



nutritionDay November 2013 in SPAIN

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:	14
Number of patients on nutritionDay:	315
Number of patients completing Sheet 3a:	285
Number of patients completing Sheet 3b:	252

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	29 ± 20	27 ± 15
Maximum	34 ± 25	32 ± 16
Number of patients on the nutritionDay (n):		
Total	315	9897
Did not give consent	55 (17.5%)	873 (8.82%)
Needed help completing form	184 (58.4%)	5232 (52.9%)
Terminally ill	24 (7.62%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	1 (7.14%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	6 (42.9%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	1 (7.14%)	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	-	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (7.14%)	29 (5.84%)
Trauma	2 (14.3%)	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	3 (21.4%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	2.07 ± 1.14	7.20 ± 8.91
Physicians per patient	0.09 ± 0.06	0.25 ± 0.32
Consultants	5.64 ± 7.11	2.71 ± 5.30
Consultants per patient	0.14 ± 0.11	0.09 ± 0.18
Registrars	2.21 ± 4.39	2.12 ± 4.43
Registrars per patient	0.06 ± 0.11	0.07 ± 0.13
Nurses	8.43 ± 8.89	8.34 ± 8.65
Nurses per patient	0.24 ± 0.16	0.27 ± 0.25
Nursing aides	7.14 ± 8.16	3.08 ± 3.31

Nursing aides per patient	0.20 ± 0.13	0.10 ± 0.10
Dieticians and dietetic assistants	0.15 ± 0.55	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.05 ± 0.05

Nutrition Care:

Nutrition Team	11 units (79%) Yes	390 units (78%) Yes
Written procedures		
- individual	5 units (36%) Yes	316 units (64%) Yes
- local	4 units (29%) Yes	221 units (44%) Yes
- national	2 units (14%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	9 units (64%) Yes	396 units (80%) Yes
When requested	8 units (57%) Yes	282 units (57%) Yes
Once a week	4 units (29%) Yes	203 units (41%) Yes
Occasionally	1 units (07%) 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	315	9897
Patients who completed sheet 3a	285 (90.5%)	8656 (87.5%)
Patients who completed sheet 3b	252 (80.0%)	8375 (84.6%)
Demographic data:		
Age (years)	69 [17-101]	67 [2-109]
Female gender	159 (50.5%)	4907 (49.6%)
Weight (kg)	70.7 ± 14.4	71.7 ± 20.6
Height (cm)	164.8 ± 8.9	165.2 ± 11.7
BMI (kg/m ²)	26.0 ± 4.8	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	21 (6.67%)	996 (10.1%)
Surgery (n):		
Preoperative patients	26 (8.25%)	799 (8.07%)
Postoperative patients	110 (34.9%)	2361 (23.9%)
Length of stay in Hospital (days):	11 [2-84]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	16 (5.08%)	1017 (10.3%)
Transferred to another hospital	3 (0.95%)	230 (2.32%)
Transferred to long-term care	9 (2.86%)	598 (6.04%)
Rehabilitation	1 (0.32%)	377 (3.81%)
Discharge home	223 (70.8%)	6785 (68.6%)
Death	17 (5.40%)	390 (3.94%)
Others	3 (0.95%)	110 (1.11%)
Missing	43 (13.7%)	390 (3.94%)
Readmitted (n):	39 (12.4%)	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 (1.90%)	729 (7.37%)
Parenteral nutrition	4 (1.27%)	276 (2.79%)
Enteral + parenteral nutrition	4 (1.27%)	57 (0.58%)
Special diet	119 (37.8%)	2520 (25.5%)
Protein supplement	26 (8.25%)	1215 (12.3%)
Hospital food	141 (44.8%)	5906 (59.7%)
Others	21 (6.67%)	477 (4.82%)
Missing	19 (6.03%)	479 (4.84%)
Lines & tubes (n)*:		
None	277 (87.9%)	6115 (61.8%)
Centralvenous	5 (1.59%)	754 (7.62%)
Nasogastric tube	7 (2.22%)	230 (2.32%)
Any other (PEG, PEJ, ...)	26 (8.25%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	25 (7.94%)	1323 (13.4%)
Eye, ear	12 (3.81%)	190 (1.92%)
Nose, throat	10 (3.17%)	180 (1.82%)
Heart, circulation	66 (21.0%)	2052 (20.7%)
Lung	50 (15.9%)	1428 (14.4%)
Liver	14 (4.44%)	446 (4.51%)
Gastrointestinal tract	26 (8.25%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	33 (10.5%)	1472 (14.9%)
Endocrine system	26 (8.25%)	807 (8.15%)
Skeleton, bone, muscle	78 (24.8%)	1564 (15.8%)
Blood, bone marrow	22 (6.98%)	406 (4.10%)
Skin	5 (1.59%)	400 (4.04%)
Ischaemia	6 (1.90%)	117 (1.18%)
Cancer	82 (26.0%)	1625 (16.4%)
Infection	15 (4.76%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	12 (3.81%)	547 (5.53%)
No affected organ	18 (5.71%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	65 (20.6%)	2238 (22.6%)
Stroke	21 (6.67%)	642 (6.49%)
COPD	26 (8.25%)	686 (6.93%)
Myocardial infarction	12 (3.81%)	363 (3.67%)
Cardiac insufficiency	26 (8.25%)	1262 (12.8%)
Others	157 (49.8%)	3763 (38.0%)
No comorbidity	87 (27.6%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	255 (89.5%)	8418 (97.3%)
Yes	117 (41.1%)	3772 (43.6%)
No	100 (35.1%)	3288 (38.0%)
No, I've gained weight	12 (4.21%)	718 (8.29%)
I don't know	26 (9.12%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	117 (41.1%)	3772 (43.6%)
0-4 kg	58 (20.4%)	1679 (19.4%)
5-8 kg	15 (5.26%)	678 (7.83%)
> 8 kg	30 (10.5%)	970 (11.2%)
Not sure	14 (4.91%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	99 (34.7%)	4084 (47.2%)
A bit less than normal	73 (25.6%)	1957 (22.6%)
Less than half of normal	44 (15.4%)	1256 (14.5%)
Less than a quarter to nearly nothing	37 (13.0%)	1074 (12.4%)
Missing	32 (11.2%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	152 (53.3%)	4299 (49.7%)
Loss of appetite	84 (29.5%)	2344 (27.1%)
Problems with swallowing, mastication	21 (7.37%)	448 (5.18%)
Nausea	14 (4.91%)	748 (8.64%)
Other reasons	50 (17.5%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	118 (41.4%)	5059 (58.4%)
No, only with assistance	78 (27.4%)	2373 (27.4%)
No, I stay in bed	56 (19.6%)	968 (11.2%)
Missing	33 (11.6%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	5 (1.75%)	283 (3.27%)
Very good	5 (1.75%)	728 (8.41%)
Good	78 (27.4%)	2708 (31.3%)
Fair	117 (41.1%)	2932 (33.9%)
Poor	46 (16.1%)	1685 (19.5%)
Missing	34 (11.9%)	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	134 (47.0%)	4927 (56.9%)
No	100 (35.1%)	2875 (33.2%)
- I was not hungry	68 (68.0%)	1429 (49.7%)
- Problems with swallowing / mastication	8 (8.00%)	238 (8.28%)
- Nausea	9 (9.00%)	546 (19.0%)
- Others	18 (18.0%)	658 (22.9%)
no answer	18 (6.32%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	187 (74.2%)	6289 (75.1%)
Drinks per patient & day (l)	0.38	0.39
Patients with supplements	25 (9.92%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	218 (86.5%)	5783 (69.1%)
Milk	107 (42.5%)	1754 (20.9%)
Fruit juice	55 (21.8%)	1975 (23.6%)
Tea, coffee	56 (22.2%)	3262 (38.9%)
Soft drinks	15 (5.95%)	872 (10.4%)
Lunch intake (n):		
 All	77 (30.6%)	3380 (40.4%)
 1/2	86 (34.1%)	2315 (27.6%)
 1/4	45 (17.9%)	1405 (16.8%)
 Nothing	35 (13.9%)	1133 (13.5%)
? No answer	9 (3.57%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	78 (44.6%)	1554 (31.1%)
I had nausea / vomiting	8 (4.57%)	474 (9.49%)
I was not allowed to eat	22 (12.6%)	473 (9.47%)
I can not eat without help	1 (0.57%)	68 (1.36%)
I had an examination / surgery	8 (4.57%)	292 (5.85%)
I ordered a smaller portion	-	106 (2.12%)
I was tired	8 (4.57%)	313 (6.27%)
I normally eat less	4 (2.29%)	379 (7.59%)
I did not like the smell	2 (1.14%)	188 (3.76%)
I did not like the taste	34 (19.4%)	664 (13.3%)

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

Yes	63 (22.1%)	2709 (31.3%)
No	170 (59.6%)	5149 (59.5%)
No answer	19 (6.67%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	10 (15.9%)	837 (30.9%)
Fresh fruits	15 (23.8%)	959 (35.4%)
Sandwiches	7 (11.1%)	309 (11.4%)
Dairy products	8 (12.7%)	416 (15.4%)
Preferred dish	7 (11.1%)	312 (11.5%)
Sweets	24 (38.1%)	485 (17.9%)
Fruit Juice	6 (9.52%)	334 (12.3%)
Others	10 (15.9%)	470 (17.3%)

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

Yes	181 (63.5%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires