



nutritionDay November 2013 in OMAN

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:	200
Number of patients completing Sheet 3a:	149
Number of patients completing Sheet 3b:	143

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	25 ± 5	27 ± 15
Maximum	32 ± 7	32 ± 16
Number of patients on the nutritionDay (n):		
Total	200	9897
Did not give consent	44 (22.0%)	873 (8.82%)
Needed help completing form	62 (31.0%)	5232 (52.9%)
Terminally ill	20 (10.0%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	3 (30.0%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (10.0%)	52 (10.5%)
Internal medicine / cardiology	-	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	2 (20.0%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	2 (20.0%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	1 (10.0%)	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	1 (10.0%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	7.20 ± 10.61	7.20 ± 8.91
Physicians per patient	0.27 ± 0.43	0.25 ± 0.32
Consultants	4.20 ± 4.42	2.71 ± 5.30
Consultants per patient	0.15 ± 0.18	0.09 ± 0.18
Registrars	4.44 ± 4.42	2.12 ± 4.43
Registrars per patient	0.16 ± 0.17	0.07 ± 0.13
Nurses	20.80 ± 19.27	8.34 ± 8.65
Nurses per patient	0.66 ± 0.54	0.27 ± 0.25
Nursing aides	2.63 ± 6.25	3.08 ± 3.31

Nursing aides per patient	0.06 ± 0.14	0.10 ± 0.10
Dieticians and dietetic assistants	1.20 ± 0.42	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.04 ± 0.02	0.05 ± 0.05

Nutrition Care:

Nutrition Team	4 units (40%) Yes	390 units (78%) Yes
Written procedures		
- individual	5 units (50%) Yes	316 units (64%) Yes
- local	2 units (20%) Yes	221 units (44%) Yes
- national	1 units (10%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	6 units (60%) Yes	396 units (80%) Yes
When requested	5 units (50%) Yes	282 units (57%) Yes
Once a week	- units (00%) Yes	203 units (41%) Yes
Occasionally	- units (00%) Yes	61 units (12%) Yes
Never	1 units (10%) Yes	2 units (00%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	497 units, 9897 patients	
	YOUR RESULTS	REFERENCE ND-13
Number of patients (n):		
Total	200	9897
Patients who completed sheet 3a	149 (74.5%)	8656 (87.5%)
Patients who completed sheet 3b	143 (71.5%)	8375 (84.6%)
Demographic data:		
Age (years)	46 [15-93]	67 [2-109]
Female gender	107 (53.5%)	4907 (49.6%)
Weight (kg)	68.4 ± 18.4	71.7 ± 20.6
Height (cm)	160.9 ± 10.0	165.2 ± 11.7
BMI (kg/m ²)	26.5 ± 7.3	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	14 (7.00%)	996 (10.1%)
Surgery (n):		
Preoperative patients	23 (11.5%)	799 (8.07%)
Postoperative patients	41 (20.5%)	2361 (23.9%)
Length of stay in Hospital (days):	11 [1-83]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	11 (5.50%)	1017 (10.3%)
Transferred to another hospital	2 (1.00%)	230 (2.32%)
Transferred to long-term care	13 (6.50%)	598 (6.04%)
Rehabilitation	-	377 (3.81%)
Discharge home	146 (73.0%)	6785 (68.6%)
Death	11 (5.50%)	390 (3.94%)
Others	10 (5.00%)	110 (1.11%)
Missing	7 (3.50%)	390 (3.94%)
Readmitted (n):	33 (16.5%)	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	2 (1.00%)	729 (7.37%)
Parenteral nutrition	3 (1.50%)	276 (2.79%)
Enteral + parenteral nutrition	1 (0.50%)	57 (0.58%)
Special diet	25 (12.5%)	2520 (25.5%)
Protein supplement	5 (2.50%)	1215 (12.3%)
Hospital food	161 (80.5%)	5906 (59.7%)
Others	4 (2.00%)	477 (4.82%)
Missing	-	479 (4.84%)
Lines & tubes (n)*:		
None	46 (23.0%)	6115 (61.8%)
Centralvenous	21 (10.5%)	754 (7.62%)
Nasogastric tube	4 (2.00%)	230 (2.32%)
Any other (PEG, PEJ, ...)	129 (64.5%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	10 (5.00%)	1323 (13.4%)
Eye, ear	5 (2.50%)	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	22 (11.0%)	2052 (20.7%)
Lung	11 (5.50%)	1428 (14.4%)
Liver	17 (8.50%)	446 (4.51%)
Gastrointestinal tract	22 (11.0%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	21 (10.5%)	1472 (14.9%)
Endocrine system	12 (6.00%)	807 (8.15%)
Skeleton, bone, muscle	55 (27.5%)	1564 (15.8%)
Blood, bone marrow	9 (4.50%)	406 (4.10%)
Skin	2 (1.00%)	400 (4.04%)
Ischaemia	1 (0.50%)	117 (1.18%)
Cancer	19 (9.50%)	1625 (16.4%)
Infection	11 (5.50%)	688 (6.95%)
Pregnancy	17 (8.50%)	93 (0.94%)
Others	6 (3.00%)	547 (5.53%)
No affected organ	11 (5.50%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	35 (17.5%)	2238 (22.6%)
Stroke	6 (3.00%)	642 (6.49%)
COPD	2 (1.00%)	686 (6.93%)
Myocardial infarction	9 (4.50%)	363 (3.67%)
Cardiac insufficiency	5 (2.50%)	1262 (12.8%)
Others	134 (67.0%)	3763 (38.0%)
No comorbidity	37 (18.5%)	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	149 (100%)	8418 (97.3%)
Yes	77 (51.7%)	3772 (43.6%)
No	27 (18.1%)	3288 (38.0%)
No, I've gained weight	18 (12.1%)	718 (8.29%)
I don't know	27 (18.1%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	77 (51.7%)	3772 (43.6%)
0-4 kg	32 (21.5%)	1679 (19.4%)
5-8 kg	10 (6.71%)	678 (7.83%)
> 8 kg	15 (10.1%)	970 (11.2%)
Not sure	20 (13.4%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	59 (39.6%)	4084 (47.2%)
A bit less than normal	45 (30.2%)	1957 (22.6%)
Less than half of normal	21 (14.1%)	1256 (14.5%)
Less than a quarter to nearly nothing	23 (15.4%)	1074 (12.4%)
Missing	1 (0.67%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	98 (65.8%)	4299 (49.7%)
Loss of appetite	53 (35.6%)	2344 (27.1%)
Problems with swallowing, mastication	8 (5.37%)	448 (5.18%)
Nausea	28 (18.8%)	748 (8.64%)
Other reasons	26 (17.4%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	87 (58.4%)	5059 (58.4%)
No, only with assistance	45 (30.2%)	2373 (27.4%)
No, I stay in bed	14 (9.40%)	968 (11.2%)
Missing	3 (2.01%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	13 (8.72%)	283 (3.27%)
Very good	15 (10.1%)	728 (8.41%)
Good	80 (53.7%)	2708 (31.3%)
Fair	15 (10.1%)	2932 (33.9%)
Poor	25 (16.8%)	1685 (19.5%)
Missing	1 (0.67%)	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		79 (53.0%)	4927 (56.9%)
No		52 (34.9%)	2875 (33.2%)
- I was not hungry		4 (7.69%)	1429 (49.7%)
- Problems with swallowing / mastication		4 (7.69%)	238 (8.28%)
- Nausea		23 (44.2%)	546 (19.0%)
- Others		11 (21.2%)	658 (22.9%)
no answer		12 (8.05%)	573 (6.62%)
Fluid and supplement intake (n):			
Patients with fluid intake		127 (88.8%)	6289 (75.1%)
Drinks per patient & day (l)		0.52	0.39
Patients with supplements		9 (6.29%)	982 (11.7%)
Supplements per patient & day (l)		0.03	0.03
„What kind of drinks did you consume?“ (n)*:			
Water		123 (86.0%)	5783 (69.1%)
Milk		52 (36.4%)	1754 (20.9%)
Fruit juice		53 (37.1%)	1975 (23.6%)
Tea, coffee		32 (22.4%)	3262 (38.9%)
Soft drinks		7 (4.90%)	872 (10.4%)
Lunch intake (n):			
 All		19 (13.3%)	3380 (40.4%)
 1/2		51 (35.7%)	2315 (27.6%)
 1/4		52 (36.4%)	1405 (16.8%)
 Nothing		18 (12.6%)	1133 (13.5%)
? No answer		3 (2.10%)	142 (1.70%)
„I did not eat everything because“ (n)*:			
I was not hungry		9 (7.26%)	1554 (31.1%)
I had nausea / vomiting		21 (16.9%)	474 (9.49%)
I was not allowed to eat		5 (4.03%)	473 (9.47%)
I can not eat without help		-	68 (1.36%)
I had an examination / surgery		4 (3.23%)	292 (5.85%)
I ordered a smaller portion		6 (4.84%)	106 (2.12%)
I was tired		19 (15.3%)	313 (6.27%)
I normally eat less		9 (7.26%)	379 (7.59%)
I did not like the smell		17 (13.7%)	188 (3.76%)
I did not like the taste		18 (14.5%)	664 (13.3%)

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

Yes	80 (53.7%)	2709 (31.3%)
No	55 (36.9%)	5149 (59.5%)
No answer	8 (5.37%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	24 (30.0%)	837 (30.9%)
Fresh fruits	31 (38.8%)	959 (35.4%)
Sandwiches	22 (27.5%)	309 (11.4%)
Dairy products	12 (15.0%)	416 (15.4%)
Preferred dish	13 (16.3%)	312 (11.5%)
Sweets	13 (16.3%)	485 (17.9%)
Fruit Juice	16 (20.0%)	334 (12.3%)
Others	7 (8.75%)	470 (17.3%)

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

Yes	102 (68.5%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires