



nutritionDay November 2013 in ITALY

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:	236
Number of patients completing Sheet 3a:	225
Number of patients completing Sheet 3b:	220

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	17 ± 9	27 ± 15
Maximum	22 ± 11	32 ± 16
Number of patients on the nutritionDay (n):		
Total	236	9897
Did not give consent	16 (6.78%)	873 (8.82%)
Needed help completing form	66 (28.0%)	5232 (52.9%)
Terminally ill	6 (2.54%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	1 (5.26%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	7 (36.8%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	2 (10.5%)	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	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	8 (42.1%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	4.05 ± 3.26	7.20 ± 8.91
Physicians per patient	0.20 ± 0.14	0.25 ± 0.32
Consultants	0.11 ± 0.32	2.71 ± 5.30
Consultants per patient	0.00 ± 0.01	0.09 ± 0.18
Registrars	2.37 ± 3.53	2.12 ± 4.43
Registrars per patient	0.17 ± 0.32	0.07 ± 0.13
Nurses		
Nurses	4.37 ± 1.54	8.34 ± 8.65
Nurses per patient	0.27 ± 0.19	0.27 ± 0.25
Nursing aides	2.00 ± 1.33	3.08 ± 3.31

Nursing aides per patient	0.12 ± 0.12	0.10 ± 0.10
Dieticians and dietetic assistants	0.11 ± 0.32	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.05 ± 0.05

Nutrition Care:

Nutrition Team	19 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	15 units (79%) Yes	316 units (64%) Yes
- local	11 units (58%) Yes	221 units (44%) Yes
- national	5 units (26%) Yes	225 units (45%) Yes
- other	1 units (05%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	15 units (79%) Yes	396 units (80%) Yes
When requested	15 units (79%) Yes	282 units (57%) Yes
Once a week	3 units (16%) Yes	203 units (41%) Yes
Occasionally	2 units (11%) 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	236	9897
Patients who completed sheet 3a	225 (95.3%)	8656 (87.5%)
Patients who completed sheet 3b	220 (93.2%)	8375 (84.6%)
Demographic data:		
Age (years)	68 [18-99]	67 [2-109]
Female gender	134 (56.8%)	4907 (49.6%)
Weight (kg)	70.3 ± 15.4	71.7 ± 20.6
Height (cm)	165.6 ± 9.8	165.2 ± 11.7
BMI (kg/m ²)	25.5 ± 4.7	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	11 (4.66%)	996 (10.1%)
Surgery (n):		
Preoperative patients	23 (9.75%)	799 (8.07%)
Postoperative patients	53 (22.5%)	2361 (23.9%)
Length of stay in Hospital (days):	10 [2-59]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	4 (1.69%)	1017 (10.3%)
Transferred to another hospital	3 (1.27%)	230 (2.32%)
Transferred to long-term care	5 (2.12%)	598 (6.04%)
Rehabilitation	2 (0.85%)	377 (3.81%)
Discharge home	140 (59.3%)	6785 (68.6%)
Death	3 (1.27%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	79 (33.5%)	390 (3.94%)
Readmitted (n):	-	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	34 (14.4%)	729 (7.37%)
Parenteral nutrition	10 (4.24%)	276 (2.79%)
Enteral + parenteral nutrition	2 (0.85%)	57 (0.58%)
Special diet	15 (6.36%)	2520 (25.5%)
Protein supplement	2 (0.85%)	1215 (12.3%)
Hospital food	133 (56.4%)	5906 (59.7%)
Others	3 (1.27%)	477 (4.82%)
Missing	44 (18.6%)	479 (4.84%)
Lines & tubes (n)*:		
None	205 (86.9%)	6115 (61.8%)
Centralvenous	10 (4.24%)	754 (7.62%)
Nasogastric tube	11 (4.66%)	230 (2.32%)
Any other (PEG, PEJ, ...)	10 (4.24%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	23 (9.75%)	1323 (13.4%)
Eye, ear	1 (0.42%)	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	30 (12.7%)	2052 (20.7%)
Lung	17 (7.20%)	1428 (14.4%)
Liver	6 (2.54%)	446 (4.51%)
Gastrointestinal tract	13 (5.51%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	4 (1.69%)	1472 (14.9%)
Endocrine system	-	807 (8.15%)
Skeleton, bone, muscle	5 (2.12%)	1564 (15.8%)
Blood, bone marrow	4 (1.69%)	406 (4.10%)
Skin	1 (0.42%)	400 (4.04%)
Ischaemia	-	117 (1.18%)
Cancer	141 (59.7%)	1625 (16.4%)
Infection	15 (6.36%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	8 (3.39%)	547 (5.53%)
No affected organ	12 (5.08%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	28 (11.9%)	2238 (22.6%)
Stroke	12 (5.08%)	642 (6.49%)
COPD	12 (5.08%)	686 (6.93%)
Myocardial infarction	13 (5.51%)	363 (3.67%)
Cardiac insufficiency	12 (5.08%)	1262 (12.8%)
Others	97 (41.1%)	3763 (38.0%)
No comorbidity	116 (49.2%)	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	217 (96.4%)	8418 (97.3%)
Yes	102 (45.3%)	3772 (43.6%)
No	93 (41.3%)	3288 (38.0%)
No, I've gained weight	16 (7.11%)	718 (8.29%)
I don't know	6 (2.67%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	102 (45.3%)	3772 (43.6%)
0-4 kg	60 (26.7%)	1679 (19.4%)
5-8 kg	11 (4.89%)	678 (7.83%)
> 8 kg	20 (8.89%)	970 (11.2%)
Not sure	11 (4.89%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	97 (43.1%)	4084 (47.2%)
A bit less than normal	54 (24.0%)	1957 (22.6%)
Less than half of normal	37 (16.4%)	1256 (14.5%)
Less than a quarter to nearly nothing	26 (11.6%)	1074 (12.4%)
Missing	11 (4.89%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	128 (56.9%)	4299 (49.7%)
Loss of appetite	59 (26.2%)	2344 (27.1%)
Problems with swallowing, mastication	19 (8.44%)	448 (5.18%)
Nausea	15 (6.67%)	748 (8.64%)
Other reasons	52 (23.1%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	155 (68.9%)	5059 (58.4%)
No, only with assistance	31 (13.8%)	2373 (27.4%)
No, I stay in bed	33 (14.7%)	968 (11.2%)
Missing	6 (2.67%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	5 (2.22%)	283 (3.27%)
Very good	12 (5.33%)	728 (8.41%)
Good	66 (29.3%)	2708 (31.3%)
Fair	77 (34.2%)	2932 (33.9%)
Poor	53 (23.6%)	1685 (19.5%)
Missing	12 (5.33%)	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	104 (46.2%)	4927 (56.9%)
No	99 (44.0%)	2875 (33.2%)
- I was not hungry	57 (57.6%)	1429 (49.7%)
- Problems with swallowing / mastication	8 (8.08%)	238 (8.28%)
- Nausea	16 (16.2%)	546 (19.0%)
- Others	22 (22.2%)	658 (22.9%)
no answer	17 (7.56%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	131 (59.5%)	6289 (75.1%)
Drinks per patient & day (l)	0.36	0.39
Patients with supplements	14 (6.36%)	982 (11.7%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	174 (79.1%)	5783 (69.1%)
Milk	36 (16.4%)	1754 (20.9%)
Fruit juice	26 (11.8%)	1975 (23.6%)
Tea, coffee	56 (25.5%)	3262 (38.9%)
Soft drinks	6 (2.73%)	872 (10.4%)
Lunch intake (n):		
 All	66 (30.0%)	3380 (40.4%)
 1/2	57 (25.9%)	2315 (27.6%)
 1/4	36 (16.4%)	1405 (16.8%)
 Nothing	51 (23.2%)	1133 (13.5%)
? No answer	10 (4.55%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	47 (30.5%)	1554 (31.1%)
I had nausea / vomiting	12 (7.79%)	474 (9.49%)
I was not allowed to eat	16 (10.4%)	473 (9.47%)
I can not eat without help	1 (0.65%)	68 (1.36%)
I had an examination / surgery	28 (18.2%)	292 (5.85%)
I ordered a smaller portion	1 (0.65%)	106 (2.12%)
I was tired	5 (3.25%)	313 (6.27%)
I normally eat less	10 (6.49%)	379 (7.59%)
I did not like the smell	17 (11.0%)	188 (3.76%)
I did not like the taste	18 (11.7%)	664 (13.3%)

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

Yes	59 (26.2%)	2709 (31.3%)
No	150 (66.7%)	5149 (59.5%)
No answer	11 (4.89%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	19 (32.2%)	837 (30.9%)
Fresh fruits	26 (44.1%)	959 (35.4%)
Sandwiches	7 (11.9%)	309 (11.4%)
Dairy products	8 (13.6%)	416 (15.4%)
Preferred dish	1 (1.69%)	312 (11.5%)
Sweets	22 (37.3%)	485 (17.9%)
Fruit Juice	11 (18.6%)	334 (12.3%)
Others	11 (18.6%)	470 (17.3%)

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

Yes	102 (45.3%)	6038 (69.8%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires