (37%) Yes
Occasionally	- units (00%) 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	123	14093
Patients who completed sheet 3a	113 (91.9%)	12396 (88.0%)
Patients who completed sheet 3b	107 (87.0%)	12050 (85.5%)
Demographic data:		
Age (years)	67 [17-109]	66 [3-113]
Female gender	57 (46.3%)	6843 (48.6%)
Weight (kg)	71.9 ± 16.4	70.7 ± 19.3
Height (cm)	168.5 ± 9.7	165.4 ± 11.8
BMI (kg/m ²)	25.3 ± 5.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	14 (11.4%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	10 (8.13%)	1329 (9.43%)
Postoperative patients	29 (23.6%)	3478 (24.7%)
Length of stay in Hospital (days):	15 [2-88]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	6 (4.88%)	1430 (10.1%)
Transferred to another hospital	-	315 (2.24%)
Transferred to long-term care	4 (3.25%)	720 (5.11%)
Rehabilitation	-	417 (2.96%)
Discharge home	99 (80.5%)	9797 (69.5%)
Death	13 (10.6%)	614 (4.36%)
Others	-	191 (1.36%)
Missing	1 (0.81%)	609 (4.32%)
Readmitted (n):	12 (9.76%)	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	6 (4.88%)	1007 (7.15%)
Parenteral nutrition	4 (3.25%)	504 (3.58%)
Enteral + parenteral nutrition	-	164 (1.16%)
Special diet	7 (5.69%)	3511 (24.9%)
Protein supplement	21 (17.1%)	1606 (11.4%)
Hospital food	97 (78.9%)	7651 (54.3%)
Others	5 (4.07%)	775 (5.50%)
Missing	-	760 (5.39%)
Lines & tubes (n)*:		
None	72 (58.5%)	8953 (63.5%)
Centralvenous	3 (2.44%)	977 (6.93%)
Nasogastric tube	2 (1.63%)	353 (2.50%)
Any other (PEG, PEJ, ...)	46 (37.4%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	4 (3.25%)	1754 (12.4%)
Eye, ear	1 (0.81%)	215 (1.53%)
Nose, throat	1 (0.81%)	337 (2.39%)
Heart, circulation	11 (8.94%)	2339 (16.6%)
Lung	10 (8.13%)	2014 (14.3%)
Liver	3 (2.44%)	645 (4.58%)
Gastrointestinal tract	50 (40.7%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	15 (12.2%)	1812 (12.9%)
Endocrine system	6 (4.88%)	801 (5.68%)
Skeleton, bone, muscle	11 (8.94%)	2123 (15.1%)
Blood, bone marrow	9 (7.32%)	695 (4.93%)
Skin	3 (2.44%)	499 (3.54%)
Ischaemia	6 (4.88%)	172 (1.22%)
Cancer	39 (31.7%)	2464 (17.5%)
Infection	15 (12.2%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	2 (1.63%)	904 (6.41%)
No affected organ	8 (6.50%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	20 (16.3%)	2631 (18.7%)
Stroke	9 (7.32%)	694 (4.92%)
COPD	9 (7.32%)	876 (6.22%)
Myocardial infarction	5 (4.07%)	436 (3.09%)
Cardiac insufficiency	12 (9.76%)	1477 (10.5%)
Others	48 (39.0%)	6137 (43.5%)
No comorbidity	58 (47.2%)	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	105 (92.9%)	11983 (96.7%)
Yes	64 (56.6%)	5671 (45.7%)
No	29 (25.7%)	4600 (37.1%)
No, I've gained weight	7 (6.19%)	930 (7.50%)
I don't know	5 (4.42%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	64 (56.6%)	5671 (45.7%)
0-4 kg	18 (15.9%)	2488 (20.1%)
5-8 kg	13 (11.5%)	1057 (8.53%)
> 8 kg	20 (17.7%)	1455 (11.7%)
Not sure	13 (11.5%)	581 (4.69%)
Missing	-	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	38 (33.6%)	5813 (46.9%)
A bit less than normal	24 (21.2%)	2701 (21.8%)
Less than half of normal	18 (15.9%)	1765 (14.2%)
Less than a quarter to nearly nothing	26 (23.0%)	1645 (13.3%)
Missing	7 (6.19%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	63 (55.8%)	6130 (49.5%)
Loss of appetite	33 (29.2%)	3309 (26.7%)
Problems with swallowing, mastication	10 (8.85%)	612 (4.94%)
Nausea	20 (17.7%)	1019 (8.22%)
Other reasons	26 (23.0%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	79 (69.9%)	7152 (57.7%)
No, only with assistance	25 (22.1%)	3308 (26.7%)
No, I stay in bed	2 (1.77%)	1514 (12.2%)
Missing	7 (6.19%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	5 (4.42%)	452 (3.65%)
Good	17 (15.0%)	1001 (8.08%)
Very good	24 (21.2%)	3855 (31.1%)
Fair	29 (25.7%)	4253 (34.3%)
Poor	28 (24.8%)	2351 (19.0%)
Missing	10 (8.85%)	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	45 (39.8%)	7231 (58.3%)
No	56 (49.6%)	4009 (32.3%)
- I was not hungry	30 (53.6%)	1882 (46.9%)
- Problems with swallowing / mastication	5 (8.93%)	345 (8.61%)
- Nausea	11 (19.6%)	660 (16.5%)
- Others	14 (25.0%)	1147 (28.6%)
no answer	6 (5.31%)	810 (6.53%)



Fluid and supplement intake (n):

Patients with fluid intake	80 (74.8%)	9000 (74.7%)
Drinks per patient & day (l)	0.32	0.39
Patients with supplements	12 (11.2%)	1292 (10.7%)
Supplements per patient & day (l)	0.03	0.03

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

Water	65 (60.7%)	7568 (62.8%)
Milk	10 (9.35%)	2220 (18.4%)
Fruit juice	20 (18.7%)	3083 (25.6%)
Tea, coffee	44 (41.1%)	4258 (35.3%)
Soft drinks	12 (11.2%)	1010 (8.38%)

Lunch intake (n):

 All	47 (43.9%)	4890 (40.6%)
 1/2	29 (27.1%)	3106 (25.8%)
 1/4	17 (15.9%)	1863 (15.5%)
 Nothing	12 (11.2%)	1866 (15.5%)
? No answer	2 (1.87%)	325 (2.70%)

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

I was not hungry	19 (31.7%)	2028 (28.3%)
I had nausea / vomiting	8 (13.3%)	559 (7.81%)
I was not allowed to eat	5 (8.33%)	741 (10.3%)
I kann not eat without help	-	89 (1.24%)
I had an examination / surgery	-	506 (7.07%)
I ordered a smaller portion	1 (1.67%)	166 (2.32%)
I was tired	2 (3.33%)	408 (5.70%)
I normaly eat less	2 (3.33%)	475 (6.63%)
I did not like the smell	3 (5.00%)	238 (3.32%)
I did not like the taste	13 (21.7%)	930 (13.0%)

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

Yes	40 (35.4%)	4287 (34.6%)
No	61 (54.0%)	7009 (56.5%)
No answer	6 (5.31%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	15 (37.5%)	1239 (28.9%)
Fresh fruits	14 (35.0%)	1825 (42.6%)
Sandwiches	4 (10.0%)	354 (8.26%)
Dairy products	4 (10.0%)	592 (13.8%)
Preferred dish	1 (2.50%)	425 (9.91%)
Sweets	12 (30.0%)	626 (14.6%)
Fruit Juice	7 (17.5%)	711 (16.6%)
Others	9 (22.5%)	842 (19.6%)

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

Yes	64 (56.6%)	8563 (69.1%)
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Results referring to the total number of completed questionnaires