



nutritionDay November 2013 in UNITED ARAB EMIRATES

Dear participant,

February 2014

Thank you for your participation in nutritionDay worldwide in November 2013 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	17
Number of patients on nutritionDay:	403
Number of patients completing Sheet 3a:	349
Number of patients completing Sheet 3b:	328

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 6th 2014. 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!

Prof. Dr. Michael Hiesmayr

PD. Dr. Karin Schindler

Sigrid Kosak, MA

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 2013 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2013.

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 2013 = 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"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Number of beds (n):		
Actual	28 ± 14	27 ± 15
Maximum	32 ± 12	32 ± 16
Number of patients on the nutritionDay (n):		
Total	403	9897
Did not give consent	6 (1.49%)	873 (8.82%)
Needed help completing form	277 (68.7%)	5232 (52.9%)
Terminally ill	89 (22.1%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	5 (29.4%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (5.88%)	52 (10.5%)
Internal medicine / cardiology	3 (17.6%)	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	1 (5.88%)	38 (7.65%)
Internal medicine / nephrology	1 (5.88%)	8 (1.61%)
Pediatrics	1 (5.88%)	5 (1.01%)
Neurology	-	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	4 (23.5%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	-	29 (5.84%)
Trauma	1 (5.88%)	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	-	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	25.41 ± 19.74	7.20 ± 8.91
Physicians per patient	0.91 ± 0.85	0.25 ± 0.32
Consultants	8.53 ± 6.68	2.71 ± 5.30
Consultants per patient	0.29 ± 0.20	0.09 ± 0.18
Registrars	6.20 ± 6.92	2.12 ± 4.43
Registrars per patient	0.23 ± 0.25	0.07 ± 0.13
Nurses	20.53 ± 17.78	8.34 ± 8.65
Nurses per patient	0.74 ± 0.71	0.27 ± 0.25
Nursing aides	2.53 ± 3.54	3.08 ± 3.31

Nursing aides per patient	0.09 ± 0.13	0.10 ± 0.10
Dieticians and dietetic assistants	1.47 ± 0.62	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	17 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	11 units (65%) Yes	316 units (64%) Yes
- local	10 units (59%) Yes	221 units (44%) Yes
- national	13 units (76%) Yes	225 units (45%) Yes
- other	7 units (41%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	17 units (100%) Yes	396 units (80%) Yes
When requested	15 units (88%) Yes	282 units (57%) Yes
Once a week	4 units (24%) Yes	203 units (41%) Yes
Occasionally	- units (00%) Yes	61 units (12%) Yes
Never	- units (00%) Yes	2 units (00%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Number of patients (n):		
Total	403	9897
Patients who completed sheet 3a	349 (86.6%)	8656 (87.5%)
Patients who completed sheet 3b	328 (81.4%)	8375 (84.6%)
Demographic data:		
Age (years)	52 [4-109]	67 [2-109]
Female gender	171 (42.4%)	4907 (49.6%)
Weight (kg)	68.3 ± 23.4	71.7 ± 20.6
Height (cm)	160.2 ± 14.1	165.2 ± 11.7
BMI (kg/m ²)	26.3 ± 7.2	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	52 (12.9%)	996 (10.1%)
Surgery (n):		
Preoperative patients	33 (8.19%)	799 (8.07%)
Postoperative patients	88 (21.8%)	2361 (23.9%)
Length of stay in Hospital (days):	13 [2-347]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	68 (16.9%)	1017 (10.3%)
Transferred to another hospital	8 (1.99%)	230 (2.32%)
Transferred to long-term care	6 (1.49%)	598 (6.04%)
Rehabilitation	1 (0.25%)	377 (3.81%)
Discharge home	298 (73.9%)	6785 (68.6%)
Death	11 (2.73%)	390 (3.94%)
Others	9 (2.23%)	110 (1.11%)
Missing	2 (0.50%)	390 (3.94%)
Readmitted (n):	36 (8.93%)	1144 (11.6%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):





	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Nutrition therapy (n)*:		
Enteral nutrition	69 (17.1%)	729 (7.37%)
Parenteral nutrition	3 (0.74%)	276 (2.79%)
Enteral + parenteral nutrition	1 (0.25%)	57 (0.58%)
Special diet	177 (43.9%)	2520 (25.5%)
Protein supplement	19 (4.71%)	1215 (12.3%)
Hospital food	186 (46.2%)	5906 (59.7%)
Others	32 (7.94%)	477 (4.82%)
Missing	6 (1.49%)	479 (4.84%)
Lines & tubes (n)*:		
None	152 (37.7%)	6115 (61.8%)
Centralvenous	7 (1.74%)	754 (7.62%)
Nasogastric tube	35 (8.68%)	230 (2.32%)
Any other (PEG, PEJ, ...)	209 (51.9%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	79 (19.6%)	1323 (13.4%)
Eye, ear	3 (0.74%)	190 (1.92%)
Nose, throat	5 (1.24%)	180 (1.82%)
Heart, circulation	93 (23.1%)	2052 (20.7%)
Lung	58 (14.4%)	1428 (14.4%)
Liver	13 (3.23%)	446 (4.51%)
Gastrointestinal tract	41 (10.2%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	71 (17.6%)	1472 (14.9%)
Endocrine system	67 (16.6%)	807 (8.15%)
Skeleton, bone, muscle	55 (13.6%)	1564 (15.8%)
Blood, bone marrow	20 (4.96%)	406 (4.10%)
Skin	14 (3.47%)	400 (4.04%)
Ischaemia	6 (1.49%)	117 (1.18%)
Cancer	35 (8.68%)	1625 (16.4%)
Infection	26 (6.45%)	688 (6.95%)
Pregnancy	2 (0.50%)	93 (0.94%)
Others	35 (8.68%)	547 (5.53%)
No affected organ	3 (0.74%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	145 (36.0%)	2238 (22.6%)
Stroke	36 (8.93%)	642 (6.49%)
COPD	10 (2.48%)	686 (6.93%)
Myocardial infarction	37 (9.18%)	363 (3.67%)
Cardiac insufficiency	53 (13.2%)	1262 (12.8%)
Others	198 (49.1%)	3763 (38.0%)
No comorbidity	69 (17.1%)	3551 (35.9%)

Results in percent referring to the total number of patients

III. YOUR PATIENTS ("Sheet 3a"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Weight loss within the last 3 months (n):		
Total of patients answering	332 (95.1%)	8418 (97.3%)
Yes	151 (43.3%)	3772 (43.6%)
No	101 (28.9%)	3288 (38.0%)
No, I've gained weight	27 (7.74%)	718 (8.29%)
I don't know	53 (15.2%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	151 (43.3%)	3772 (43.6%)
0-4 kg	90 (25.8%)	1679 (19.4%)
5-8 kg	18 (5.16%)	678 (7.83%)
> 8 kg	29 (8.31%)	970 (11.2%)
Not sure	12 (3.44%)	412 (4.76%)
Missing	2 (0.57%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	160 (45.8%)	4084 (47.2%)
A bit less than normal	62 (17.8%)	1957 (22.6%)
Less than half of normal	52 (14.9%)	1256 (14.5%)
Less than a quarter to nearly nothing	49 (14.0%)	1074 (12.4%)
Missing	26 (7.45%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	163 (46.7%)	4299 (49.7%)
Loss of appetite	101 (28.9%)	2344 (27.1%)
Problems with swallowing, mastication	20 (5.73%)	448 (5.18%)
Nausea	34 (9.74%)	748 (8.64%)
Other reasons	46 (13.2%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	172 (49.3%)	5059 (58.4%)
No, only with assistance	83 (23.8%)	2373 (27.4%)
No, I stay in bed	74 (21.2%)	968 (11.2%)
Missing	20 (5.73%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	11 (3.15%)	283 (3.27%)
Very good	45 (12.9%)	728 (8.41%)
Good	133 (38.1%)	2708 (31.3%)
Fair	95 (27.2%)	2932 (33.9%)
Poor	48 (13.8%)	1685 (19.5%)
Missing	17 (4.87%)	320 (3.70%)
Results in percent referring to the total number of patients answering		

III. YOUR PATIENTS ("Sheet 3b"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Hospital food intake:		
„Is your appetite normal?“ (n):		
Yes	177 (50.7%)	4927 (56.9%)
No	125 (35.8%)	2875 (33.2%)
- I was not hungry	31 (24.8%)	1429 (49.7%)
- Problems with swallowing / mastication	13 (10.4%)	238 (8.28%)
- Nausea	36 (28.8%)	546 (19.0%)
- Others	38 (30.4%)	658 (22.9%)
no answer	26 (7.45%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	253 (77.1%)	6289 (75.1%)
Drinks per patient & day (l)	0.57	0.39
Patients with supplements	52 (15.9%)	982 (11.7%)
Supplements per patient & day (l)	0.06	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	280 (85.4%)	5783 (69.1%)
Milk	116 (35.4%)	1754 (20.9%)
Fruit juice	159 (48.5%)	1975 (23.6%)
Tea, coffee	123 (37.5%)	3262 (38.9%)
Soft drinks	8 (2.44%)	872 (10.4%)
Lunch intake (n):		
 All	91 (27.7%)	3380 (40.4%)
 1/2	103 (31.4%)	2315 (27.6%)
 1/4	71 (21.6%)	1405 (16.8%)
 Nothing	53 (16.2%)	1133 (13.5%)
? No answer	10 (3.05%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	39 (16.5%)	1554 (31.1%)
I had nausea / vomiting	21 (8.86%)	474 (9.49%)
I was not allowed to eat	16 (6.75%)	473 (9.47%)
I can not eat without help	11 (4.64%)	68 (1.36%)
I had an examination / surgery	11 (4.64%)	292 (5.85%)
I ordered a smaller portion	1 (0.42%)	106 (2.12%)
I was tired	38 (16.0%)	313 (6.27%)
I normally eat less	21 (8.86%)	379 (7.59%)
I did not like the smell	12 (5.06%)	188 (3.76%)
I did not like the taste	40 (16.9%)	664 (13.3%)

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

Yes	99 (28.4%)	2709 (31.3%)
No	211 (60.5%)	5149 (59.5%)
No answer	18 (5.16%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	13 (13.1%)	837 (30.9%)
Fresh fruits	25 (25.3%)	959 (35.4%)
Sandwiches	25 (25.3%)	309 (11.4%)
Dairy products	9 (9.09%)	416 (15.4%)
Preferred dish	29 (29.3%)	312 (11.5%)
Sweets	13 (13.1%)	485 (17.9%)
Fruit Juice	15 (15.2%)	334 (12.3%)
Others	23 (23.2%)	470 (17.3%)

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

Yes	279 (79.9%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires