



nutritionDay November 2013 in NORWAY

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:	14
Number of patients on nutritionDay:	196
Number of patients completing Sheet 3a:	171
Number of patients completing Sheet 3b:	170

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	21 ± 7	27 ± 15
Maximum	23 ± 8	32 ± 16
Number of patients on the nutritionDay (n):		
Total	196	9897
Did not give consent	13 (6.63%)	873 (8.82%)
Needed help completing form	103 (52.6%)	5232 (52.9%)
Terminally ill	4 (2.04%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	1 (7.14%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	1 (7.14%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	2 (14.3%)	52 (10.5%)
Internal medicine / cardiology	3 (21.4%)	40 (8.05%)
Internal medicine / infectious diseases	-	2 (0.40%)
Internal medicine / geriatrics	-	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	4 (28.6%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	2 (14.3%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	1 (7.14%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	2.57 ± 2.41	7.20 ± 8.91
Physicians per patient	0.12 ± 0.11	0.25 ± 0.32
Consultants	2.21 ± 1.63	2.71 ± 5.30
Consultants per patient	0.10 ± 0.06	0.09 ± 0.18
Registrars	2.21 ± 2.22	2.12 ± 4.43
Registrars per patient	0.10 ± 0.10	0.07 ± 0.13
Nurses	8.21 ± 2.81	8.34 ± 8.65
Nurses per patient	0.38 ± 0.10	0.27 ± 0.25
Nursing aides	1.93 ± 0.92	3.08 ± 3.31

Nursing aides per patient	0.09 ± 0.05	0.10 ± 0.10
Dieticians and dietetic assistants	0.09 ± 0.27	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.00 ± 0.01	0.05 ± 0.05

Nutrition Care:

Nutrition Team	5 units (36%) Yes	390 units (78%) Yes
Written procedures		
- individual	8 units (57%) Yes	316 units (64%) Yes
- local	3 units (21%) Yes	221 units (44%) Yes
- national	10 units (71%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	12 units (86%) Yes	396 units (80%) Yes
When requested	5 units (36%) Yes	282 units (57%) Yes
Once a week	6 units (43%) Yes	203 units (41%) Yes
Occasionally	1 units (07%) 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	196	9897
Patients who completed sheet 3a	171 (87.2%)	8656 (87.5%)
Patients who completed sheet 3b	170 (86.7%)	8375 (84.6%)
Demographic data:		
Age (years)	71 [18-100]	67 [2-109]
Female gender	83 (42.3%)	4907 (49.6%)
Weight (kg)	73.5 ± 17.7	71.7 ± 20.6
Height (cm)	170.4 ± 9.5	165.2 ± 11.7
BMI (kg/m ²)	25.0 ± 5.3	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	21 (10.7%)	996 (10.1%)
Surgery (n):		
Preoperative patients	13 (6.63%)	799 (8.07%)
Postoperative patients	53 (27.0%)	2361 (23.9%)
Length of stay in Hospital (days):	9 [2-142]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	16 (8.16%)	1017 (10.3%)
Transferred to another hospital	11 (5.61%)	230 (2.32%)
Transferred to long-term care	17 (8.67%)	598 (6.04%)
Rehabilitation	2 (1.02%)	377 (3.81%)
Discharge home	138 (70.4%)	6785 (68.6%)
Death	4 (2.04%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	8 (4.08%)	390 (3.94%)
Readmitted (n):	42 (21.4%)	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
Nutrition therapy (n)*:		
Enteral nutrition	15 (7.65%)	729 (7.37%)
Parenteral nutrition	6 (3.06%)	276 (2.79%)
Enteral + parenteral nutrition	7 (3.57%)	57 (0.58%)
Special diet	15 (7.65%)	2520 (25.5%)
Protein supplement	11 (5.61%)	1215 (12.3%)
Hospital food	146 (74.5%)	5906 (59.7%)
Others	6 (3.06%)	477 (4.82%)
Missing	16 (8.16%)	479 (4.84%)
Lines & tubes (n)*:		
None	169 (86.2%)	6115 (61.8%)
Centralvenous	19 (9.69%)	754 (7.62%)
Nasogastric tube	-	230 (2.32%)
Any other (PEG, PEJ, ...)	8 (4.08%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	9 (4.59%)	1323 (13.4%)
Eye, ear	1 (0.51%)	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	56 (28.6%)	2052 (20.7%)
Lung	29 (14.8%)	1428 (14.4%)
Liver	8 (4.08%)	446 (4.51%)
Gastrointestinal tract	53 (27.0%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	31 (15.8%)	1472 (14.9%)
Endocrine system	20 (10.2%)	807 (8.15%)
Skeleton, bone, muscle	26 (13.3%)	1564 (15.8%)
Blood, bone marrow	5 (2.55%)	406 (4.10%)
Skin	2 (1.02%)	400 (4.04%)
Ischaemia	6 (3.06%)	117 (1.18%)
Cancer	41 (20.9%)	1625 (16.4%)
Infection	17 (8.67%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	1 (0.51%)	547 (5.53%)
No affected organ	16 (8.16%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	25 (12.8%)	2238 (22.6%)
Stroke	5 (2.55%)	642 (6.49%)
COPD	17 (8.67%)	686 (6.93%)
Myocardial infarction	9 (4.59%)	363 (3.67%)
Cardiac insufficiency	21 (10.7%)	1262 (12.8%)
Others	50 (25.5%)	3763 (38.0%)
No comorbidity	103 (52.6%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	171 (100%)	8418 (97.3%)
Yes	69 (40.4%)	3772 (43.6%)
No	84 (49.1%)	3288 (38.0%)
No, I've gained weight	6 (3.51%)	718 (8.29%)
I don't know	12 (7.02%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	69 (40.4%)	3772 (43.6%)
0-4 kg	35 (20.5%)	1679 (19.4%)
5-8 kg	15 (8.77%)	678 (7.83%)
> 8 kg	13 (7.60%)	970 (11.2%)
Not sure	6 (3.51%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	70 (40.9%)	4084 (47.2%)
A bit less than normal	33 (19.3%)	1957 (22.6%)
Less than half of normal	30 (17.5%)	1256 (14.5%)
Less than a quarter to nearly nothing	36 (21.1%)	1074 (12.4%)
Missing	2 (1.17%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	98 (57.3%)	4299 (49.7%)
Loss of appetite	62 (36.3%)	2344 (27.1%)
Problems with swallowing, mastication	11 (6.43%)	448 (5.18%)
Nausea	27 (15.8%)	748 (8.64%)
Other reasons	40 (23.4%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	113 (66.1%)	5059 (58.4%)
No, only with assistance	54 (31.6%)	2373 (27.4%)
No, I stay in bed	4 (2.34%)	968 (11.2%)
Missing	-	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	5 (2.92%)	283 (3.27%)
Very good	16 (9.36%)	728 (8.41%)
Good	67 (39.2%)	2708 (31.3%)
Fair	51 (29.8%)	2932 (33.9%)
Poor	29 (17.0%)	1685 (19.5%)
Missing	3 (1.75%)	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	93 (54.4%)	4927 (56.9%)
No	64 (37.4%)	2875 (33.2%)
- I was not hungry	29 (45.3%)	1429 (49.7%)
- Problems with swallowing / mastication	8 (12.5%)	238 (8.28%)
- Nausea	20 (31.3%)	546 (19.0%)
- Others	24 (37.5%)	658 (22.9%)
no answer	13 (7.60%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	129 (75.9%)	6289 (75.1%)
Drinks per patient & day (l)	0.35	0.39
Patients with supplements	16 (9.41%)	982 (11.7%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	112 (65.9%)	5783 (69.1%)
Milk	22 (12.9%)	1754 (20.9%)
Fruit juice	31 (18.2%)	1975 (23.6%)
Tea, coffee	44 (25.9%)	3262 (38.9%)
Soft drinks	13 (7.65%)	872 (10.4%)
Lunch intake (n):		
 All	69 (40.6%)	3380 (40.4%)
 1/2	39 (22.9%)	2315 (27.6%)
 1/4	24 (14.1%)	1405 (16.8%)
 Nothing	36 (21.2%)	1133 (13.5%)
? No answer	2 (1.18%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	33 (32.7%)	1554 (31.1%)
I had nausea / vomiting	19 (18.8%)	474 (9.49%)
I was not allowed to eat	7 (6.93%)	473 (9.47%)
I can not eat without help	1 (0.99%)	68 (1.36%)
I had an examination / surgery	5 (4.95%)	292 (5.85%)
I ordered a smaller portion	8 (7.92%)	106 (2.12%)
I was tired	11 (10.9%)	313 (6.27%)
I normally eat less	10 (9.90%)	379 (7.59%)
I did not like the smell	2 (1.98%)	188 (3.76%)
I did not like the taste	10 (9.90%)	664 (13.3%)

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

Yes	41 (24.0%)	2709 (31.3%)
No	113 (66.1%)	5149 (59.5%)
No answer	16 (9.36%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	11 (26.8%)	837 (30.9%)
Fresh fruits	20 (48.8%)	959 (35.4%)
Sandwiches	2 (4.88%)	309 (11.4%)
Dairy products	7 (17.1%)	416 (15.4%)
Preferred dish	2 (4.88%)	312 (11.5%)
Sweets	11 (26.8%)	485 (17.9%)
Fruit Juice	3 (7.32%)	334 (12.3%)
Others	8 (19.5%)	470 (17.3%)

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

Yes	115 (67.3%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires