



nutritionDay November 2013 in THAILAND

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:	15
Number of patients on nutritionDay:	237
Number of patients completing Sheet 3a:	145
Number of patients completing Sheet 3b:	144

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 ± 5	27 ± 15
Maximum	21 ± 6	32 ± 16
Number of patients on the nutritionDay (n):		
Total	237	9897
Did not give consent	98 (41.4%)	873 (8.82%)
Needed help completing form	52 (21.9%)	5232 (52.9%)
Terminally ill	-	707 (7.14%)
Specialities (n):		
Internal medicine / general	7 (46.7%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	-	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (6.67%)	52 (10.5%)
Internal medicine / cardiology	3 (20.0%)	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	1 (6.67%)	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	-	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	2 (13.3%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	1 (6.67%)	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	-	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	9.60 ± 3.54	7.20 ± 8.91
Physicians per patient	0.45 ± 0.13	0.25 ± 0.32
Consultants	12.67 ± 7.97	2.71 ± 5.30
Consultants per patient	0.61 ± 0.39	0.09 ± 0.18
Registrars	0.00 ± 0.00	2.12 ± 4.43
Registrars per patient	0.00 ± 0.00	0.07 ± 0.13
Nurses		
Nurses	4.47 ± 1.19	8.34 ± 8.65
Nurses per patient	0.21 ± 0.03	0.27 ± 0.25
Nursing aides	3.07 ± 0.80	3.08 ± 3.31

Nursing aides per patient	0.15 ± 0.02	0.10 ± 0.10
Dieticians and dietetic assistants	0.93 ± 0.26	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.02	0.05 ± 0.05

Nutrition Care:

Nutrition Team	15 units (100%) Yes	390 units (78%) Yes
Written procedures		
- individual	- units (00%) Yes	316 units (64%) Yes
- local	4 units (27%) Yes	221 units (44%) Yes
- national	- units (00%) Yes	225 units (45%) Yes
- other	11 units (73%) Yes	83 units (17%) Yes

Patients' weight assessed:

On admission	15 units (100%) Yes	396 units (80%) Yes
When requested	13 units (87%) Yes	282 units (57%) Yes
Once a week	- units (00%) 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
Number of patients (n):		
Total	237	9897
Patients who completed sheet 3a	145 (61.2%)	8656 (87.5%)
Patients who completed sheet 3b	144 (60.8%)	8375 (84.6%)
Demographic data:		
Age (years)	61 [17-101]	67 [2-109]
Female gender	112 (47.3%)	4907 (49.6%)
Weight (kg)	64.9 ± 16.0	71.7 ± 20.6
Height (cm)	162.8 ± 9.5	165.2 ± 11.7
BMI (kg/m ²)	24.4 ± 5.2	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	25 (10.5%)	996 (10.1%)
Surgery (n):		
Preoperative patients	8 (3.38%)	799 (8.07%)
Postoperative patients	70 (29.5%)	2361 (23.9%)
Length of stay in Hospital (days):	7 [2-172]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	31 (13.1%)	1017 (10.3%)
Transferred to another hospital	2 (0.84%)	230 (2.32%)
Transferred to long-term care	-	598 (6.04%)
Rehabilitation	-	377 (3.81%)
Discharge home	110 (46.4%)	6785 (68.6%)
Death	1 (0.42%)	390 (3.94%)
Others	-	110 (1.11%)
Missing	93 (39.2%)	390 (3.94%)
Readmitted (n):	1 (0.42%)	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	167 (70.5%)	729 (7.37%)
Parenteral nutrition	2 (0.84%)	276 (2.79%)
Enteral + parenteral nutrition	5 (2.11%)	57 (0.58%)
Special diet	54 (22.8%)	2520 (25.5%)
Protein supplement	17 (7.17%)	1215 (12.3%)
Hospital food	10 (4.22%)	5906 (59.7%)
Others	-	477 (4.82%)
Missing	51 (21.5%)	479 (4.84%)
Lines & tubes (n)*:		
None	51 (21.5%)	6115 (61.8%)
Centralvenous	1 (0.42%)	754 (7.62%)
Nasogastric tube	17 (7.17%)	230 (2.32%)
Any other (PEG, PEJ, ...)	168 (70.9%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	42 (17.7%)	1323 (13.4%)
Eye, ear	7 (2.95%)	190 (1.92%)
Nose, throat	9 (3.80%)	180 (1.82%)
Heart, circulation	23 (9.70%)	2052 (20.7%)
Lung	19 (8.02%)	1428 (14.4%)
Liver	6 (2.53%)	446 (4.51%)
Gastrointestinal tract	25 (10.5%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	32 (13.5%)	1472 (14.9%)
Endocrine system	31 (13.1%)	807 (8.15%)
Skeleton, bone, muscle	41 (17.3%)	1564 (15.8%)
Blood, bone marrow	2 (0.84%)	406 (4.10%)
Skin	13 (5.49%)	400 (4.04%)
Ischaemia	1 (0.42%)	117 (1.18%)
Cancer	16 (6.75%)	1625 (16.4%)
Infection	28 (11.8%)	688 (6.95%)
Pregnancy	9 (3.80%)	93 (0.94%)
Others	-	547 (5.53%)
No affected organ	51 (21.5%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	59 (24.9%)	2238 (22.6%)
Stroke	18 (7.59%)	642 (6.49%)
COPD	8 (3.38%)	686 (6.93%)
Myocardial infarction	4 (1.69%)	363 (3.67%)
Cardiac insufficiency	20 (8.44%)	1262 (12.8%)
Others	67 (28.3%)	3763 (38.0%)
No comorbidity	131 (55.3%)	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	144 (99.3%)	8418 (97.3%)
Yes	58 (40.0%)	3772 (43.6%)
No	56 (38.6%)	3288 (38.0%)
No, I've gained weight	10 (6.90%)	718 (8.29%)
I don't know	20 (13.8%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	58 (40.0%)	3772 (43.6%)
0-4 kg	38 (26.2%)	1679 (19.4%)
5-8 kg	6 (4.14%)	678 (7.83%)
> 8 kg	7 (4.83%)	970 (11.2%)
Not sure	7 (4.83%)	412 (4.76%)
Missing	-	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	78 (53.8%)	4084 (47.2%)
A bit less than normal	21 (14.5%)	1957 (22.6%)
Less than half of normal	27 (18.6%)	1256 (14.5%)
Less than a quarter to nearly nothing	17 (11.7%)	1074 (12.4%)
Missing	2 (1.38%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	54 (37.2%)	4299 (49.7%)
Loss of appetite	25 (17.2%)	2344 (27.1%)
Problems with swallowing, mastication	5 (3.45%)	448 (5.18%)
Nausea	10 (6.90%)	748 (8.64%)
Other reasons	17 (11.7%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	81 (55.9%)	5059 (58.4%)
No, only with assistance	33 (22.8%)	2373 (27.4%)
No, I stay in bed	29 (20.0%)	968 (11.2%)
Missing	2 (1.38%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	4 (2.76%)	283 (3.27%)
Very good	21 (14.5%)	728 (8.41%)
Good	47 (32.4%)	2708 (31.3%)
Fair	48 (33.1%)	2932 (33.9%)
Poor	24 (16.6%)	1685 (19.5%)
Missing	1 (0.69%)	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	83 (57.2%)	4927 (56.9%)
No	57 (39.3%)	2875 (33.2%)
- I was not hungry	27 (47.4%)	1429 (49.7%)
- Problems with swallowing / mastication	10 (17.5%)	238 (8.28%)
- Nausea	8 (14.0%)	546 (19.0%)
- Others	17 (29.8%)	658 (22.9%)
no answer	4 (2.76%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	131 (91.0%)	6289 (75.1%)
Drinks per patient & day (l)	0.27	0.39
Patients with supplements	33 (22.9%)	982 (11.7%)
Supplements per patient & day (l)	0.06	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	119 (82.6%)	5783 (69.1%)
Milk	31 (21.5%)	1754 (20.9%)
Fruit juice	29 (20.1%)	1975 (23.6%)
Tea, coffee	17 (11.8%)	3262 (38.9%)
Soft drinks	7 (4.86%)	872 (10.4%)
Lunch intake (n):		
 All	67 (46.5%)	3380 (40.4%)
 1/2	40 (27.8%)	2315 (27.6%)
 1/4	22 (15.3%)	1405 (16.8%)
 Nothing	14 (9.72%)	1133 (13.5%)
? No answer	1 (0.69%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	13 (16.9%)	1554 (31.1%)
I had nausea / vomiting	2 (2.60%)	474 (9.49%)
I was not allowed to eat	4 (5.19%)	473 (9.47%)
I can not eat without help	1 (1.30%)	68 (1.36%)
I had an examination / surgery	-	292 (5.85%)
I ordered a smaller portion	-	106 (2.12%)
I was tired	3 (3.90%)	313 (6.27%)
I normally eat less	2 (2.60%)	379 (7.59%)
I did not like the smell	-	188 (3.76%)
I did not like the taste	5 (6.49%)	664 (13.3%)

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

Yes	65 (44.8%)	2709 (31.3%)
No	77 (53.1%)	5149 (59.5%)
No answer	2 (1.38%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	7 (10.8%)	837 (30.9%)
Fresh fruits	17 (26.2%)	959 (35.4%)
Sandwiches	1 (1.54%)	309 (11.4%)
Dairy products	8 (12.3%)	416 (15.4%)
Preferred dish	17 (26.2%)	312 (11.5%)
Sweets	4 (6.15%)	485 (17.9%)
Fruit Juice	10 (15.4%)	334 (12.3%)
Others	9 (13.8%)	470 (17.3%)

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

Yes	55 (37.9%)	6038 (69.8%)
-----	------------	--------------

Results referring to the total number of completed questionnaires