



nutritionDay November 2013 in ROMANIA

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:	7
Number of patients on nutritionDay:	231
Number of patients completing Sheet 3a:	224
Number of patients completing Sheet 3b:	221

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	48 ± 21	27 ± 15
Maximum	92 ± 94	32 ± 16
Number of patients on the nutritionDay (n):		
Total	231	9897
Did not give consent	7 (3.03%)	873 (8.82%)
Needed help completing form	64 (27.7%)	5232 (52.9%)
Terminally ill	8 (3.46%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	-	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (14.3%)	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)	2 (28.6%)	5 (1.01%)
General surgery	3 (42.9%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	1 (14.3%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	-	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	13.71 ± 8.46	7.20 ± 8.91
Physicians per patient	0.22 ± 0.12	0.25 ± 0.32
Consultants	2.86 ± 3.93	2.71 ± 5.30
Consultants per patient	0.05 ± 0.08	0.09 ± 0.18
Registrars	9.57 ± 5.97	2.12 ± 4.43
Registrars per patient	0.15 ± 0.13	0.07 ± 0.13
Nurses	17.57 ± 9.43	8.34 ± 8.65
Nurses per patient	0.29 ± 0.15	0.27 ± 0.25
Nursing aides	2.86 ± 4.26	3.08 ± 3.31

Nursing aides per patient	0.04 ± 0.06	0.10 ± 0.10
Dieticians and dietetic assistants	1.29 ± 2.14	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.02 ± 0.03	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	3 units (43%) Yes	390 units (78%) Yes
Written procedures		
- individual	1 units (14%) Yes	316 units (64%) Yes
- local	1 units (14%) Yes	221 units (44%) Yes
- national	5 units (71%) Yes	225 units (45%) Yes
- other	- units (00%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	6 units (86%) Yes	396 units (80%) Yes
When requested	2 units (29%) Yes	282 units (57%) Yes
Once a week	3 units (43%) Yes	203 units (41%) Yes
Occasionally	2 units (29%) 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	231	9897
Patients who completed sheet 3a	224 (97.0%)	8656 (87.5%)
Patients who completed sheet 3b	221 (95.7%)	8375 (84.6%)
Demographic data:		
Age (years)	60 [6-91]	67 [2-109]
Female gender	105 (45.5%)	4907 (49.6%)
Weight (kg)	71.4 ± 19.3	71.7 ± 20.6
Height (cm)	168.2 ± 9.9	165.2 ± 11.7
BMI (kg/m ²)	25.1 ± 6.0	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	15 (6.49%)	996 (10.1%)
Surgery (n):		
Preoperative patients	66 (28.6%)	799 (8.07%)
Postoperative patients	131 (56.7%)	2361 (23.9%)
Length of stay in Hospital (days):	7 [2-14]	12 [1-358]
Outcome after 30 days (n):		
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	16 (6.93%)	6785 (68.6%)
Death	-	390 (3.94%)
Others	-	110 (1.11%)
Missing	215 (93.1%)	390 (3.94%)
Readmitted (n):	1 (0.43%)	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	29 (12.6%)	729 (7.37%)
Parenteral nutrition	6 (2.60%)	276 (2.79%)
Enteral + parenteral nutrition	5 (2.16%)	57 (0.58%)
Special diet	30 (13.0%)	2520 (25.5%)
Protein supplement	6 (2.60%)	1215 (12.3%)
Hospital food	136 (58.9%)	5906 (59.7%)
Others	105 (45.5%)	477 (4.82%)
Missing	7 (3.03%)	479 (4.84%)
Lines & tubes (n)*:		
None	22 (9.52%)	6115 (61.8%)
Centralvenous	15 (6.49%)	754 (7.62%)
Nasogastric tube	15 (6.49%)	230 (2.32%)
Any other (PEG, PEJ, ...)	179 (77.5%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	14 (6.06%)	1323 (13.4%)
Eye, ear	14 (6.06%)	190 (1.92%)
Nose, throat	51 (22.1%)	180 (1.82%)
Heart, circulation	59 (25.5%)	2052 (20.7%)
Lung	31 (13.4%)	1428 (14.4%)
Liver	30 (13.0%)	446 (4.51%)
Gastrointestinal tract	94 (40.7%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	28 (12.1%)	1472 (14.9%)
Endocrine system	30 (13.0%)	807 (8.15%)
Skeleton, bone, muscle	54 (23.4%)	1564 (15.8%)
Blood, bone marrow	14 (6.06%)	406 (4.10%)
Skin	8 (3.46%)	400 (4.04%)
Ischaemia	6 (2.60%)	117 (1.18%)
Cancer	68 (29.4%)	1625 (16.4%)
Infection	6 (2.60%)	688 (6.95%)
Pregnancy	-	93 (0.94%)
Others	6 (2.60%)	547 (5.53%)
No affected organ	4 (1.73%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	21 (9.09%)	2238 (22.6%)
Stroke	8 (3.46%)	642 (6.49%)
COPD	6 (2.60%)	686 (6.93%)
Myocardial infarction	6 (2.60%)	363 (3.67%)
Cardiac insufficiency	34 (14.7%)	1262 (12.8%)
Others	179 (77.5%)	3763 (38.0%)
No comorbidity	40 (17.3%)	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	221 (98.7%)	8418 (97.3%)
Yes	109 (48.7%)	3772 (43.6%)
No	85 (37.9%)	3288 (38.0%)
No, I've gained weight	21 (9.38%)	718 (8.29%)
I don't know	6 (2.68%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	109 (48.7%)	3772 (43.6%)
0-4 kg	53 (23.7%)	1679 (19.4%)
5-8 kg	17 (7.59%)	678 (7.83%)
> 8 kg	34 (15.2%)	970 (11.2%)
Not sure	3 (1.34%)	412 (4.76%)
Missing	2 (0.89%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	93 (41.5%)	4084 (47.2%)
A bit less than normal	32 (14.3%)	1957 (22.6%)
Less than half of normal	50 (22.3%)	1256 (14.5%)
Less than a quarter to nearly nothing	46 (20.5%)	1074 (12.4%)
Missing	3 (1.34%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	131 (58.5%)	4299 (49.7%)
Loss of appetite	61 (27.2%)	2344 (27.1%)
Problems with swallowing, mastication	20 (8.93%)	448 (5.18%)
Nausea	25 (11.2%)	748 (8.64%)
Other reasons	63 (28.1%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	168 (75.0%)	5059 (58.4%)
No, only with assistance	27 (12.1%)	2373 (27.4%)
No, I stay in bed	26 (11.6%)	968 (11.2%)
Missing	3 (1.34%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	4 (1.79%)	283 (3.27%)
Very good	23 (10.3%)	728 (8.41%)
Good	85 (37.9%)	2708 (31.3%)
Fair	78 (34.8%)	2932 (33.9%)
Poor	30 (13.4%)	1685 (19.5%)
Missing	4 (1.79%)	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	128 (57.1%)	4927 (56.9%)
No	81 (36.2%)	2875 (33.2%)
- I was not hungry	28 (34.6%)	1429 (49.7%)
- Problems with swallowing / mastication	9 (11.1%)	238 (8.28%)
- Nausea	15 (18.5%)	546 (19.0%)
- Others	34 (42.0%)	658 (22.9%)
no answer	12 (5.36%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	45 (20.4%)	6289 (75.1%)
Drinks per patient & day (l)	0.09	0.39
Patients with supplements	18 (8.14%)	982 (11.7%)
Supplements per patient & day (l)	0.04	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	182 (82.4%)	5783 (69.1%)
Milk	48 (21.7%)	1754 (20.9%)
Fruit juice	46 (20.8%)	1975 (23.6%)
Tea, coffee	86 (38.9%)	3262 (38.9%)
Soft drinks	15 (6.79%)	872 (10.4%)
Lunch intake (n):		
 All	60 (27.1%)	3380 (40.4%)
 1/2	54 (24.4%)	2315 (27.6%)
 1/4	49 (22.2%)	1405 (16.8%)
 Nothing	57 (25.8%)	1133 (13.5%)
? No answer	1 (0.45%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	51 (31.7%)	1554 (31.1%)
I had nausea / vomiting	21 (13.0%)	474 (9.49%)
I was not allowed to eat	42 (26.1%)	473 (9.47%)
I can not eat without help	-	68 (1.36%)
I had an examination / surgery	17 (10.6%)	292 (5.85%)
I ordered a smaller portion	6 (3.73%)	106 (2.12%)
I was tired	6 (3.73%)	313 (6.27%)
I normally eat less	9 (5.59%)	379 (7.59%)
I did not like the smell	6 (3.73%)	188 (3.76%)
I did not like the taste	6 (3.73%)	664 (13.3%)

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

Yes	162 (72.3%)	2709 (31.3%)
No	53 (23.7%)	5149 (59.5%)
No answer	6 (2.68%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	25 (15.4%)	837 (30.9%)
Fresh fruits	85 (52.5%)	959 (35.4%)
Sandwiches	23 (14.2%)	309 (11.4%)
Dairy products	27 (16.7%)	416 (15.4%)
Preferred dish	27 (16.7%)	312 (11.5%)
Sweets	17 (10.5%)	485 (17.9%)
Fruit Juice	25 (15.4%)	334 (12.3%)
Others	74 (45.7%)	470 (17.3%)

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

Yes	75 (33.5%)	6038 (69.8%)
-----	------------	--------------

Results referring to the total number of completed questionnaires