



**nutritionDay**  
WORLDWIDE

*Country Report*

## **nutritionDay November 2013 in FINLAND**

Dear participant,

November 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:	16
Number of patients on nutritionDay:	229
Number of patients completing Sheet 3a:	202
Number of patients completing Sheet 3b:	198

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 in November 2015. 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"):

707 units, 14584 patients

	YOUR RESULTS	REFERENCE ND-13
<b>Number of beds (n):</b>		
Actual	20 ± 6	32 ± 50
Maximum	23 ± 6	33 ± 18
<b>Number of patients on the nutritionDay (n):</b>		
Total	229	14584
Did not give consent	18 (7.86%)	1005 (6.89%)
Needed help completing form	127 (55.5%)	8381 (57.5%)
Terminally ill	-	962 (6.60%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (6.25%)	166 (23.5%)
Internal medicine / gastroenterology and hepatology	-	41 (5.80%)
Internal medicine / oncology (incl. radiotherapy)	-	66 (9.34%)
Internal medicine / cardiology	1 (6.25%)	50 (7.07%)
Internal medicine / infectious diseases	1 (6.25%)	6 (0.85%)
Internal medicine / geriatrics	-	66 (9.34%)
Internal medicine / nephrology	1 (6.25%)	9 (1.27%)
Pediatrics	-	7 (0.99%)
Neurology	1 (6.25%)	22 (3.11%)
Psychiatry	2 (12.5%)	10 (1.41%)
Ear Nose Throat (ENT)	-	8 (1.13%)
General surgery	2 (12.5%)	88 (12.4%)
Cardiothoracic surgery	-	5 (0.71%)
Orthopedic surgery	1 (6.25%)	41 (5.80%)
Trauma	1 (6.25%)	10 (1.41%)
Neurosurgery	1 (6.25%)	13 (1.84%)
Gynecology	1 (6.25%)	9 (1.27%)
Long-term-care	-	14 (1.98%)
Others	3 (18.8%)	76 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2.13 ± 1.63	6.26 ± 8.06
Physicians per patient	0.09 ± 0.07	0.21 ± 0.29
Consultants	1.21 ± 1.12	3.57 ± 14.12
Consultants per patient	0.05 ± 0.04	0.10 ± 0.19
Registrars	1.06 ± 0.85	2.11 ± 4.38
Registrars per patient	0.05 ± 0.04	0.07 ± 0.13
Nurses	5.81 ± 1.72	7.96 ± 7.87
Nurses per patient	0.26 ± 0.08	0.26 ± 0.23
Nursing aides	2.21 ± 1.63	3.41 ± 4.17

Nursing aides per patient	0.10 ± 0.09	0.10 ± 0.10
Dieticians and dietetic assistants	0.27 ± 0.48	1.43 ± 1.62
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	15 units (94%) Yes	559 units (79%) Yes
Written procedures		
- individual	11 units (69%) Yes	450 units (64%) Yes
- local	11 units (69%) Yes	322 units (46%) Yes
- national	7 units (44%) Yes	296 units (42%) Yes
- other	4 units (25%) Yes	116 units (16%) Yes

**Patients' weight assessed:**

On admission	9 units (56%) Yes	530 units (75%) Yes
When requested	7 units (44%) Yes	368 units (52%) Yes
Once a week	3 units (19%) Yes	295 units (42%) Yes
Occasionally	5 units (31%) Yes	93 units (13%) Yes
Never	- units (00%) Yes	11 units (02%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

707 units, 14584 patients

	YOUR RESULTS	REFERENCE ND-13
<b>Number of patients (n):</b>		
Total	229	14584
Patients who completed sheet 3a	202 (88.2%)	13178 (90.4%)
Patients who completed sheet 3b	198 (86.5%)	12719 (87.2%)
<b>Demographic data:</b>		
Age (years)	67 [17-96]	67 [1-109]
Female gender	107 (46.7%)	7320 (50.2%)
Weight (kg)	77.8 ± 21.2	73.9 ± 60.8
Height (cm)	168.2 ± 9.7	167.7 ± 53.5
BMI (kg/m <sup>2</sup> )	27.3 ± 6.5	25.7 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	16 (6.99%)	1497 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	16 (6.99%)	1176 (8.06%)
Postoperative patients	77 (33.6%)	3622 (24.8%)
<b>Length of stay in Hospital (days):</b>	8 [2-195]	13 [1-388]
<b>Outcome after 30 days (n):</b>		
Still in hospital	15 (6.55%)	1865 (12.8%)
Transferred to another hospital	28 (12.2%)	353 (2.42%)
Transferred to long-term care	18 (7.86%)	837 (5.74%)
Rehabilitation	1 (0.44%)	503 (3.45%)
Discharge home	151 (65.9%)	9857 (67.6%)
Death	1 (0.44%)	541 (3.71%)
Others	-	186 (1.28%)
Missing	15 (6.55%)	442 (3.03%)
<b>Readmitted (n):</b>	36 (15.7%)	1478 (10.1%)

Results in percent referring to the total number of patients

## II. YOUR PATIENTS ("Sheet 2"):

707 units, 14584 patients

	YOUR RESULTS	REFERENCE ND-13
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	2 (0.87%)	1094 (7.50%)
Parenteral nutrition	17 (7.42%)	447 (3.07%)
Enteral + parenteral nutrition	6 (2.62%)	80 (0.55%)
Special diet	43 (18.8%)	3953 (27.1%)
Protein supplement	26 (11.4%)	1852 (12.7%)
Hospital food	174 (76.0%)	8518 (58.4%)
Others	-	746 (5.12%)
Missing	13 (5.68%)	552 (3.78%)
<b>Lines &amp; tubes (n)*:</b>		
None	172 (75.1%)	9556 (65.5%)
Centralvenous	5 (2.18%)	1057 (7.25%)
Nasogastric tube	1 (0.44%)	344 (2.36%)
Any other (PEG, PEJ, ...)	51 (22.3%)	3627 (24.9%)
<b>Affected organs (n)*:</b>		
Brain, nerves	35 (15.3%)	2030 (13.9%)
Eye, ear	2 (0.87%)	296 (2.03%)
Nose, throat	1 (0.44%)	302 (2.07%)
Heart, circulation	12 (5.24%)	2962 (20.3%)
Lung	10 (4.37%)	2175 (14.9%)
Liver	5 (2.18%)	665 (4.56%)
Gastrointestinal tract	48 (21.0%)	2614 (17.9%)
Kidney, urinary tract, female genital tract	14 (6.11%)	2174 (14.9%)
Endocrine system	3 (1.31%)	1178 (8.08%)
Skeleton, bone, muscle	51 (22.3%)	2528 (17.3%)
Blood, bone marrow	7 (3.06%)	644 (4.42%)
Skin	8 (3.49%)	607 (4.16%)
Ischaemia	-	156 (1.07%)
Cancer	26 (11.4%)	2177 (14.9%)
Infection	28 (12.2%)	991 (6.80%)
Pregnancy	-	115 (0.79%)
Others	7 (3.06%)	899 (6.16%)
No affected organ	13 (5.68%)	545 (3.74%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	40 (17.5%)	3176 (21.8%)
Stroke	4 (1.75%)	939 (6.44%)
COPD	10 (4.37%)	1056 (7.24%)
Myocardial infarction	11 (4.80%)	548 (3.76%)
Cardiac insufficiency	12 (5.24%)	1836 (12.6%)
Others	142 (62.0%)	5795 (39.7%)
No comorbidity	71 (31.0%)	5080 (34.8%)

Results in percent referring to the total number of patients

### III. YOUR PATIENTS ("Sheet 3a"):

707 units, 14584 patients

	YOUR RESULTS	REFERENCE ND-13
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	200 (99.0%)	12714 (96.5%)
Yes	62 (30.7%)	5779 (43.9%)
No	115 (56.9%)	4898 (37.2%)
No, I've gained weight	16 (7.92%)	1084 (8.23%)
I don't know	7 (3.47%)	953 (7.23%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	62 (30.7%)	5779 (43.9%)
0-4 kg	31 (15.3%)	2546 (19.3%)
5-8 kg	16 (7.92%)	1039 (7.88%)
> 8 kg	12 (5.94%)	1464 (11.1%)
Not sure	3 (1.49%)	640 (4.86%)
Missing	-	90 (0.68%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	98 (48.5%)	6245 (47.4%)
A bit less than normal	55 (27.2%)	2869 (21.8%)
Less than half of normal	36 (17.8%)	1947 (14.8%)
Less than a quarter to nearly nothing	12 (5.94%)	1588 (12.1%)
Missing	1 (0.50%)	529 (4.01%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	102 (50.5%)	6422 (48.7%)
Loss of appetite	42 (20.8%)	3471 (26.3%)
Problems with swallowing, mastication	11 (5.45%)	668 (5.07%)
Nausea	24 (11.9%)	1065 (8.08%)
Other reasons	45 (22.3%)	2415 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	146 (72.3%)	7553 (57.3%)
No, only with assistance	35 (17.3%)	3689 (28.0%)
No, I stay in bed	19 (9.41%)	1465 (11.1%)
Missing	2 (0.99%)	471 (3.57%)
<b>"In general would you say your health is" (n):</b>		
Excellent	5 (2.48%)	449 (3.41%)
Very good	7 (3.47%)	1050 (7.97%)
Good	37 (18.3%)	4162 (31.6%)
Fair	97 (48.0%)	4528 (34.4%)
Poor	53 (26.2%)	2375 (18.0%)
Missing	3 (1.49%)	614 (4.66%)
Results in percent referring to the total number of patients answering		

### III. YOUR PATIENTS ("Sheet 3b"):

707 units, 14584 patients

YOUR RESULTS

REFERENCE ND-13

#### Hospital food intake:

##### „Is your appetite normal?“ (n):

Yes	133 (65.8%)	7636 (57.9%)
No	58 (28.7%)	4262 (32.3%)
- I was not hungry	19 (32.8%)	2110 (49.5%)
- Problems with swallowing / mastication	6 (10.3%)	330 (7.74%)
- Nausea	12 (20.7%)	735 (17.2%)
- Others	18 (31.0%)	1096 (25.7%)
no answer	7 (3.47%)	821 (6.23%)


##### Fluid and supplement intake (n):

Patients with fluid intake	157 (79.3%)	9542 (75.0%)
Drinks per patient & day (l)	0.33	0.37
Patients with supplements	19 (9.60%)	1350 (10.6%)
Supplements per patient & day (l)	0.02	0.03

##### „What kind of drinks did you consume?“ (n)\*:

Water	104 (52.5%)	8121 (63.8%)
Milk	121 (61.1%)	2398 (18.9%)
Fruit juice	88 (44.4%)	3301 (26.0%)
Tea, coffee	83 (41.9%)	4716 (37.1%)
Soft drinks	25 (12.6%)	1240 (9.75%)

##### Lunch intake (n):

 All	93 (47.0%)	5178 (40.7%)
 1/2	49 (24.7%)	3454 (27.2%)
 1/4	34 (17.2%)	2030 (16.0%)
 Nothing	11 (5.56%)	1757 (13.8%)
? No answer	11 (5.56%)	300 (2.36%)

##### „I did not eat everything because“ (n)\*:

I was not hungry	29 (27.6%)	2370 (31.4%)
I had nausea / vomiting	7 (6.67%)	649 (8.61%)
I was not allowed to eat	13 (12.4%)	668 (8.86%)
I can not eat without help	-	96 (1.27%)
I had an examination / surgery	11 (10.5%)	468 (6.21%)
I ordered a smaller portion	2 (1.90%)	168 (2.23%)
I was tired	5 (4.76%)	420 (5.57%)
I normally eat less	15 (14.3%)	574 (7.61%)
I did not like the smell	4 (3.81%)	250 (3.32%)
I did not like the taste	19 (18.1%)	977 (13.0%)



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

Yes	46 (22.8%)	4270 (32.4%)
No	144 (71.3%)	7719 (58.6%)
No answer	8 (3.96%)	730 (5.54%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	5 (10.9%)	1393 (32.6%)
Fresh fruits	23 (50.0%)	1664 (39.0%)
Sandwiches	4 (8.70%)	385 (9.02%)
Dairy products	1 (2.17%)	619 (14.5%)
Preferred dish	1 (2.17%)	444 (10.4%)
Sweets	24 (52.2%)	763 (17.9%)
Fruit Juice	11 (23.9%)	663 (15.5%)
Others	5 (10.9%)	816 (19.1%)

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

Yes	129 (63.9%)	9158 (69.5%)
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Results referring to the total number of completed questionnaires