



nutritionDay November 2013 in GERMANY

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:	19
Number of patients on nutritionDay:	341
Number of patients completing Sheet 3a:	261
Number of patients completing Sheet 3b:	251

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	25 ± 11	27 ± 15
Maximum	30 ± 12	32 ± 16
Number of patients on the nutritionDay (n):		
Total	341	9897
Did not give consent	91 (26.7%)	873 (8.82%)
Needed help completing form	119 (34.9%)	5232 (52.9%)
Terminally ill	145 (42.5%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	5 (26.3%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	3 (15.8%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	-	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	5 (26.3%)	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	2 (10.5%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	1 (5.26%)	56 (11.3%)
Cardiothoracic surgery	-	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	3 (15.8%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	3.00 ± 1.83	7.20 ± 8.91
Physicians per patient	0.11 ± 0.07	0.25 ± 0.32
Consultants	1.78 ± 1.17	2.71 ± 5.30
Consultants per patient	0.07 ± 0.04	0.09 ± 0.18
Registrars	1.56 ± 1.67	2.12 ± 4.43
Registrars per patient	0.05 ± 0.06	0.07 ± 0.13
Nurses	5.00 ± 4.14	8.34 ± 8.65
Nurses per patient	0.19 ± 0.17	0.27 ± 0.25
Nursing aides	1.53 ± 1.33	3.08 ± 3.31

Nursing aides per patient	0.07 ± 0.06	0.10 ± 0.10
Dieticians and dietetic assistants	1.24 ± 1.25	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.04 ± 0.05	0.05 ± 0.05

Nutrition Care:

Nutrition Team	17 units (89%) Yes	390 units (78%) Yes
Written procedures		
- individual	11 units (58%) Yes	316 units (64%) Yes
- local	5 units (26%) Yes	221 units (44%) Yes
- national	16 units (84%) Yes	225 units (45%) Yes
- other	1 units (05%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	14 units (74%) Yes	396 units (80%) Yes
When requested	14 units (74%) Yes	282 units (57%) Yes
Once a week	8 units (42%) 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	341	9897
Patients who completed sheet 3a	261 (76.5%)	8656 (87.5%)
Patients who completed sheet 3b	251 (73.6%)	8375 (84.6%)
Demographic data:		
Age (years)	72 [14-102]	67 [2-109]
Female gender	153 (44.9%)	4907 (49.6%)
Weight (kg)	76.4 ± 20.6	71.7 ± 20.6
Height (cm)	169.0 ± 10.7	165.2 ± 11.7
BMI (kg/m ²)	26.7 ± 6.7	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	53 (15.5%)	996 (10.1%)
Surgery (n):		
Preoperative patients	16 (4.69%)	799 (8.07%)
Postoperative patients	48 (14.1%)	2361 (23.9%)
Length of stay in Hospital (days):	12 [2-187]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	18 (5.28%)	1017 (10.3%)
Transferred to another hospital	14 (4.11%)	230 (2.32%)
Transferred to long-term care	19 (5.57%)	598 (6.04%)
Rehabilitation	9 (2.64%)	377 (3.81%)
Discharge home	231 (67.7%)	6785 (68.6%)
Death	15 (4.40%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	35 (10.3%)	390 (3.94%)
Readmitted (n):	45 (13.2%)	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	16 (4.69%)	729 (7.37%)
Parenteral nutrition	12 (3.52%)	276 (2.79%)
Enteral + parenteral nutrition	4 (1.17%)	57 (0.58%)
Special diet	7 (2.05%)	2520 (25.5%)
Protein supplement	35 (10.3%)	1215 (12.3%)
Hospital food	279 (81.8%)	5906 (59.7%)
Others	18 (5.28%)	477 (4.82%)
Missing	24 (7.04%)	479 (4.84%)
Lines & tubes (n)*:		
None	285 (83.6%)	6115 (61.8%)
Centralvenous	13 (3.81%)	754 (7.62%)
Nasogastric tube	-	230 (2.32%)
Any other (PEG, PEJ, ...)	43 (12.6%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	62 (18.2%)	1323 (13.4%)
Eye, ear	-	190 (1.92%)
Nose, throat	11 (3.23%)	180 (1.82%)
Heart, circulation	86 (25.2%)	2052 (20.7%)
Lung	48 (14.1%)	1428 (14.4%)
Liver	24 (7.04%)	446 (4.51%)
Gastrointestinal tract	72 (21.1%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	34 (9.97%)	1472 (14.9%)
Endocrine system	20 (5.87%)	807 (8.15%)
Skeleton, bone, muscle	37 (10.9%)	1564 (15.8%)
Blood, bone marrow	12 (3.52%)	406 (4.10%)
Skin	14 (4.11%)	400 (4.04%)
Ischaemia	1 (0.29%)	117 (1.18%)
Cancer	25 (7.33%)	1625 (16.4%)
Infection	17 (4.99%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	24 (7.04%)	547 (5.53%)
No affected organ	19 (5.57%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	69 (20.2%)	2238 (22.6%)
Stroke	11 (3.23%)	642 (6.49%)
COPD	26 (7.62%)	686 (6.93%)
Myocardial infarction	8 (2.35%)	363 (3.67%)
Cardiac insufficiency	46 (13.5%)	1262 (12.8%)
Others	129 (37.8%)	3763 (38.0%)
No comorbidity	131 (38.4%)	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	260 (99.6%)	8418 (97.3%)
Yes	88 (33.7%)	3772 (43.6%)
No	117 (44.8%)	3288 (38.0%)
No, I've gained weight	30 (11.5%)	718 (8.29%)
I don't know	25 (9.58%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	88 (33.7%)	3772 (43.6%)
0-4 kg	38 (14.6%)	1679 (19.4%)
5-8 kg	18 (6.90%)	678 (7.83%)
> 8 kg	20 (7.66%)	970 (11.2%)
Not sure	11 (4.21%)	412 (4.76%)
Missing	1 (0.38%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	117 (44.8%)	4084 (47.2%)
A bit less than normal	72 (27.6%)	1957 (22.6%)
Less than half of normal	39 (14.9%)	1256 (14.5%)
Less than a quarter to nearly nothing	20 (7.66%)	1074 (12.4%)
Missing	13 (4.98%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	133 (51.0%)	4299 (49.7%)
Loss of appetite	84 (32.2%)	2344 (27.1%)
Problems with swallowing, mastication	13 (4.98%)	448 (5.18%)
Nausea	15 (5.75%)	748 (8.64%)
Other reasons	49 (18.8%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	165 (63.2%)	5059 (58.4%)
No, only with assistance	56 (21.5%)	2373 (27.4%)
No, I stay in bed	38 (14.6%)	968 (11.2%)
Missing	2 (0.77%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	1 (0.38%)	283 (3.27%)
Very good	11 (4.21%)	728 (8.41%)
Good	62 (23.8%)	2708 (31.3%)
Fair	105 (40.2%)	2932 (33.9%)
Poor	79 (30.3%)	1685 (19.5%)
Missing	3 (1.15%)	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	156 (59.8%)	4927 (56.9%)
No	70 (26.8%)	2875 (33.2%)
- I was not hungry	45 (64.3%)	1429 (49.7%)
- Problems with swallowing / mastication	5 (7.14%)	238 (8.28%)
- Nausea	10 (14.3%)	546 (19.0%)
- Others	8 (11.4%)	658 (22.9%)
no answer	25 (9.58%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	200 (79.7%)	6289 (75.1%)
Drinks per patient & day (l)	0.60	0.39
Patients with supplements	17 (6.77%)	982 (11.7%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	187 (74.5%)	5783 (69.1%)
Milk	9 (3.59%)	1754 (20.9%)
Fruit juice	24 (9.56%)	1975 (23.6%)
Tea, coffee	172 (68.5%)	3262 (38.9%)
Soft drinks	12 (4.78%)	872 (10.4%)
Lunch intake (n):		
 All	108 (43.0%)	3380 (40.4%)
 1/2	70 (27.9%)	2315 (27.6%)
 1/4	41 (16.3%)	1405 (16.8%)
 Nothing	26 (10.4%)	1133 (13.5%)
? No answer	6 (2.39%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	39 (27.3%)	1554 (31.1%)
I had nausea / vomiting	8 (5.59%)	474 (9.49%)
I was not allowed to eat	11 (7.69%)	473 (9.47%)
I can not eat without help	1 (0.70%)	68 (1.36%)
I had an examination / surgery	15 (10.5%)	292 (5.85%)
I ordered a smaller portion	6 (4.20%)	106 (2.12%)
I was tired	-	313 (6.27%)
I normally eat less	19 (13.3%)	379 (7.59%)
I did not like the smell	7 (4.90%)	188 (3.76%)
I did not like the taste	14 (9.79%)	664 (13.3%)

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

Yes	87 (33.3%)	2709 (31.3%)
No	149 (57.1%)	5149 (59.5%)
No answer	15 (5.75%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	21 (24.1%)	837 (30.9%)
Fresh fruits	37 (42.5%)	959 (35.4%)
Sandwiches	2 (2.30%)	309 (11.4%)
Dairy products	10 (11.5%)	416 (15.4%)
Preferred dish	5 (5.75%)	312 (11.5%)
Sweets	21 (24.1%)	485 (17.9%)
Fruit Juice	12 (13.8%)	334 (12.3%)
Others	6 (6.90%)	470 (17.3%)

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

Yes	156 (59.8%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires