



nutritionDay November 2013 in DENMARK

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:	25
Number of patients on nutritionDay:	277
Number of patients completing Sheet 3a:	257
Number of patients completing Sheet 3b:	257

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 ± 18	27 ± 15
Maximum	25 ± 17	32 ± 16
Number of patients on the nutritionDay (n):		
Total	277	9897
Did not give consent	14 (5.05%)	873 (8.82%)
Needed help completing form	124 (44.8%)	5232 (52.9%)
Terminally ill	7 (2.53%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	3 (12.0%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	2 (8.00%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	3 (12.0%)	52 (10.5%)
Internal medicine / cardiology	3 (12.0%)	40 (8.05%)
Internal medicine / infectious diseases	2 (8.00%)	2 (0.40%)
Internal medicine / geriatrics	2 (8.00%)	38 (7.65%)
Internal medicine / nephrology	1 (4.00%)	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	3 (12.0%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	2 (8.00%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (4.00%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	3 (12.0%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	5.12 ± 7.89	7.20 ± 8.91
Physicians per patient	0.22 ± 0.35	0.25 ± 0.32
Consultants	3.04 ± 3.25	2.71 ± 5.30
Consultants per patient	0.13 ± 0.13	0.09 ± 0.18
Registrars	2.32 ± 2.82	2.12 ± 4.43
Registrars per patient	0.10 ± 0.12	0.07 ± 0.13
Nurses	10.56 ± 9.98	8.34 ± 8.65
Nurses per patient	0.42 ± 0.23	0.27 ± 0.25
Nursing aides	3.80 ± 2.22	3.08 ± 3.31

Nursing aides per patient	0.18 ± 0.12	0.10 ± 0.10
Dieticians and dietetic assistants	0.17 ± 0.37	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.05 ± 0.05

Nutrition Care:

Nutrition Team	24 units (96%) Yes	390 units (78%) Yes
Written procedures		
- individual	19 units (76%) Yes	316 units (64%) Yes
- local	24 units (96%) Yes	221 units (44%) Yes
- national	16 units (64%) Yes	225 units (45%) Yes
- other	2 units (08%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	19 units (76%) Yes	396 units (80%) Yes
When requested	12 units (48%) Yes	282 units (57%) Yes
Once a week	15 units (60%) Yes	203 units (41%) Yes
Occasionally	3 units (12%) 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	277	9897
Patients who completed sheet 3a	257 (92.8%)	8656 (87.5%)
Patients who completed sheet 3b	257 (92.8%)	8375 (84.6%)
Demographic data:		
Age (years)	70 [17-102]	67 [2-109]
Female gender	127 (45.8%)	4907 (49.6%)
Weight (kg)	75.4 ± 18.5	71.7 ± 20.6
Height (cm)	170.6 ± 9.3	165.2 ± 11.7
BMI (kg/m ²)	25.8 ± 5.5	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	12 (4.33%)	996 (10.1%)
Surgery (n):		
Preoperative patients	21 (7.58%)	799 (8.07%)
Postoperative patients	43 (15.5%)	2361 (23.9%)
Length of stay in Hospital (days):	12 [2-79]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	8 (2.89%)	1017 (10.3%)
Transferred to another hospital	15 (5.42%)	230 (2.32%)
Transferred to long-term care	5 (1.81%)	598 (6.04%)
Rehabilitation	4 (1.44%)	377 (3.81%)
Discharge home	131 (47.3%)	6785 (68.6%)
Death	6 (2.17%)	390 (3.94%)
Others	1 (0.36%)	110 (1.11%)
Missing	107 (38.6%)	390 (3.94%)
Readmitted (n):	30 (10.8%)	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	6 (2.17%)	729 (7.37%)
Parenteral nutrition	14 (5.05%)	276 (2.79%)
Enteral + parenteral nutrition	-	57 (0.58%)
Special diet	30 (10.8%)	2520 (25.5%)
Protein supplement	45 (16.2%)	1215 (12.3%)
Hospital food	202 (72.9%)	5906 (59.7%)
Others	28 (10.1%)	477 (4.82%)
Missing	6 (2.17%)	479 (4.84%)
Lines & tubes (n)*:		
None	152 (54.9%)	6115 (61.8%)
Centralvenous	37 (13.4%)	754 (7.62%)
Nasogastric tube	3 (1.08%)	230 (2.32%)
Any other (PEG, PEJ, ...)	85 (30.7%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	47 (17.0%)	1323 (13.4%)
Eye, ear	7 (2.53%)	190 (1.92%)
Nose, throat	2 (0.72%)	180 (1.82%)
Heart, circulation	66 (23.8%)	2052 (20.7%)
Lung	33 (11.9%)	1428 (14.4%)
Liver	12 (4.33%)	446 (4.51%)
Gastrointestinal tract	28 (10.1%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	46 (16.6%)	1472 (14.9%)
Endocrine system	18 (6.50%)	807 (8.15%)
Skeleton, bone, muscle	33 (11.9%)	1564 (15.8%)
Blood, bone marrow	34 (12.3%)	406 (4.10%)
Skin	11 (3.97%)	400 (4.04%)
Ischaemia	7 (2.53%)	117 (1.18%)
Cancer	23 (8.30%)	1625 (16.4%)
Infection	55 (19.9%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	7 (2.53%)	547 (5.53%)
No affected organ	12 (4.33%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	43 (15.5%)	2238 (22.6%)
Stroke	2 (0.72%)	642 (6.49%)
COPD	19 (6.86%)	686 (6.93%)
Myocardial infarction	11 (3.97%)	363 (3.67%)
Cardiac insufficiency	38 (13.7%)	1262 (12.8%)
Others	68 (24.5%)	3763 (38.0%)
No comorbidity	122 (44.0%)	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	255 (99.2%)	8418 (97.3%)
Yes	141 (54.9%)	3772 (43.6%)
No	75 (29.2%)	3288 (38.0%)
No, I've gained weight	24 (9.34%)	718 (8.29%)
I don't know	15 (5.84%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	141 (54.9%)	3772 (43.6%)
0-4 kg	73 (28.4%)	1679 (19.4%)
5-8 kg	29 (11.3%)	678 (7.83%)
> 8 kg	32 (12.5%)	970 (11.2%)
Not sure	7 (2.72%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	99 (38.5%)	4084 (47.2%)
A bit less than normal	78 (30.4%)	1957 (22.6%)
Less than half of normal	52 (20.2%)	1256 (14.5%)
Less than a quarter to nearly nothing	25 (9.73%)	1074 (12.4%)
Missing	3 (1.17%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	153 (59.5%)	4299 (49.7%)
Loss of appetite	116 (45.1%)	2344 (27.1%)
Problems with swallowing, mastication	17 (6.61%)	448 (5.18%)
Nausea	33 (12.8%)	748 (8.64%)
Other reasons	33 (12.8%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	178 (69.3%)	5059 (58.4%)
No, only with assistance	65 (25.3%)	2373 (27.4%)
No, I stay in bed	13 (5.06%)	968 (11.2%)
Missing	1 (0.39%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	7 (2.72%)	283 (3.27%)
Very good	44 (17.1%)	728 (8.41%)
Good	89 (34.6%)	2708 (31.3%)
Fair	82 (31.9%)	2932 (33.9%)
Poor	31 (12.1%)	1685 (19.5%)
Missing	4 (1.56%)	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	153 (59.5%)	4927 (56.9%)
No	84 (32.7%)	2875 (33.2%)
- I was not hungry	51 (60.7%)	1429 (49.7%)
- Problems with swallowing / mastication	6 (7.14%)	238 (8.28%)
- Nausea	17 (20.2%)	546 (19.0%)
- Others	17 (20.2%)	658 (22.9%)
no answer	20 (7.78%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	191 (74.3%)	6289 (75.1%)
Drinks per patient & day (l)	0.32	0.39
Patients with supplements	27 (10.5%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	154 (59.9%)	5783 (69.1%)
Milk	56 (21.8%)	1754 (20.9%)
Fruit juice	80 (31.1%)	1975 (23.6%)
Tea, coffee	48 (18.7%)	3262 (38.9%)
Soft drinks	48 (18.7%)	872 (10.4%)
Lunch intake (n):		
 All	134 (52.1%)	3380 (40.4%)
 1/2	64 (24.9%)	2315 (27.6%)
 1/4	38 (14.8%)	1405 (16.8%)
 Nothing	15 (5.84%)	1133 (13.5%)
? No answer	6 (2.33%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	30 (24.4%)	1554 (31.1%)
I had nausea / vomiting	15 (12.2%)	474 (9.49%)
I was not allowed to eat	6 (4.88%)	473 (9.47%)
I can not eat without help	1 (0.81%)	68 (1.36%)
I had an examination / surgery	7 (5.69%)	292 (5.85%)
I ordered a smaller portion	9 (7.32%)	106 (2.12%)
I was tired	6 (4.88%)	313 (6.27%)
I normally eat less	6 (4.88%)	379 (7.59%)
I did not like the smell	2 (1.63%)	188 (3.76%)
I did not like the taste	9 (7.32%)	664 (13.3%)

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

Yes	70 (27.2%)	2709 (31.3%)
No	165 (64.2%)	5149 (59.5%)
No answer	22 (8.56%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	23 (32.9%)	837 (30.9%)
Fresh fruits	35 (50.0%)	959 (35.4%)
Sandwiches	6 (8.57%)	309 (11.4%)
Dairy products	9 (12.9%)	416 (15.4%)
Preferred dish	1 (1.43%)	312 (11.5%)
Sweets	28 (40.0%)	485 (17.9%)
Fruit Juice	9 (12.9%)	334 (12.3%)
Others	9 (12.9%)	470 (17.3%)

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

Yes	148 (57.6%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires