



nutritionDay November 2013 in TURKEY

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:	25
Number of patients on nutritionDay:	516
Number of patients completing Sheet 3a:	502
Number of patients completing Sheet 3b:	495

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	32 ± 40	27 ± 15
Maximum	35 ± 40	32 ± 16
Number of patients on the nutritionDay (n):		
Total	516	9897
Did not give consent	1 (0.19%)	873 (8.82%)
Needed help completing form	458 (88.8%)	5232 (52.9%)
Terminally ill	15 (2.91%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	3 (12.0%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	2 (8.00%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	1 (4.00%)	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	2 (8.00%)	5 (1.01%)
Neurology	-	15 (3.02%)
Psychiatry	-	8 (1.61%)
Ear Nose Throat (ENT)	-	5 (1.01%)
General surgery	7 (28.0%)	56 (11.3%)
Cardiothoracic surgery	2 (8.00%)	4 (0.80%)
Orthopedic surgery	1 (4.00%)	29 (5.84%)
Trauma	-	7 (1.41%)
Neurosurgery	1 (4.00%)	6 (1.21%)
Gynecology	1 (4.00%)	5 (1.01%)
Long-term-care	-	6 (1.21%)
Others	5 (20.0%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	6.80 ± 10.63	7.20 ± 8.91
Physicians per patient	0.19 ± 0.23	0.25 ± 0.32
Consultants	5.44 ± 7.78	2.71 ± 5.30
Consultants per patient	0.20 ± 0.31	0.09 ± 0.18
Registrars	6.40 ± 7.17	2.12 ± 4.43
Registrars per patient	0.21 ± 0.22	0.07 ± 0.13
Nurses		
Nurses	12.36 ± 20.15	8.34 ± 8.65
Nurses per patient	0.35 ± 0.24	0.27 ± 0.25
Nursing aides	0.57 ± 1.27	3.08 ± 3.31

Nursing aides per patient	0.02 ± 0.03	0.10 ± 0.10
Dieticians and dietetic assistants	1.04 ± 1.19	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.05	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	24 units (96%) Yes	390 units (78%) Yes
Written procedures		
- individual	14 units (56%) Yes	316 units (64%) Yes
- local	7 units (28%) Yes	221 units (44%) Yes
- national	13 units (52%) Yes	225 units (45%) Yes
- other	6 units (24%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	19 units (76%) Yes	396 units (80%) Yes
When requested	17 units (68%) Yes	282 units (57%) Yes
Once a week	2 units (08%) 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	516	9897
Patients who completed sheet 3a	502 (97.3%)	8656 (87.5%)
Patients who completed sheet 3b	495 (95.9%)	8375 (84.6%)
Demographic data:		
Age (years)	56 [2-94]	67 [2-109]
Female gender	255 (49.4%)	4907 (49.6%)
Weight (kg)	68.4 ± 19.2	71.7 ± 20.6
Height (cm)	162.0 ± 17.2	165.2 ± 11.7
BMI (kg/m ²)	25.8 ± 5.9	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	58 (11.2%)	996 (10.1%)
Surgery (n):		
Preoperative patients	97 (18.8%)	799 (8.07%)
Postoperative patients	178 (34.5%)	2361 (23.9%)
Length of stay in Hospital (days):	10 [1-99]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	24 (4.65%)	1017 (10.3%)
Transferred to another hospital	4 (0.78%)	230 (2.32%)
Transferred to long-term care	1 (0.19%)	598 (6.04%)
Rehabilitation	-	377 (3.81%)
Discharge home	254 (49.2%)	6785 (68.6%)
Death	3 (0.58%)	390 (3.94%)
Others	2 (0.39%)	110 (1.11%)
Missing	228 (44.2%)	390 (3.94%)
Readmitted (n):	94 (18.2%)	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	45 (8.72%)	729 (7.37%)
Parenteral nutrition	69 (13.4%)	276 (2.79%)
Enteral + parenteral nutrition	4 (0.78%)	57 (0.58%)
Special diet	89 (17.2%)	2520 (25.5%)
Protein supplement	10 (1.94%)	1215 (12.3%)
Hospital food	300 (58.1%)	5906 (59.7%)
Others	11 (2.13%)	477 (4.82%)
Missing	20 (3.88%)	479 (4.84%)
Lines & tubes (n)*:		
None	119 (23.1%)	6115 (61.8%)
Centralvenous	31 (6.01%)	754 (7.62%)
Nasogastric tube	1 (0.19%)	230 (2.32%)
Any other (PEG, PEJ, ...)	365 (70.7%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	32 (6.20%)	1323 (13.4%)
Eye, ear	2 (0.39%)	190 (1.92%)
Nose, throat	1 (0.19%)	180 (1.82%)
Heart, circulation	48 (9.30%)	2052 (20.7%)
Lung	68 (13.2%)	1428 (14.4%)
Liver	40 (7.75%)	446 (4.51%)
Gastrointestinal tract	157 (30.4%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	35 (6.78%)	1472 (14.9%)
Endocrine system	39 (7.56%)	807 (8.15%)
Skeleton, bone, muscle	49 (9.50%)	1564 (15.8%)
Blood, bone marrow	25 (4.84%)	406 (4.10%)
Skin	21 (4.07%)	400 (4.04%)
Ischaemia	2 (0.39%)	117 (1.18%)
Cancer	50 (9.69%)	1625 (16.4%)
Infection	8 (1.55%)	688 (6.95%)
Pregnancy	19 (3.68%)	93 (0.94%)
Others	41 (7.95%)	547 (5.53%)
No affected organ	29 (5.62%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	96 (18.6%)	2238 (22.6%)
Stroke	11 (2.13%)	642 (6.49%)
COPD	12 (2.33%)	686 (6.93%)
Myocardial infarction	16 (3.10%)	363 (3.67%)
Cardiac insufficiency	51 (9.88%)	1262 (12.8%)
Others	239 (46.3%)	3763 (38.0%)
No comorbidity	178 (34.5%)	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	490 (97.6%)	8418 (97.3%)
Yes	207 (41.2%)	3772 (43.6%)
No	205 (40.8%)	3288 (38.0%)
No, I've gained weight	63 (12.5%)	718 (8.29%)
I don't know	15 (2.99%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	207 (41.2%)	3772 (43.6%)
0-4 kg	83 (16.5%)	1679 (19.4%)
5-8 kg	44 (8.76%)	678 (7.83%)
> 8 kg	74 (14.7%)	970 (11.2%)
Not sure	4 (0.80%)	412 (4.76%)
Missing	2 (0.40%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	288 (57.4%)	4084 (47.2%)
A bit less than normal	91 (18.1%)	1957 (22.6%)
Less than half of normal	52 (10.4%)	1256 (14.5%)
Less than a quarter to nearly nothing	67 (13.3%)	1074 (12.4%)
Missing	4 (0.80%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	202 (40.2%)	4299 (49.7%)
Loss of appetite	108 (21.5%)	2344 (27.1%)
Problems with swallowing, mastication	11 (2.19%)	448 (5.18%)
Nausea	60 (12.0%)	748 (8.64%)
Other reasons	52 (10.4%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	343 (68.3%)	5059 (58.4%)
No, only with assistance	101 (20.1%)	2373 (27.4%)
No, I stay in bed	49 (9.76%)	968 (11.2%)
Missing	9 (1.79%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	14 (2.79%)	283 (3.27%)
Very good	46 (9.16%)	728 (8.41%)
Good	215 (42.8%)	2708 (31.3%)
Fair	161 (32.1%)	2932 (33.9%)
Poor	60 (12.0%)	1685 (19.5%)
Missing	6 (1.20%)	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	335 (66.7%)	4927 (56.9%)
No	129 (25.7%)	2875 (33.2%)
- I was not hungry	34 (26.4%)	1429 (49.7%)
- Problems with swallowing / mastication	9 (6.98%)	238 (8.28%)
- Nausea	54 (41.9%)	546 (19.0%)
- Others	26 (20.2%)	658 (22.9%)
no answer	31 (6.18%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	348 (70.3%)	6289 (75.1%)
Drinks per patient & day (l)	0.62	0.39
Patients with supplements	53 (10.7%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	415 (83.8%)	5783 (69.1%)
Milk	160 (32.3%)	1754 (20.9%)
Fruit juice	183 (37.0%)	1975 (23.6%)
Tea, coffee	201 (40.6%)	3262 (38.9%)
Soft drinks	8 (1.62%)	872 (10.4%)
Lunch intake (n):		
 All	175 (35.4%)	3380 (40.4%)
 1/2	123 (24.8%)	2315 (27.6%)
 1/4	110 (22.2%)	1405 (16.8%)
 Nothing	69 (13.9%)	1133 (13.5%)
? No answer	18 (3.64%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	51 (15.9%)	1554 (31.1%)
I had nausea / vomiting	49 (15.3%)	474 (9.49%)
I was not allowed to eat	46 (14.4%)	473 (9.47%)
I can not eat without help	5 (1.56%)	68 (1.36%)
I had an examination / surgery	26 (8.13%)	292 (5.85%)
I ordered a smaller portion	3 (0.94%)	106 (2.12%)
I was tired	44 (13.8%)	313 (6.27%)
I normally eat less	37 (11.6%)	379 (7.59%)
I did not like the smell	15 (4.69%)	188 (3.76%)
I did not like the taste	43 (13.4%)	664 (13.3%)

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

Yes	188 (37.5%)	2709 (31.3%)
No	288 (57.4%)	5149 (59.5%)
No answer	19 (3.78%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	41 (21.8%)	837 (30.9%)
Fresh fruits	46 (24.5%)	959 (35.4%)
Sandwiches	39 (20.7%)	309 (11.4%)
Dairy products	39 (20.7%)	416 (15.4%)
Preferred dish	50 (26.6%)	312 (11.5%)
Sweets	18 (9.57%)	485 (17.9%)
Fruit Juice	31 (16.5%)	334 (12.3%)
Others	28 (14.9%)	470 (17.3%)

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

Yes	372 (74.1%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires