nutritionDay November 2013 in COLOMBIA

Dear participant,   April 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:	34
Number of patients on nutritionDay:	1098
Number of patients completing Sheet 3a:	1089
Number of patients completing Sheet 3b:	1063

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]

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I. DESCRIPTION OF THE UNIT ("Sheet 1"):

	496 units, 9896 patients	
	YOUR RESULTS	**REFERENCE ND-13**
Number of beds (n):		
Actual	57 ± 37	27 ± 15
Maximum	66 ± 35	32 ± 16
Number of patients on the nutritionDay (n):		
Total	1098	9896
Did not give consent	11 (1.00%)	873 (8.82%)
Needed help completing form	955 (87.0%)	5231 (52.9%)
Terminally ill	32 (2.91%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	15 (44.1%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.65%)
Internal medicine / oncology (incl. radiotherapy)	2 (5.88%)	52 (10.5%)
Internal medicine / cardiology	1 (2.94%)	40 (8.06%)
Internal medicine / infectious diseases	1 (2.94%)	2 (0.40%)
Internal medicine / geriatrics	1 (2.94%)	37 (7.46%)
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	12 (35.3%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.81%)
Orthopedic surgery	2 (5.88%)	29 (5.85%)
Trauma	-	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	1.65 ± 1.62	7.21 ± 8.91
Physicians per patient	0.03 ± 0.03	0.25 ± 0.32
Consultants	18.76 ± 58.94	2.72 ± 5.31
Consultants per patient	0.18 ± 0.42	0.09 ± 0.18
Registrars	4.54 ± 8.21	2.12 ± 4.44
Registrars per patient	0.08 ± 0.17	0.07 ± 0.13
Nurses	4.87 ± 3.58	8.36 ± 8.66
Nurses per patient	0.08 ± 0.04	0.27 ± 0.25
Nursing aides	12.60 ± 9.56	3.06 ± 3.30

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Nursing aides per patient	0.19 ± 0.11	0.10 ± 0.10
Dieticians and dietetic assistants	4.13 ± 3.45	1.27 ± 1.19
Dieticians and dietetic assistants per pat.	0.06 ± 0.05	0.05 ± 0.05

Nutrition Care:

Nutrition Team	16 units (47%) Yes	389 units (78%) Yes
Written procedures		
- individual	23 units (68%) Yes	315 units (64%) Yes
- local	30 units (88%) Yes	220 units (44%) Yes
- national	- units (00%) Yes	225 units (45%) Yes
- other	4 units (12%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	16 units (47%) Yes	395 units (80%) Yes
When requested	14 units (41%) Yes	282 units (57%) Yes
Once a week	4 units (12%) Yes	203 units (41%) Yes
Occasionally	8 units (24%) Yes	61 units (12%) Yes
Never	6 units (18%) Yes	2 units (00%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	496 units, 9896 patients	
	YOUR RESULTS	**REFERENCE ND-13**
Number of patients (n):		
Total	1098	9896
Patients who completed sheet 3a	1089 (99.2%)	8655 (87.5%)
Patients who completed sheet 3b	1063 (96.8%)	8374 (84.6%)
Demographic data:		
Age (years)	63 [16-102]	67 [2-109]
Female gender	539 (49.1%)	4906 (49.6%)
Weight (kg)	65.7 ± 14.4	71.7 ± 20.6
Height (cm)	162.2 ± 9.1	165.2 ± 11.7
BMI (kg/m^2)	24.6 ± 4.8	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	175 (15.9%)	996 (10.1%)
Surgery (n):		
Preoperative patients	121 (11.0%)	799 (8.07%)
Postoperative patients	378 (34.4%)	2361 (23.9%)
Length of stay in Hospital (days):	12 [2-128]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	67 (6.10%)	1017 (10.3%)
Transferred to another hospital	8 (0.73%)	230 (2.32%)
Transferred to long-term care	10 (0.91%)	598 (6.04%)
Rehabilitation	5 (0.46%)	377 (3.81%)
Discharge home	908 (82.7%)	6784 (68.6%)
Death	42 (3.83%)	390 (3.94%)
Others	21 (1.91%)	110 (1.11%)
Missing	37 (3.37%)	390 (3.94%)
Readmitted (n):	114 (10.4%)	1144 (11.6%)

Results in percent referring to the total number of patients

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II. YOUR PATIENTS ("Sheet 2"):

	496 units, 9896 patients	
	YOUR RESULTS	**REFERENCE ND-13**
Nutrition therapy (n)*:		
Enteral nutrition	74 (6.74%)	729 (7.37%)
Parenteral nutrition	24 (2.19%)	276 (2.79%)
Enteral + parenteral nutrition	4 (0.36%)	57 (0.58%)
Special diet	574 (52.3%)	2520 (25.5%)
Protein supplement	76 (6.92%)	1215 (12.3%)
Hospital food	373 (34.0%)	5905 (59.7%)
Others	41 (3.73%)	477 (4.82%)
Missing	17 (1.55%)	479 (4.84%)
Lines & tubes (n)*:		
None	1003 (91.3%)	6114 (61.8%)
Centralvenous	20 (1.82%)	754 (7.62%)
Nasogastric tube	29 (2.64%)	230 (2.32%)
Any other (PEG, PEJ, ...)	46 (4.19%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	114 (10.4%)	1323 (13.4%)
Eye, ear	9 (0.82%)	190 (1.92%)
Nose, throat	25 (2.28%)	180 (1.82%)
Heart, circulation	202 (18.4%)	2052 (20.7%)
Lung	151 (13.8%)	1428 (14.4%)
Liver	49 (4.46%)	446 (4.51%)
Gastrointestinal tract	172 (15.7%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	158 (14.4%)	1472 (14.9%)
Endocrine system	85 (7.74%)	807 (8.15%)
Skeleton, bone, muscle	187 (17.0%)	1564 (15.8%)
Blood, bone marrow	41 (3.73%)	406 (4.10%)
Skin	46 (4.19%)	400 (4.04%)
Ischaemia	1 (0.09%)	117 (1.18%)
Cancer	112 (10.2%)	1624 (16.4%)
Infection	80 (7.29%)	688 (6.95%)
Pregnancy	1 (0.09%)	93 (0.94%)
Others	46 (4.19%)	547 (5.53%)
No affected organ	11 (1.00%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	193 (17.6%)	2238 (22.6%)
Stroke	59 (5.37%)	642 (6.49%)
COPD	86 (7.83%)	686 (6.93%)
Myocardial infarction	22 (2.00%)	363 (3.67%)
Cardiac insufficiency	72 (6.56%)	1262 (12.8%)
Others	619 (56.4%)	3762 (38.0%)
No comorbidity	275 (25.0%)	3551 (35.9%)

Results in percent referring to the total number of patients

	496 units, 9896 patients	
	YOUR RESULTS	**REFERENCE ND-13**
Weight loss within the last 3 months (n):		
Total of patients answering	1069 (98.2%)	8417 (97.3%)
Yes	589 (54.1%)	3771 (43.6%)
No	343 (31.5%)	3288 (38.0%)
No, I've gained weight	77 (7.07%)	718 (8.30%)
I don't know	60 (5.51%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	589 (54.1%)	3771 (43.6%)
0-4 kg	282 (25.9%)	1678 (19.4%)
5-8 kg	102 (9.37%)	678 (7.83%)
> 8 kg	144 (13.2%)	970 (11.2%)
Not sure	57 (5.23%)	412 (4.76%)
Missing	4 (0.37%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	493 (45.3%)	4084 (47.2%)
A bit less than normal	235 (21.6%)	1956 (22.6%)
Less than half of normal	180 (16.5%)	1256 (14.5%)
Less than a quarter to nearly nothing	132 (12.1%)	1074 (12.4%)
Missing	49 (4.50%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	559 (51.3%)	4298 (49.7%)
Loss of appetite	266 (24.4%)	2343 (27.1%)
Problems with swallowing, mastication	61 (5.60%)	448 (5.18%)
Nausea	102 (9.37%)	748 (8.64%)
Other reasons	218 (20.0%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	628 (57.7%)	5058 (58.4%)
No, only with assistance	307 (28.2%)	2373 (27.4%)
No, I stay in bed	133 (12.2%)	968 (11.2%)
Missing	21 (1.93%)	256 (2.96%)
"In general would you say your health is"(n):		
Excellent	56 (5.14%)	283 (3.27%)
Very good	86 (7.90%)	728 (8.41%)
Good	355 (32.6%)	2707 (31.3%)
Fair	436 (40.0%)	2932 (33.9%)
Poor	134 (12.3%)	1685 (19.5%)
Missing	22 (2.02%)	320 (3.70%)

Results in percent referring to the total number of patients answering

	496 units, 9896 patients	
	YOUR RESULTS	**REFERENCE ND-13**

Hospital food intake:

„Is your appetite normal?" (n):

	YOUR RESULTS	REFERENCE ND-13
Yes	658 (60.4%)	4927 (56.9%)
No	377 (34.6%)	2874 (33.2%)
- I was not hungry	174 (46.2%)	1428 (49.7%)
- Problems with swallowing / mastication	34 (9.02%)	238 (8.28%)
- Nausea	51 (13.5%)	546 (19.0%)
- Others	140 (37.1%)	658 (22.9%)
no answer	28 (2.57%)	573 (6.62%)

Fluid and supplement intake (n):

	YOUR RESULTS	REFERENCE ND-13
Patients with fluid intake	812 (76.4%)	6289 (75.1%)
Drinks per patient & day (l)	0.24	0.39
Patients with supplements	56 (5.27%)	982 (11.7%)
Supplements per patient & day (l)	0.02	0.03

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

	YOUR RESULTS	REFERENCE ND-13
Water	155 (14.6%)	5783 (69.1%)
Milk	152 (14.3%)	1754 (20.9%)
Fruit juice	671 (63.1%)	1974 (23.6%)
Tea, coffee	82 (7.71%)	3262 (39.0%)
Soft drinks	33 (3.10%)	872 (10.4%)

Lunch intake (n):

	YOUR RESULTS	REFERENCE ND-13
All	497 (46.8%)	3380 (40.4%)
1/2	244 (23.0%)	2314 (27.6%)
1/4	105 (9.88%)	1405 (16.8%)
Nothing	178 (16.7%)	1133 (13.5%)
? No answer	39 (3.67%)	142 (1.70%)

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

	YOUR RESULTS	REFERENCE ND-13
I was not hungry	176 (31.1%)	1553 (31.1%)
I had nausea / vomiting	48 (8.48%)	474 (9.49%)
I was not allowed to eat	30 (5.30%)	473 (9.47%)
I can not eat without help	3 (0.53%)	68 (1.36%)
I had an examination / surgery	38 (6.71%)	292 (5.85%)
I ordered a smaller portion	10 (1.77%)	106 (2.12%)
I was tired	5 (0.88%)	313 (6.27%)
I normally eat less	31 (5.48%)	379 (7.59%)
I did not like the smell	9 (1.59%)	188 (3.76%)
I did not like the taste	46 (8.13%)	664 (13.3%)

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

Yes	314 (28.8%)	2709 (31.3%)
No	729 (66.9%)	5148 (59.5%)
No answer	20 (1.84%)	517 (5.97%)

„What do you eat?" (n)*:

Cakes, biscuits	75 (23.9%)	837 (30.9%)
Fresh fruits	150 (47.8%)	959 (35.4%)
Sandwiches	1 (0.32%)	309 (11.4%)
Dairy products	23 (7.32%)	416 (15.4%)
Preferred dish	14 (4.46%)	312 (11.5%)
Sweets	29 (9.24%)	485 (17.9%)
Fruit Juice	106 (33.8%)	334 (12.3%)
Others	108 (34.4%)	470 (17.3%)

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

Yes	817 (75.0%)	6037 (69.8%)

Results referring to the total number of completed questionnaires

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