



## **nutritionDay November 2013 in SWITZERLAND**

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:	6
Number of patients on nutritionDay:	81
Number of patients completing Sheet 3a:	68
Number of patients completing Sheet 3b:	67

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	16 ± 4	27 ± 15
Maximum	22 ± 2	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	81	9897
Did not give consent	18 (22.2%)	873 (8.82%)
Needed help completing form	61 (75.3%)	5232 (52.9%)
Terminally ill	1 (1.23%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (16.7%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (16.7%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	-	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)	1 (16.7%)	5 (1.01%)
General surgery	1 (16.7%)	56 (11.3%)
Cardiothoracic surgery	1 (16.7%)	4 (0.80%)
Orthopedic surgery	-	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	1 (16.7%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2.67 ± 2.73	7.20 ± 8.91
Physicians per patient	0.12 ± 0.11	0.25 ± 0.32
Consultants	1.67 ± 1.97	2.71 ± 5.30
Consultants per patient	0.08 ± 0.09	0.09 ± 0.18
Registrars	0.67 ± 0.82	2.12 ± 4.43
Registrars per patient	0.03 ± 0.04	0.07 ± 0.13
Nurses	2.83 ± 0.41	8.34 ± 8.65
Nurses per patient	0.13 ± 0.03	0.27 ± 0.25
Nursing aides	2.00 ± 0.63	3.08 ± 3.31

Nursing aides per patient	0.09 ± 0.03	0.10 ± 0.10
Dieticians and dietetic assistants	1.00 ± 0.00	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.00	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	6 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	5 units (83%) Yes	316 units (64%) Yes
- local	5 units (83%) Yes	221 units (44%) Yes
- national	- units (00%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	6 units (100%) Yes	396 units (80%) Yes
When requested	3 units (50%) Yes	282 units (57%) Yes
Once a week	3 units (50%) 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
<b>Number of patients (n):</b>		
Total	81	9897
Patients who completed sheet 3a	68 (84.0%)	8656 (87.5%)
Patients who completed sheet 3b	67 (82.7%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	74 [22-94]	67 [2-109]
Female gender	37 (45.7%)	4907 (49.6%)
Weight (kg)	72.6 ± 15.6	71.7 ± 20.6
Height (cm)	166.6 ± 10.0	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	26.0 ± 5.0	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	9 (11.1%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	6 (7.41%)	799 (8.07%)
Postoperative patients	20 (24.7%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	14 [2-45]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	5 (6.17%)	1017 (10.3%)
Transferred to another hospital	4 (4.94%)	230 (2.32%)
Transferred to long-term care	-	598 (6.04%)
Rehabilitation	17 (21.0%)	377 (3.81%)
Discharge home	54 (66.7%)	6785 (68.6%)
Death	1 (1.23%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	-	390 (3.94%)
<b>Readmitted (n):</b>	15 (18.5%)	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	2 (2.47%)	729 (7.37%)
Parenteral nutrition	4 (4.94%)	276 (2.79%)
Enteral + parenteral nutrition	1 (1.23%)	57 (0.58%)
Special diet	1 (1.23%)	2520 (25.5%)
Protein supplement	10 (12.3%)	1215 (12.3%)
Hospital food	65 (80.2%)	5906 (59.7%)
Others	1 (1.23%)	477 (4.82%)
Missing	6 (7.41%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	73 (90.1%)	6115 (61.8%)
Centralvenous	5 (6.17%)	754 (7.62%)
Nasogastric tube	2 (2.47%)	230 (2.32%)
Any other (PEG, PEJ, ...)	1 (1.23%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	2 (2.47%)	1323 (13.4%)
Eye, ear	1 (1.23%)	190 (1.92%)
Nose, throat	1 (1.23%)	180 (1.82%)
Heart, circulation	20 (24.7%)	2052 (20.7%)
Lung	16 (19.8%)	1428 (14.4%)
Liver	2 (2.47%)	446 (4.51%)
Gastrointestinal tract	17 (21.0%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	4 (4.94%)	1472 (14.9%)
Endocrine system	4 (4.94%)	807 (8.15%)
Skeleton, bone, muscle	2 (2.47%)	1564 (15.8%)
Blood, bone marrow	3 (3.70%)	406 (4.10%)
Skin	4 (4.94%)	400 (4.04%)
Ischaemia	-	117 (1.18%)
Cancer	18 (22.2%)	1625 (16.4%)
Infection	-	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	8 (9.88%)	547 (5.53%)
No affected organ	5 (6.17%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	19 (23.5%)	2238 (22.6%)
Stroke	2 (2.47%)	642 (6.49%)
COPD	5 (6.17%)	686 (6.93%)
Myocardial infarction	3 (3.70%)	363 (3.67%)
Cardiac insufficiency	12 (14.8%)	1262 (12.8%)
Others	33 (40.7%)	3763 (38.0%)
No comorbidity	24 (29.6%)	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	61 (89.7%)	8418 (97.3%)
Yes	25 (36.8%)	3772 (43.6%)
No	28 (41.2%)	3288 (38.0%)
No, I've gained weight	7 (10.3%)	718 (8.29%)
I don't know	1 (1.47%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	25 (36.8%)	3772 (43.6%)
0-4 kg	10 (14.7%)	1679 (19.4%)
5-8 kg	2 (2.94%)	678 (7.83%)
> 8 kg	6 (8.82%)	970 (11.2%)
Not sure	7 (10.3%)	412 (4.76%)
Missing	-	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	29 (42.6%)	4084 (47.2%)
A bit less than normal	11 (16.2%)	1957 (22.6%)
Less than half of normal	13 (19.1%)	1256 (14.5%)
Less than a quarter to nearly nothing	8 (11.8%)	1074 (12.4%)
Missing	7 (10.3%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	30 (44.1%)	4299 (49.7%)
Loss of appetite	16 (23.5%)	2344 (27.1%)
Problems with swallowing, mastication	6 (8.82%)	448 (5.18%)
Nausea	6 (8.82%)	748 (8.64%)
Other reasons	10 (14.7%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	41 (60.3%)	5059 (58.4%)
No, only with assistance	18 (26.5%)	2373 (27.4%)
No, I stay in bed	4 (5.88%)	968 (11.2%)
Missing	5 (7.35%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	7 (10.3%)	283 (3.27%)
Very good	6 (8.82%)	728 (8.41%)
Good	22 (32.4%)	2708 (31.3%)
Fair	13 (19.1%)	2932 (33.9%)
Poor	13 (19.1%)	1685 (19.5%)
Missing	7 (10.3%)	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	34 (50.0%)	4927 (56.9%)
No	26 (38.2%)	2875 (33.2%)
- I was not hungry	11 (42.3%)	1429 (49.7%)
- Problems with swallowing / mastication	6 (23.1%)	238 (8.28%)
- Nausea	6 (23.1%)	546 (19.0%)
- Others	5 (19.2%)	658 (22.9%)
no answer	7 (10.3%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	63 (94.0%)	6289 (75.1%)
Drinks per patient & day (l)	0.49	0.39
Patients with supplements	2 (2.99%)	982 (11.7%)
Supplements per patient & day (l)	0.00	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	58 (86.6%)	5783 (69.1%)
Milk	5 (7.46%)	1754 (20.9%)
Fruit juice	9 (13.4%)	1975 (23.6%)
Tea, coffee	11 (16.4%)	3262 (38.9%)
Soft drinks	1 (1.49%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	25 (37.3%)	3380 (40.4%)
 1/2	20 (29.9%)	2315 (27.6%)
 1/4	8 (11.9%)	1405 (16.8%)
 Nothing	14 (20.9%)	1133 (13.5%)
? No answer	-	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	20 (47.6%)	1554 (31.1%)
I had nausea / vomiting	7 (16.7%)	474 (9.49%)
I was not allowed to eat	1 (2.38%)	473 (9.47%)
I can not eat without help	1 (2.38%)	68 (1.36%)
I had an examination / surgery	-	292 (5.85%)
I ordered a smaller portion	1 (2.38%)	106 (2.12%)
I was tired	2 (4.76%)	313 (6.27%)
I normally eat less	1 (2.38%)	379 (7.59%)
I did not like the smell	2 (4.76%)	188 (3.76%)
I did not like the taste	5 (11.9%)	664 (13.3%)



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

Yes	17 (25.0%)	2709 (31.3%)
No	44 (64.7%)	5149 (59.5%)
No answer	6 (8.82%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	4 (23.5%)	837 (30.9%)
Fresh fruits	2 (11.8%)	959 (35.4%)
Sandwiches	2 (11.8%)	309 (11.4%)
Dairy products	1 (5.88%)	416 (15.4%)
Preferred dish	1 (5.88%)	312 (11.5%)
Sweets	1 (5.88%)	485 (17.9%)
Fruit Juice	4 (23.5%)	334 (12.3%)
Others	4 (23.5%)	470 (17.3%)

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

Yes	63 (92.6%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires