



## nutritionDay November 2013 in NETHERLANDS

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:	10
Number of patients on nutritionDay:	160
Number of patients completing Sheet 3a:	101
Number of patients completing Sheet 3b:	101

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	17 ± 6	27 ± 15
Maximum	20 ± 8	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	160	9897
Did not give consent	47 (29.4%)	873 (8.82%)
Needed help completing form	52 (32.5%)	5232 (52.9%)
Terminally ill	8 (5.00%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (10.0%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	1 (10.0%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	2 (20.0%)	52 (10.5%)
Internal medicine / cardiology	-	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	1 (10.0%)	38 (7.65%)
Internal medicine / nephrology	1 (10.0%)	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	1 (10.0%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	1 (10.0%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (10.0%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	1 (10.0%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2.11 ± 1.76	7.20 ± 8.91
Physicians per patient	0.13 ± 0.13	0.25 ± 0.32
Consultants	0.57 ± 0.53	2.71 ± 5.30
Consultants per patient	0.03 ± 0.03	0.09 ± 0.18
Registrars	1.70 ± 1.42	2.12 ± 4.43
Registrars per patient	0.09 ± 0.08	0.07 ± 0.13
Nurses	6.90 ± 2.60	8.34 ± 8.65
Nurses per patient	0.37 ± 0.11	0.27 ± 0.25
Nursing aides	0.17 ± 0.41	3.08 ± 3.31

Nursing aides per patient	0.01 ± 0.03	0.10 ± 0.10
Dieticians and dietetic assistants	3.00 ± 0.82	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.18 ± 0.08	0.05 ± 0.05
<b>Nutrition Care:</b>		
Nutrition Team	3 units (30%) Yes	390 units (78%) Yes
Written procedures		
- individual	8 units (80%) Yes	316 units (64%) Yes
- local	8 units (80%) Yes	221 units (44%) Yes
- national	8 units (80%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes
<b>Patients' weight assessed:</b>		
On admission	10 units (100%) Yes	396 units (80%) Yes
When requested	- units (00%) Yes	282 units (57%) Yes
Once a week	10 units (100%) Yes	203 units (41%) Yes
Occasionally	- units (00%) 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
<b>Number of patients (n):</b>		
Total	160	9897
Patients who completed sheet 3a	101 (63.1%)	8656 (87.5%)
Patients who completed sheet 3b	101 (63.1%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	74 [25-94]	67 [2-109]
Female gender	87 (54.4%)	4907 (49.6%)
Weight (kg)	74.5 ± 16.5	71.7 ± 20.6
Height (cm)	168.0 ± 8.9	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	26.4 ± 5.5	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	4 (2.50%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	5 (3.13%)	799 (8.07%)
Postoperative patients	13 (8.13%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	11 [3-86]	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	2 (1.25%)	1017 (10.3%)
Transferred to another hospital	-	230 (2.32%)
Transferred to long-term care	8 (5.00%)	598 (6.04%)
Rehabilitation	6 (3.75%)	377 (3.81%)
Discharge home	74 (46.3%)	6785 (68.6%)
Death	11 (6.88%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	59 (36.9%)	390 (3.94%)
<b>Readmitted (n):</b>	9 (5.63%)	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	2 (1.25%)	729 (7.37%)
Parenteral nutrition	2 (1.25%)	276 (2.79%)
Enteral + parenteral nutrition	-	57 (0.58%)
Special diet	11 (6.88%)	2520 (25.5%)
Protein supplement	27 (16.9%)	1215 (12.3%)
Hospital food	74 (46.3%)	5906 (59.7%)
Others	-	477 (4.82%)
Missing	58 (36.3%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	145 (90.6%)	6115 (61.8%)
Centralvenous	5 (3.13%)	754 (7.62%)
Nasogastric tube	1 (0.63%)	230 (2.32%)
Any other (PEG, PEJ, ...)	9 (5.63%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	15 (9.38%)	1323 (13.4%)
Eye, ear	3 (1.88%)	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	21 (13.1%)	2052 (20.7%)
Lung	30 (18.8%)	1428 (14.4%)
Liver	2 (1.25%)	446 (4.51%)
Gastrointestinal tract	22 (13.8%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	23 (14.4%)	1472 (14.9%)
Endocrine system	7 (4.38%)	807 (8.15%)
Skeleton, bone, muscle	10 (6.25%)	1564 (15.8%)
Blood, bone marrow	2 (1.25%)	406 (4.10%)
Skin	4 (2.50%)	400 (4.04%)
Ischaemia	-	117 (1.18%)
Cancer	16 (10.0%)	1625 (16.4%)
Infection	4 (2.50%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	2 (1.25%)	547 (5.53%)
No affected organ	58 (36.3%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	19 (11.9%)	2238 (22.6%)
Stroke	17 (10.6%)	642 (6.49%)
COPD	18 (11.3%)	686 (6.93%)
Myocardial infarction	5 (3.13%)	363 (3.67%)
Cardiac insufficiency	13 (8.13%)	1262 (12.8%)
Others	19 (11.9%)	3763 (38.0%)
No comorbidity	102 (63.8%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	101 (100%)	8418 (97.3%)
Yes	50 (49.5%)	3772 (43.6%)
No	37 (36.6%)	3288 (38.0%)
No, I've gained weight	13 (12.9%)	718 (8.29%)
I don't know	1 (0.99%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	50 (49.5%)	3772 (43.6%)
0-4 kg	26 (25.7%)	1679 (19.4%)
5-8 kg	12 (11.9%)	678 (7.83%)
> 8 kg	9 (8.91%)	970 (11.2%)
Not sure	3 (2.97%)	412 (4.76%)
Missing	-	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	35 (34.7%)	4084 (47.2%)
A bit less than normal	27 (26.7%)	1957 (22.6%)
Less than half of normal	27 (26.7%)	1256 (14.5%)
Less than a quarter to nearly nothing	12 (11.9%)	1074 (12.4%)
Missing	-	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	66 (65.3%)	4299 (49.7%)
Loss of appetite	46 (45.5%)	2344 (27.1%)
Problems with swallowing, mastication	4 (3.96%)	448 (5.18%)
Nausea	17 (16.8%)	748 (8.64%)
Other reasons	24 (23.8%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	47 (46.5%)	5059 (58.4%)
No, only with assistance	47 (46.5%)	2373 (27.4%)
No, I stay in bed	5 (4.95%)	968 (11.2%)
Missing	2 (1.98%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	3 (2.97%)	283 (3.27%)
Very good	5 (4.95%)	728 (8.41%)
Good	33 (32.7%)	2708 (31.3%)
Fair	45 (44.6%)	2932 (33.9%)
Poor	14 (13.9%)	1685 (19.5%)
Missing	1 (0.99%)	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	62 (61.4%)	4927 (56.9%)
No	34 (33.7%)	2875 (33.2%)
- I was not hungry	20 (58.8%)	1429 (49.7%)
- Problems with swallowing / mastication	3 (8.82%)	238 (8.28%)
- Nausea	11 (32.4%)	546 (19.0%)
- Others	6 (17.6%)	658 (22.9%)
no answer	5 (4.95%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	96 (95.0%)	6289 (75.1%)
Drinks per patient & day (l)	0.70	0.39
Patients with supplements	14 (13.9%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	61 (60.4%)	5783 (69.1%)
Milk	33 (32.7%)	1754 (20.9%)
Fruit juice	25 (24.8%)	1975 (23.6%)
Tea, coffee	67 (66.3%)	3262 (38.9%)
Soft drinks	14 (13.9%)	872 (10.4%)
<b>Lunch intake (n):</b>		
 All	54 (53.5%)	3380 (40.4%)
 1/2	20 (19.8%)	2315 (27.6%)
 1/4	17 (16.8%)	1405 (16.8%)
 Nothing	10 (9.90%)	1133 (13.5%)
? No answer	-	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	14 (29.8%)	1554 (31.1%)
I had nausea / vomiting	7 (14.9%)	474 (9.49%)
I was not allowed to eat	7 (14.9%)	473 (9.47%)
I can not eat without help	-	68 (1.36%)
I had an examination / surgery	2 (4.26%)	292 (5.85%)
I ordered a smaller portion	3 (6.38%)	106 (2.12%)
I was tired	2 (4.26%)	313 (6.27%)
I normally eat less	3 (6.38%)	379 (7.59%)
I did not like the smell	2 (4.26%)	188 (3.76%)
I did not like the taste	7 (14.9%)	664 (13.3%)



---

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

Yes	41 (40.6%)	2709 (31.3%)
No	56 (55.4%)	5149 (59.5%)
No answer	4 (3.96%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	16 (39.0%)	837 (30.9%)
Fresh fruits	15 (36.6%)	959 (35.4%)
Sandwiches	2 (4.88%)	309 (11.4%)
Dairy products	1 (2.44%)	416 (15.4%)
Preferred dish	3 (7.32%)	312 (11.5%)
Sweets	18 (43.9%)	485 (17.9%)
Fruit Juice	6 (14.6%)	334 (12.3%)
Others	7 (17.1%)	470 (17.3%)

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

Yes	69 (68.3%)	6038 (69.8%)
-----	------------	--------------

Results referring to the total number of completed questionnaires