



## nutritionDay November 2013 in BRAZIL

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:	61
Number of patients on nutritionDay:	1350
Number of patients completing Sheet 3a:	1290
Number of patients completing Sheet 3b:	1181

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 6<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	29 ± 19	27 ± 15
Maximum	34 ± 22	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	1350	9897
Did not give consent	28 (2.07%)	873 (8.82%)
Needed help completing form	963 (71.3%)	5232 (52.9%)
Terminally ill	38 (2.81%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	31 (50.8%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	5 (8.20%)	52 (10.5%)
Internal medicine / cardiology	7 (11.5%)	40 (8.05%)
Internal medicine / infectious diseases	1 (1.64%)	2 (0.40%)
Internal medicine / geriatrics	1 (1.64%)	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	-	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	8 (13.1%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (1.64%)	29 (5.84%)
Trauma	1 (1.64%)	7 (1.41%)
Neurosurgery	1 (1.64%)	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	5 (8.20%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	9.93 ± 8.52	7.20 ± 8.91
Physicians per patient	0.39 ± 0.37	0.25 ± 0.32
Consultants	0.38 ± 1.08	2.71 ± 5.30
Consultants per patient	0.01 ± 0.05	0.09 ± 0.18
Registrars	3.20 ± 4.54	2.12 ± 4.43
Registrars per patient	0.11 ± 0.17	0.07 ± 0.13
Nurses	2.57 ± 1.70	8.34 ± 8.65
Nurses per patient	0.09 ± 0.07	0.27 ± 0.25
Nursing aides	7.03 ± 4.69	3.08 ± 3.31

Nursing aides per patient	0.25 ± 0.23	0.10 ± 0.10
Dieticians and dietetic assistants	2.67 ± 1.37	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.11 ± 0.10	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	59 units (97%) Yes	390 units (78%) Yes
Written procedures		
- individual	54 units (89%) Yes	316 units (64%) Yes
- local	52 units (85%) Yes	221 units (44%) Yes
- national	49 units (80%) Yes	225 units (45%) Yes
- other	20 units (33%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	36 units (59%) Yes	396 units (80%) Yes
When requested	23 units (38%) Yes	282 units (57%) Yes
Once a week	27 units (44%) Yes	203 units (41%) Yes
Occasionally	20 units (33%) Yes	61 units (12%) Yes
Never	1 units (02%) Yes	2 units (00%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Number of patients (n):</b>		
Total	1350	9897
Patients who completed sheet 3a	1290 (95.6%)	8656 (87.5%)
Patients who completed sheet 3b	1181 (87.5%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	59 [5-101]	67 [2-109]
Female gender	602 (44.6%)	4907 (49.6%)
Weight (kg)	66.6 ± 16.3	71.7 ± 20.6
Height (cm)	163.4 ± 10.2	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	24.9 ± 5.7	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	196 (14.5%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	211 (15.6%)	799 (8.07%)
Postoperative patients	337 (25.0%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	18 [2-227]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	163 (12.1%)	1017 (10.3%)
Transferred to another hospital	11 (0.81%)	230 (2.32%)
Transferred to long-term care	1 (0.07%)	598 (6.04%)
Rehabilitation	31 (2.30%)	377 (3.81%)
Discharge home	737 (54.6%)	6785 (68.6%)
Death	72 (5.33%)	390 (3.94%)
Others	12 (0.89%)	110 (1.11%)
Missing	323 (23.9%)	390 (3.94%)
<b>Readmitted (n):</b>	95 (7.04%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	144 (10.7%)	729 (7.37%)
Parenteral nutrition	8 (0.59%)	276 (2.79%)
Enteral + parenteral nutrition	3 (0.22%)	57 (0.58%)
Special diet	383 (28.4%)	2520 (25.5%)
Protein supplement	217 (16.1%)	1215 (12.3%)
Hospital food	750 (55.6%)	5906 (59.7%)
Others	57 (4.22%)	477 (4.82%)
Missing	46 (3.41%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	892 (66.1%)	6115 (61.8%)
Centralvenous	58 (4.30%)	754 (7.62%)
Nasogastric tube	48 (3.56%)	230 (2.32%)
Any other (PEG, PEJ, ...)	352 (26.1%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	172 (12.7%)	1323 (13.4%)
Eye, ear	8 (0.59%)	190 (1.92%)
Nose, throat	26 (1.93%)	180 (1.82%)
Heart, circulation	287 (21.3%)	2052 (20.7%)
Lung	174 (12.9%)	1428 (14.4%)
Liver	73 (5.41%)	446 (4.51%)
Gastrointestinal tract	223 (16.5%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	182 (13.5%)	1472 (14.9%)
Endocrine system	73 (5.41%)	807 (8.15%)
Skeleton, bone, muscle	172 (12.7%)	1564 (15.8%)
Blood, bone marrow	64 (4.74%)	406 (4.10%)
Skin	35 (2.59%)	400 (4.04%)
Ischaemia	31 (2.30%)	117 (1.18%)
Cancer	197 (14.6%)	1625 (16.4%)
Infection	51 (3.78%)	688 (6.95%)
Pregnancy	1 (0.07%)	93 (0.94%)
Others	95 (7.04%)	547 (5.53%)
No affected organ	44 (3.26%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	273 (20.2%)	2238 (22.6%)
Stroke	61 (4.52%)	642 (6.49%)
COPD	31 (2.30%)	686 (6.93%)
Myocardial infarction	46 (3.41%)	363 (3.67%)
Cardiac insufficiency	110 (8.15%)	1262 (12.8%)
Others	561 (41.6%)	3763 (38.0%)
No comorbidity	543 (40.2%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	1272 (98.6%)	8418 (97.3%)
Yes	741 (57.4%)	3772 (43.6%)
No	334 (25.9%)	3288 (38.0%)
No, I've gained weight	104 (8.06%)	718 (8.29%)
I don't know	93 (7.21%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	741 (57.4%)	3772 (43.6%)
0-4 kg	284 (22.0%)	1679 (19.4%)
5-8 kg	145 (11.2%)	678 (7.83%)
> 8 kg	213 (16.5%)	970 (11.2%)
Not sure	94 (7.29%)	412 (4.76%)
Missing	5 (0.39%)	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	630 (48.8%)	4084 (47.2%)
A bit less than normal	261 (20.2%)	1957 (22.6%)
Less than half of normal	177 (13.7%)	1256 (14.5%)
Less than a quarter to nearly nothing	186 (14.4%)	1074 (12.4%)
Missing	36 (2.79%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	621 (48.1%)	4299 (49.7%)
Loss of appetite	302 (23.4%)	2344 (27.1%)
Problems with swallowing, mastication	77 (5.97%)	448 (5.18%)
Nausea	112 (8.68%)	748 (8.64%)
Other reasons	222 (17.2%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	750 (58.1%)	5059 (58.4%)
No, only with assistance	260 (20.2%)	2373 (27.4%)
No, I stay in bed	257 (19.9%)	968 (11.2%)
Missing	23 (1.78%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	58 (4.50%)	283 (3.27%)
Very good	100 (7.75%)	728 (8.41%)
Good	413 (32.0%)	2708 (31.3%)
Fair	414 (32.1%)	2932 (33.9%)
Poor	258 (20.0%)	1685 (19.5%)
Missing	47 (3.64%)	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
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	693 (53.7%)	4927 (56.9%)
No	392 (30.4%)	2875 (33.2%)
- I was not hungry	241 (61.5%)	1429 (49.7%)
- Problems with swallowing / mastication	30 (7.65%)	238 (8.28%)
- Nausea	73 (18.6%)	546 (19.0%)
- Others	78 (19.9%)	658 (22.9%)
no answer	96 (7.44%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	887 (75.1%)	6289 (75.1%)
Drinks per patient & day (l)	0.56	0.39
Patients with supplements	198 (16.8%)	982 (11.7%)
Supplements per patient & day (l)	0.05	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	956 (80.9%)	5783 (69.1%)
Milk	647 (54.8%)	1754 (20.9%)
Fruit juice	669 (56.6%)	1975 (23.6%)
Tea, coffee	531 (45.0%)	3262 (38.9%)
Soft drinks	91 (7.71%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	474 (40.1%)	3380 (40.4%)
 1/2	305 (25.8%)	2315 (27.6%)
 1/4	252 (21.3%)	1405 (16.8%)
 Nothing	139 (11.8%)	1133 (13.5%)
? No answer	11 (0.93%)	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	287 (40.6%)	1554 (31.1%)
I had nausea / vomiting	77 (10.9%)	474 (9.49%)
I was not allowed to eat	53 (7.50%)	473 (9.47%)
I can not eat without help	9 (1.27%)	68 (1.36%)
I had an examination / surgery	27 (3.82%)	292 (5.85%)
I ordered a smaller portion	17 (2.40%)	106 (2.12%)
I was tired	17 (2.40%)	313 (6.27%)
I normally eat less	50 (7.07%)	379 (7.59%)
I did not like the smell	28 (3.96%)	188 (3.76%)
I did not like the taste	82 (11.6%)	664 (13.3%)



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

Yes	443 (34.3%)	2709 (31.3%)
No	661 (51.2%)	5149 (59.5%)
No answer	77 (5.97%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	210 (47.4%)	837 (30.9%)
Fresh fruits	255 (57.6%)	959 (35.4%)
Sandwiches	22 (4.97%)	309 (11.4%)
Dairy products	73 (16.5%)	416 (15.4%)
Preferred dish	30 (6.77%)	312 (11.5%)
Sweets	31 (7.00%)	485 (17.9%)
Fruit Juice	85 (19.2%)	334 (12.3%)
Others	68 (15.3%)	470 (17.3%)

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

Yes	1017 (78.8%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires