



nutritionDay November 2013 in JAPAN

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:	40
Number of patients on nutritionDay:	804
Number of patients completing Sheet 3a:	711
Number of patients completing Sheet 3b:	700

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!

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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	40 ± 13	27 ± 15
Maximum	48 ± 16	32 ± 16
Number of patients on the nutritionDay (n):		
Total	804	9897
Did not give consent	75 (9.33%)	873 (8.82%)
Needed help completing form	299 (37.2%)	5232 (52.9%)
Terminally ill	20 (2.49%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	9 (22.5%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	5 (12.5%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	2 (5.00%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	1 (2.50%)	38 (7.65%)
Internal medicine / nephrology	1 (2.50%)	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	1 (2.50%)	15 (3.02%)
Psychiatry	1 (2.50%)	8 (1.61%)
Ear Nose Throat (ENT)	1 (2.50%)	5 (1.01%)
General surgery	8 (20.0%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	5 (12.5%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	2 (5.00%)	6 (1.21%)
Gynecology	1 (2.50%)	5 (1.01%)
Long-term-care	1 (2.50%)	6 (1.21%)
Others	2 (5.00%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	7.40 ± 9.31	7.20 ± 8.91
Physicians per patient	0.15 ± 0.17	0.25 ± 0.32
Consultants	1.58 ± 1.81	2.71 ± 5.30
Consultants per patient	0.03 ± 0.04	0.09 ± 0.18
Registrars	1.45 ± 3.64	2.12 ± 4.43
Registrars per patient	0.03 ± 0.08	0.07 ± 0.13
Nurses	16.65 ± 11.20	8.34 ± 8.65
Nurses per patient	0.36 ± 0.22	0.27 ± 0.25
Nursing aides	2.63 ± 1.66	3.08 ± 3.31

Nursing aides per patient	0.06 ± 0.05	0.10 ± 0.10
Dieticians and dietetic assistants	0.73 ± 1.71	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.02 ± 0.04	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	40 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	15 units (38%) Yes	316 units (64%) Yes
- local	8 units (20%) Yes	221 units (44%) Yes
- national	3 units (08%) Yes	225 units (45%) Yes
- other	7 units (18%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	38 units (95%) Yes	396 units (80%) Yes
When requested	23 units (58%) Yes	282 units (57%) Yes
Once a week	24 units (60%) Yes	203 units (41%) Yes
Occasionally	10 units (25%) 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	804	9897
Patients who completed sheet 3a	711 (88.4%)	8656 (87.5%)
Patients who completed sheet 3b	700 (87.1%)	8375 (84.6%)
Demographic data:		
Age (years)	72 [16-98]	67 [2-109]
Female gender	386 (48.0%)	4907 (49.6%)
Weight (kg)	54.4 ± 12.7	71.7 ± 20.6
Height (cm)	157.2 ± 10.2	165.2 ± 11.7
BMI (kg/m ²)	21.9 ± 4.2	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	45 (5.60%)	996 (10.1%)
Surgery (n):		
Preoperative patients	58 (7.21%)	799 (8.07%)
Postoperative patients	226 (28.1%)	2361 (23.9%)
Length of stay in Hospital (days):	27 [1-193]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	172 (21.4%)	1017 (10.3%)
Transferred to another hospital	41 (5.10%)	230 (2.32%)
Transferred to long-term care	27 (3.36%)	598 (6.04%)
Rehabilitation	5 (0.62%)	377 (3.81%)
Discharge home	423 (52.6%)	6785 (68.6%)
Death	23 (2.86%)	390 (3.94%)
Others	1 (0.12%)	110 (1.11%)
Missing	112 (13.9%)	390 (3.94%)
Readmitted (n):	39 (4.85%)	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	39 (4.85%)	729 (7.37%)
Parenteral nutrition	105 (13.1%)	276 (2.79%)
Enteral + parenteral nutrition	10 (1.24%)	57 (0.58%)
Special diet	135 (16.8%)	2520 (25.5%)
Protein supplement	68 (8.46%)	1215 (12.3%)
Hospital food	421 (52.4%)	5906 (59.7%)
Others	27 (3.36%)	477 (4.82%)
Missing	40 (4.98%)	479 (4.84%)
Lines & tubes (n)*:		
None	518 (64.4%)	6115 (61.8%)
Centralvenous	41 (5.10%)	754 (7.62%)
Nasogastric tube	18 (2.24%)	230 (2.32%)
Any other (PEG, PEJ, ...)	227 (28.2%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	82 (10.2%)	1323 (13.4%)
Eye, ear	50 (6.22%)	190 (1.92%)
Nose, throat	16 (1.99%)	180 (1.82%)
Heart, circulation	104 (12.9%)	2052 (20.7%)
Lung	82 (10.2%)	1428 (14.4%)
Liver	58 (7.21%)	446 (4.51%)
Gastrointestinal tract	251 (31.2%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	117 (14.6%)	1472 (14.9%)
Endocrine system	70 (8.71%)	807 (8.15%)
Skeleton, bone, muscle	176 (21.9%)	1564 (15.8%)
Blood, bone marrow	32 (3.98%)	406 (4.10%)
Skin	30 (3.73%)	400 (4.04%)
Ischaemia	11 (1.37%)	117 (1.18%)
Cancer	181 (22.5%)	1625 (16.4%)
Infection	20 (2.49%)	688 (6.95%)
Pregnancy	35 (4.35%)	93 (0.94%)
Others	45 (5.60%)	547 (5.53%)
No affected organ	49 (6.09%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	157 (19.5%)	2238 (22.6%)
Stroke	58 (7.21%)	642 (6.49%)
COPD	13 (1.62%)	686 (6.93%)
Myocardial infarction	15 (1.87%)	363 (3.67%)
Cardiac insufficiency	51 (6.34%)	1262 (12.8%)
Others	208 (25.9%)	3763 (38.0%)
No comorbidity	392 (48.8%)	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	699 (98.3%)	8418 (97.3%)
Yes	260 (36.6%)	3772 (43.6%)
No	282 (39.7%)	3288 (38.0%)
No, I've gained weight	34 (4.78%)	718 (8.29%)
I don't know	123 (17.3%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	260 (36.6%)	3772 (43.6%)
0-4 kg	153 (21.5%)	1679 (19.4%)
5-8 kg	36 (5.06%)	678 (7.83%)
> 8 kg	50 (7.03%)	970 (11.2%)
Not sure	17 (2.39%)	412 (4.76%)
Missing	4 (0.56%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	466 (65.5%)	4084 (47.2%)
A bit less than normal	97 (13.6%)	1957 (22.6%)
Less than half of normal	54 (7.59%)	1256 (14.5%)
Less than a quarter to nearly nothing	76 (10.7%)	1074 (12.4%)
Missing	18 (2.53%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	237 (33.3%)	4299 (49.7%)
Loss of appetite	111 (15.6%)	2344 (27.1%)
Problems with swallowing, mastication	16 (2.25%)	448 (5.18%)
Nausea	27 (3.80%)	748 (8.64%)
Other reasons	107 (15.0%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	464 (65.3%)	5059 (58.4%)
No, only with assistance	147 (20.7%)	2373 (27.4%)
No, I stay in bed	85 (12.0%)	968 (11.2%)
Missing	15 (2.11%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	11 (1.55%)	283 (3.27%)
Very good	32 (4.50%)	728 (8.41%)
Good	156 (21.9%)	2708 (31.3%)
Fair	295 (41.5%)	2932 (33.9%)
Poor	196 (27.6%)	1685 (19.5%)
Missing	21 (2.95%)	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	494 (69.5%)	4927 (56.9%)
No	152 (21.4%)	2875 (33.2%)
- I was not hungry	61 (40.1%)	1429 (49.7%)
- Problems with swallowing / mastication	3 (1.97%)	238 (8.28%)
- Nausea	14 (9.21%)	546 (19.0%)
- Others	44 (28.9%)	658 (22.9%)
no answer	54 (7.59%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	452 (64.6%)	6289 (75.1%)
Drinks per patient & day (l)	0.24	0.39
Patients with supplements	85 (12.1%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	232 (33.1%)	5783 (69.1%)
Milk	130 (18.6%)	1754 (20.9%)
Fruit juice	38 (5.43%)	1975 (23.6%)
Tea, coffee	425 (60.7%)	3262 (38.9%)
Soft drinks	38 (5.43%)	872 (10.4%)
Lunch intake (n):		
 All	386 (55.1%)	3380 (40.4%)
 1/2	173 (24.7%)	2315 (27.6%)
 1/4	53 (7.57%)	1405 (16.8%)
 Nothing	74 (10.6%)	1133 (13.5%)
? No answer	14 (2.00%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	67 (21.3%)	1554 (31.1%)
I had nausea / vomiting	13 (4.14%)	474 (9.49%)
I was not allowed to eat	47 (15.0%)	473 (9.47%)
I can not eat without help	1 (0.32%)	68 (1.36%)
I had an examination / surgery	28 (8.92%)	292 (5.85%)
I ordered a smaller portion	5 (1.59%)	106 (2.12%)
I was tired	15 (4.78%)	313 (6.27%)
I normally eat less	55 (17.5%)	379 (7.59%)
I did not like the smell	8 (2.55%)	188 (3.76%)
I did not like the taste	15 (4.78%)	664 (13.3%)

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

Yes	223 (31.4%)	2709 (31.3%)
No	448 (63.0%)	5149 (59.5%)
No answer	29 (4.08%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	29 (13.0%)	837 (30.9%)
Fresh fruits	65 (29.1%)	959 (35.4%)
Sandwiches	20 (8.97%)	309 (11.4%)
Dairy products	46 (20.6%)	416 (15.4%)
Preferred dish	7 (3.14%)	312 (11.5%)
Sweets	38 (17.0%)	485 (17.9%)
Fruit Juice	20 (8.97%)	334 (12.3%)
Others	56 (25.1%)	470 (17.3%)

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

Yes	324 (45.6%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires