



## nutritionDay November 2013 in PANAMA

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:	11
Number of patients on nutritionDay:	164
Number of patients completing Sheet 3a:	159
Number of patients completing Sheet 3b:	158

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	50 ± 27	27 ± 15
Maximum	52 ± 29	32 ± 16
<b>Number of patients on the nutritionDay (n):</b>		
Total	164	9897
Did not give consent	-	873 (8.82%)
Needed help completing form	164 (100%)	5232 (52.9%)
Terminally ill	7 (4.27%)	707 (7.14%)
<b>Specialities (n):</b>		
Internal medicine / general	1 (9.09%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	1 (9.09%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	-	52 (10.5%)
Internal medicine / cardiology	1 (9.09%)	40 (8.05%)
Internal medicine / infectious diseases	1 (9.09%)	2 (0.40%)
Internal medicine / geriatrics	1 (9.09%)	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	-	5 (1.01%)
Neurology	1 (9.09%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	1 (9.09%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (9.09%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	1 (9.09%)	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	2 (18.2%)	53 (10.7%)
<b>Staff /Staff per patient (n):</b>		
Physicians	1.90 ± 2.18	7.20 ± 8.91
Physicians per patient	0.04 ± 0.02	0.25 ± 0.32
Consultants	8.82 ± 6.98	2.71 ± 5.30
Consultants per patient	0.20 ± 0.17	0.09 ± 0.18
Registrars	4.55 ± 2.73	2.12 ± 4.43
Registrars per patient	0.10 ± 0.08	0.07 ± 0.13
Nurses	5.82 ± 3.46	8.34 ± 8.65
Nurses per patient	0.14 ± 0.11	0.27 ± 0.25
Nursing aides	4.82 ± 3.79	3.08 ± 3.31

Nursing aides per patient	0.12 ± 0.12	0.10 ± 0.10
Dieticians and dietetic assistants	1.13 ± 0.35	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.03 ± 0.01	0.05 ± 0.05

**Nutrition Care:**

Nutrition Team	11 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	7 units (64%) Yes	316 units (64%) Yes
- local	10 units (91%) Yes	221 units (44%) Yes
- national	1 units (09%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes

**Patients' weight assessed:**

On admission	6 units (55%) Yes	396 units (80%) Yes
When requested	5 units (45%) Yes	282 units (57%) Yes
Once a week	3 units (27%) Yes	203 units (41%) Yes
Occasionally	1 units (09%) 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	164	9897
Patients who completed sheet 3a	159 (97.0%)	8656 (87.5%)
Patients who completed sheet 3b	158 (96.3%)	8375 (84.6%)
<b>Demographic data:</b>		
Age (years)	57 [17-98]	67 [2-109]
Female gender	84 (51.2%)	4907 (49.6%)
Weight (kg)	71.1 ± 19.6	71.7 ± 20.6
Height (cm)	164.9 ± 8.2	165.2 ± 11.7
BMI (kg/m <sup>2</sup> )	26.0 ± 6.4	26.1 ± 6.5
<b>ICU-stay:</b>		
Any ICU-stay	2 (1.22%)	996 (10.1%)
<b>Surgery (n):</b>		
Preoperative patients	58 (35.4%)	799 (8.07%)
Postoperative patients	17 (10.4%)	2361 (23.9%)
<b>Length of stay in Hospital (days):</b>	-	12 [1-358]
<b>Outcome after 30 days (n):</b>		
Still in hospital	-	1017 (10.3%)
Transferred to another hospital	-	230 (2.32%)
Transferred to long-term care	-	598 (6.04%)
Rehabilitation	-	377 (3.81%)
Discharge home	-	6785 (68.6%)
Death	-	390 (3.94%)
Others	-	110 (1.11%)
Missing	164 (100%)	390 (3.94%)
<b>Readmitted (n):</b>	-	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	1 (0.61%)	729 (7.37%)
Parenteral nutrition	6 (3.66%)	276 (2.79%)
Enteral + parenteral nutrition	1 (0.61%)	57 (0.58%)
Special diet	89 (54.3%)	2520 (25.5%)
Protein supplement	38 (23.2%)	1215 (12.3%)
Hospital food	58 (35.4%)	5906 (59.7%)
Others	14 (8.54%)	477 (4.82%)
Missing	2 (1.22%)	479 (4.84%)
<b>Lines &amp; tubes (n)*:</b>		
None	7 (4.27%)	6115 (61.8%)
Centralvenous	2 (1.22%)	754 (7.62%)
Nasogastric tube	1 (0.61%)	230 (2.32%)
Any other (PEG, PEJ, ...)	154 (93.9%)	2798 (28.3%)
<b>Affected organs (n)*:</b>		
Brain, nerves	11 (6.71%)	1323 (13.4%)
Eye, ear	3 (1.83%)	190 (1.92%)
Nose, throat	-	180 (1.82%)
Heart, circulation	36 (22.0%)	2052 (20.7%)
Lung	12 (7.32%)	1428 (14.4%)
Liver	6 (3.66%)	446 (4.51%)
Gastrointestinal tract	31 (18.9%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	31 (18.9%)	1472 (14.9%)
Endocrine system	3 (1.83%)	807 (8.15%)
Skeleton, bone, muscle	26 (15.9%)	1564 (15.8%)
Blood, bone marrow	10 (6.10%)	406 (4.10%)
Skin	4 (2.44%)	400 (4.04%)
Ischaemia	-	117 (1.18%)
Cancer	12 (7.32%)	1625 (16.4%)
Infection	11 (6.71%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	10 (6.10%)	547 (5.53%)
No affected organ	2 (1.22%)	466 (4.71%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	28 (17.1%)	2238 (22.6%)
Stroke	1 (0.61%)	642 (6.49%)
COPD	-	686 (6.93%)
Myocardial infarction	1 (0.61%)	363 (3.67%)
Cardiac insufficiency	3 (1.83%)	1262 (12.8%)
Others	117 (71.3%)	3763 (38.0%)
No comorbidity	23 (14.0%)	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	156 (98.1%)	8418 (97.3%)
Yes	84 (52.8%)	3772 (43.6%)
No	36 (22.6%)	3288 (38.0%)
No, I've gained weight	13 (8.18%)	718 (8.29%)
I don't know	23 (14.5%)	640 (7.39%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	84 (52.8%)	3772 (43.6%)
0-4 kg	28 (17.6%)	1679 (19.4%)
5-8 kg	16 (10.1%)	678 (7.83%)
> 8 kg	26 (16.4%)	970 (11.2%)
Not sure	14 (8.81%)	412 (4.76%)
Missing	-	33 (0.38%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	70 (44.0%)	4084 (47.2%)
A bit less than normal	38 (23.9%)	1957 (22.6%)
Less than half of normal	31 (19.5%)	1256 (14.5%)
Less than a quarter to nearly nothing	19 (11.9%)	1074 (12.4%)
Missing	1 (0.63%)	285 (3.29%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	87 (54.7%)	4299 (49.7%)
Loss of appetite	34 (21.4%)	2344 (27.1%)
Problems with swallowing, mastication	10 (6.29%)	448 (5.18%)
Nausea	15 (9.43%)	748 (8.64%)
Other reasons	44 (27.7%)	1574 (18.2%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	91 (57.2%)	5059 (58.4%)
No, only with assistance	29 (18.2%)	2373 (27.4%)
No, I stay in bed	38 (23.9%)	968 (11.2%)
Missing	1 (0.63%)	256 (2.96%)
<b>"In general would you say your health is" (n):</b>		
Excellent	7 (4.40%)	283 (3.27%)
Very good	18 (11.3%)	728 (8.41%)
Good	52 (32.7%)	2708 (31.3%)
Fair	68 (42.8%)	2932 (33.9%)
Poor	14 (8.81%)	1685 (19.5%)
Missing	-	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			100 (62.9%)	4927 (56.9%)
No			47 (29.6%)	2875 (33.2%)
- I was not hungry			21 (44.7%)	1429 (49.7%)
- Problems with swallowing / mastication			4 (8.51%)	238 (8.28%)
- Nausea			9 (19.1%)	546 (19.0%)
- Others			13 (27.7%)	658 (22.9%)
no answer			11 (6.92%)	573 (6.62%)
<b>Fluid and supplement intake (n):</b>				
Patients with fluid intake			70 (44.3%)	6289 (75.1%)
Drinks per patient & day (l)			0.15	0.39
Patients with supplements			14 (8.86%)	982 (11.7%)
Supplements per patient & day (l)			0.02	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>				
Water			132 (83.5%)	5783 (69.1%)
Milk			38 (24.1%)	1754 (20.9%)
Fruit juice			53 (33.5%)	1975 (23.6%)
Tea, coffee			69 (43.7%)	3262 (38.9%)
Soft drinks			16 (10.1%)	872 (10.4%)
<b>Lunch intake (n):</b>				
 All			70 (44.3%)	3380 (40.4%)
 1/2			47 (29.7%)	2315 (27.6%)
 1/4			21 (13.3%)	1405 (16.8%)
 Nothing			16 (10.1%)	1133 (13.5%)
? No answer			4 (2.53%)	142 (1.70%)
<b>„I did not eat everything because“ (n)*:</b>				
I was not hungry			26 (29.5%)	1554 (31.1%)
I had nausea / vomiting			9 (10.2%)	474 (9.49%)
I was not allowed to eat			12 (13.6%)	473 (9.47%)
I can not eat without help			1 (1.14%)	68 (1.36%)
I had an examination / surgery			2 (2.27%)	292 (5.85%)
I ordered a smaller portion			-	106 (2.12%)
I was tired			1 (1.14%)	313 (6.27%)
I normally eat less			-	379 (7.59%)
I did not like the smell			11 (12.5%)	188 (3.76%)
I did not like the taste			29 (33.0%)	664 (13.3%)



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

Yes	105 (66.0%)	2709 (31.3%)
No	49 (30.8%)	5149 (59.5%)
No answer	4 (2.52%)	517 (5.97%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	39 (37.1%)	837 (30.9%)
Fresh fruits	53 (50.5%)	959 (35.4%)
Sandwiches	3 (2.86%)	309 (11.4%)
Dairy products	19 (18.1%)	416 (15.4%)
Preferred dish	23 (21.9%)	312 (11.5%)
Sweets	5 (4.76%)	485 (17.9%)
Fruit Juice	38 (36.2%)	334 (12.3%)
Others	22 (21.0%)	470 (17.3%)

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

Yes	149 (93.7%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires