



## **nutritionDay November 2013 in GREECE**

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:	23
Number of patients on nutritionDay:	403
Number of patients completing Sheet 3a:	397
Number of patients completing Sheet 3b:	375

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 6<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	22 ± 11	27 ± 15
Maximum	26 ± 10	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	403	9897
Did not give consent	8 (1.99%)	873 (8.82%)
Needed help completing form	175 (43.4%)	5232 (52.9%)
Terminally ill	9 (2.23%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	5 (21.7%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	3 (13.0%)	52 (10.5%)
Internal medicine / cardiology	2 (8.70%)	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	-	38 (7.65%)
Internal medicine / nephrology	3 (13.0%)	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	2 (8.70%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	5 (21.7%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (4.35%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	2 (8.70%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	12.65 ± 8.35	7.20 ± 8.91
Physicians per patient	0.48 ± 0.27	0.25 ± 0.32
Consultants	0.05 ± 0.21	2.71 ± 5.30
Consultants per patient	0.00 ± 0.01	0.09 ± 0.18
Registrars	0.52 ± 0.73	2.12 ± 4.43
Registrars per patient	0.02 ± 0.02	0.07 ± 0.13
Nurses	6.22 ± 5.33	8.34 ± 8.65
Nurses per patient	0.28 ± 0.32	0.27 ± 0.25
Nursing aides	3.74 ± 2.85	3.08 ± 3.31

Nursing aides per patient	0.17 ± 0.14	0.10 ± 0.10
Dieticians and dietetic assistants	0.50 ± 0.60	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.02 ± 0.03	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	6 units (26%) Yes	390 units (78%) Yes
Written procedures		
- individual	14 units (61%) Yes	316 units (64%) Yes
- local	5 units (22%) Yes	221 units (44%) Yes
- national	10 units (43%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	4 units (17%) Yes	396 units (80%) Yes
When requested	19 units (83%) Yes	282 units (57%) Yes
Once a week	1 units (04%) Yes	203 units (41%) Yes
Occasionally	2 units (09%) Yes	61 units (12%) Yes
Never	1 units (04%) Yes	2 units (00%) Yes

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

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
<b>Number of patients (n):</b>		
Total	403	9897
Patients who completed sheet 3a	397 (98.5%)	8656 (87.5%)
Patients who completed sheet 3b	375 (93.1%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	69 [4-97]	67 [2-109]
Female gender	228 (56.6%)	4907 (49.6%)
Weight (kg)	73.6 ± 14.0	71.7 ± 20.6
Height (cm)	168.3 ± 9.5	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	25.9 ± 4.0	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	9 (2.23%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	29 (7.20%)	799 (8.07%)
Postoperative patients	36 (8.93%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	10 [2-137]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	15 (3.72%)	1017 (10.3%)
Transferred to another hospital	7 (1.74%)	230 (2.32%)
Transferred to long-term care	10 (2.48%)	598 (6.04%)
Rehabilitation	5 (1.24%)	377 (3.81%)
Discharge home	305 (75.7%)	6785 (68.6%)
Death	20 (4.96%)	390 (3.94%)
Others	1 (0.25%)	110 (1.11%)
Missing	40 (9.93%)	390 (3.94%)
<b>Readmitted (n):</b>	54 (13.4%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	4 (0.99%)	729 (7.37%)
Parenteral nutrition	3 (0.74%)	276 (2.79%)
Enteral + parenteral nutrition	2 (0.50%)	57 (0.58%)
Special diet	141 (35.0%)	2520 (25.5%)
Protein supplement	7 (1.74%)	1215 (12.3%)
Hospital food	197 (48.9%)	5906 (59.7%)
Others	20 (4.96%)	477 (4.82%)
Missing	38 (9.43%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	356 (88.3%)	6115 (61.8%)
Centralvenous	38 (9.43%)	754 (7.62%)
Nasogastric tube	5 (1.24%)	230 (2.32%)
Any other (PEG, PEJ, ...)	4 (0.99%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	50 (12.4%)	1323 (13.4%)
Eye, ear	2 (0.50%)	190 (1.92%)
Nose, throat	2 (0.50%)	180 (1.82%)
Heart, circulation	53 (13.2%)	2052 (20.7%)
Lung	42 (10.4%)	1428 (14.4%)
Liver	21 (5.21%)	446 (4.51%)
Gastrointestinal tract	83 (20.6%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	87 (21.6%)	1472 (14.9%)
Endocrine system	8 (1.99%)	807 (8.15%)
Skeleton, bone, muscle	35 (8.68%)	1564 (15.8%)
Blood, bone marrow	25 (6.20%)	406 (4.10%)
Skin	4 (0.99%)	400 (4.04%)
Ischaemia	3 (0.74%)	117 (1.18%)
Cancer	75 (18.6%)	1625 (16.4%)
Infection	17 (4.22%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	6 (1.49%)	547 (5.53%)
No affected organ	4 (0.99%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	76 (18.9%)	2238 (22.6%)
Stroke	21 (5.21%)	642 (6.49%)
COPD	15 (3.72%)	686 (6.93%)
Myocardial infarction	7 (1.74%)	363 (3.67%)
Cardiac insufficiency	52 (12.9%)	1262 (12.8%)
Others	67 (16.6%)	3763 (38.0%)
No comorbidity	220 (54.6%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	379 (95.5%)	8418 (97.3%)
Yes	183 (46.1%)	3772 (43.6%)
No	165 (41.6%)	3288 (38.0%)
No, I've gained weight	20 (5.04%)	718 (8.29%)
I don't know	11 (2.77%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	183 (46.1%)	3772 (43.6%)
0-4 kg	61 (15.4%)	1679 (19.4%)
5-8 kg	52 (13.1%)	678 (7.83%)
> 8 kg	62 (15.6%)	970 (11.2%)
Not sure	6 (1.51%)	412 (4.76%)
Missing	2 (0.50%)	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	175 (44.1%)	4084 (47.2%)
A bit less than normal	108 (27.2%)	1957 (22.6%)
Less than half of normal	45 (11.3%)	1256 (14.5%)
Less than a quarter to nearly nothing	47 (11.8%)	1074 (12.4%)
Missing	22 (5.54%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	179 (45.1%)	4299 (49.7%)
Loss of appetite	127 (32.0%)	2344 (27.1%)
Problems with swallowing, mastication	20 (5.04%)	448 (5.18%)
Nausea	19 (4.79%)	748 (8.64%)
Other reasons	39 (9.82%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	243 (61.2%)	5059 (58.4%)
No, only with assistance	82 (20.7%)	2373 (27.4%)
No, I stay in bed	51 (12.8%)	968 (11.2%)
Missing	21 (5.29%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	21 (5.29%)	283 (3.27%)
Very good	37 (9.32%)	728 (8.41%)
Good	83 (20.9%)	2708 (31.3%)
Fair	121 (30.5%)	2932 (33.9%)
Poor	117 (29.5%)	1685 (19.5%)
Missing	18 (4.53%)	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
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	208 (52.4%)	4927 (56.9%)
No	151 (38.0%)	2875 (33.2%)
- I was not hungry	106 (70.2%)	1429 (49.7%)
- Problems with swallowing / mastication	11 (7.28%)	238 (8.28%)
- Nausea	28 (18.5%)	546 (19.0%)
- Others	16 (10.6%)	658 (22.9%)
no answer	16 (4.03%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	260 (69.3%)	6289 (75.1%)
Drinks per patient & day (l)	0.28	0.39
Patients with supplements	8 (2.13%)	982 (11.7%)
Supplements per patient & day (l)	0.01	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	290 (77.3%)	5783 (69.1%)
Milk	89 (23.7%)	1754 (20.9%)
Fruit juice	59 (15.7%)	1975 (23.6%)
Tea, coffee	126 (33.6%)	3262 (38.9%)
Soft drinks	15 (4.00%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	123 (32.8%)	3380 (40.4%)
 1/2	114 (30.4%)	2315 (27.6%)
 1/4	60 (16.0%)	1405 (16.8%)
 Nothing	73 (19.5%)	1133 (13.5%)
? No answer	5 (1.33%)	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	107 (42.5%)	1554 (31.1%)
I had nausea / vomiting	25 (9.92%)	474 (9.49%)
I was not allowed to eat	42 (16.7%)	473 (9.47%)
I can not eat without help	3 (1.19%)	68 (1.36%)
I had an examination / surgery	10 (3.97%)	292 (5.85%)
I ordered a smaller portion	1 (0.40%)	106 (2.12%)
I was tired	19 (7.54%)	313 (6.27%)
I normally eat less	6 (2.38%)	379 (7.59%)
I did not like the smell	30 (11.9%)	188 (3.76%)
I did not like the taste	54 (21.4%)	664 (13.3%)



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

Yes	118 (29.7%)	2709 (31.3%)
No	231 (58.2%)	5149 (59.5%)
No answer	26 (6.55%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	37 (31.4%)	837 (30.9%)
Fresh fruits	19 (16.1%)	959 (35.4%)
Sandwiches	20 (16.9%)	309 (11.4%)
Dairy products	17 (14.4%)	416 (15.4%)
Preferred dish	31 (26.3%)	312 (11.5%)
Sweets	12 (10.2%)	485 (17.9%)
Fruit Juice	20 (16.9%)	334 (12.3%)
Others	16 (13.6%)	470 (17.3%)

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

Yes	366 (92.2%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires