



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2013 in UNITED STATES OF AMERICA

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:	135
Number of patients on nutritionDay:	2429
Number of patients completing Sheet 3a:	2227
Number of patients completing Sheet 3b:	2183

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	27 ± 13	27 ± 15
Maximum	34 ± 13	32 ± 16
Number of patients on the nutritionDay (n):		
Total	2429	9897
Did not give consent	202 (8.32%)	873 (8.82%)
Needed help completing form	1335 (55.0%)	5232 (52.9%)
Terminally ill	99 (4.08%)	707 (7.14%)
Specialities (n):		
Internal medicine / general	55 (40.7%)	125 (25.2%)
Internal medicine / gastroenterology and hepatology	4 (2.96%)	33 (6.64%)
Internal medicine / oncology (incl. radiotherapy)	7 (5.19%)	52 (10.5%)
Internal medicine / cardiology	24 (17.8%)	40 (8.05%)
Internal medicine / infectious diseases	1 (0.74%)	2 (0.40%)
Internal medicine / geriatrics	3 (2.22%)	38 (7.65%)
Internal medicine / nephrology	-	8 (1.61%)
Pediatrics	3 (2.22%)	5 (1.01%)
Neurology	4 (2.96%)	15 (3.02%)
Psychiatry	1 (0.74%)	8 (1.61%)
Ear Nose Throat (ENT)	1 (0.74%)	5 (1.01%)
General surgery	8 (5.93%)	56 (11.3%)
Cardiothoracic surgery	-	4 (0.80%)
Orthopedic surgery	9 (6.67%)	29 (5.84%)
Trauma	2 (1.48%)	7 (1.41%)
Neurosurgery	-	6 (1.21%)
Gynecology	-	5 (1.01%)
Long-term-care	1 (0.74%)	6 (1.21%)
Others	12 (8.89%)	53 (10.7%)
Staff /Staff per patient (n):		
Physicians	8.74 ± 8.02	7.20 ± 8.91
Physicians per patient	0.30 ± 0.39	0.25 ± 0.32
Consultants	2.72 ± 5.21	2.71 ± 5.30
Consultants per patient	0.09 ± 0.13	0.09 ± 0.18
Registrars	0.58 ± 0.94	2.12 ± 4.43
Registrars per patient	0.02 ± 0.05	0.07 ± 0.13
Nurses	7.65 ± 4.66	8.34 ± 8.65
Nurses per patient	0.24 ± 0.23	0.27 ± 0.25
Nursing aides	3.29 ± 2.24	3.08 ± 3.31

Nursing aides per patient	0.11 ± 0.13	0.10 ± 0.10
Dieticians and dietetic assistants	1.52 ± 0.94	1.27 ± 1.20
Dieticians and dietetic assistants per pat.	0.05 ± 0.04	0.05 ± 0.05
Nutrition Care:		
Nutrition Team	71 units (53%) Yes	390 units (78%) Yes
Written procedures		
- individual	104 units (77%) Yes	316 units (64%) Yes
- local	41 units (30%) Yes	221 units (44%) Yes
- national	84 units (62%) Yes	225 units (45%) Yes
- other	28 units (21%) Yes	83 units (17%) Yes
Patients' weight assessed:		
On admission	129 units (96%) Yes	396 units (80%) Yes
When requested	88 units (65%) Yes	282 units (57%) Yes
Once a week	42 units (31%) Yes	203 units (41%) Yes
Occasionally	16 units (12%) 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	2429	9897
Patients who completed sheet 3a	2227 (91.7%)	8656 (87.5%)
Patients who completed sheet 3b	2183 (89.9%)	8375 (84.6%)
Demographic data:		
Age (years)	64 [2-103]	67 [2-109]
Female gender	1263 (52.0%)	4907 (49.6%)
Weight (kg)	83.4 ± 26.1	71.7 ± 20.6
Height (cm)	168.3 ± 12.5	165.2 ± 11.7
BMI (kg/m ²)	29.3 ± 8.3	26.1 ± 6.5
ICU-stay:		
Any ICU-stay	248 (10.2%)	996 (10.1%)
Surgery (n):		
Preoperative patients	143 (5.89%)	799 (8.07%)
Postoperative patients	472 (19.4%)	2361 (23.9%)
Length of stay in Hospital (days):	7 [1-192]	12 [1-358]
Outcome after 30 days (n):		
Still in hospital	82 (3.38%)	1017 (10.3%)
Transferred to another hospital	35 (1.44%)	230 (2.32%)
Transferred to long-term care	185 (7.62%)	598 (6.04%)
Rehabilitation	146 (6.01%)	377 (3.81%)
Discharge home	1240 (51.0%)	6785 (68.6%)
Death	26 (1.07%)	390 (3.94%)
Others	31 (1.28%)	110 (1.11%)
Missing	684 (28.2%)	390 (3.94%)
Readmitted (n):	221 (9.10%)	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	62 (2.55%)	729 (7.37%)
Parenteral nutrition	36 (1.48%)	276 (2.79%)
Enteral + parenteral nutrition	5 (0.21%)	57 (0.58%)
Special diet	1093 (45.0%)	2520 (25.5%)
Protein supplement	238 (9.80%)	1215 (12.3%)
Hospital food	1169 (48.1%)	5906 (59.7%)
Others	155 (6.38%)	477 (4.82%)
Missing	138 (5.68%)	479 (4.84%)
Lines & tubes (n)*:		
None	1311 (54.0%)	6115 (61.8%)
Centralvenous	293 (12.1%)	754 (7.62%)
Nasogastric tube	29 (1.19%)	230 (2.32%)
Any other (PEG, PEJ, ...)	796 (32.8%)	2798 (28.3%)
Affected organs (n)*:		
Brain, nerves	263 (10.8%)	1323 (13.4%)
Eye, ear	34 (1.40%)	190 (1.92%)
Nose, throat	39 (1.61%)	180 (1.82%)
Heart, circulation	772 (31.8%)	2052 (20.7%)
Lung	489 (20.1%)	1428 (14.4%)
Liver	111 (4.57%)	446 (4.51%)
Gastrointestinal tract	463 (19.1%)	1768 (17.9%)
Kidney, urinary tract, female genital tract	431 (17.7%)	1472 (14.9%)
Endocrine system	362 (14.9%)	807 (8.15%)
Skeleton, bone, muscle	353 (14.5%)	1564 (15.8%)
Blood, bone marrow	147 (6.05%)	406 (4.10%)
Skin	161 (6.63%)	400 (4.04%)
Ischaemia	15 (0.62%)	117 (1.18%)
Cancer	129 (5.31%)	1625 (16.4%)
Infection	166 (6.83%)	688 (6.95%)
Pregnancy	2 (0.08%)	93 (0.94%)
Others	131 (5.39%)	547 (5.53%)
No affected organ	205 (8.44%)	466 (4.71%)
Comorbidities (n)*:		
Diabetes I/II	689 (28.4%)	2238 (22.6%)
Stroke	168 (6.92%)	642 (6.49%)
COPD	318 (13.1%)	686 (6.93%)
Myocardial infarction	122 (5.02%)	363 (3.67%)
Cardiac insufficiency	553 (22.8%)	1262 (12.8%)
Others	961 (39.6%)	3763 (38.0%)
No comorbidity	702 (28.9%)	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	2176 (97.7%)	8418 (97.3%)
Yes	813 (36.5%)	3772 (43.6%)
No	1031 (46.3%)	3288 (38.0%)
No, I've gained weight	198 (8.89%)	718 (8.29%)
I don't know	134 (6.02%)	640 (7.39%)
Category of weight decrease (n):		
Patients reporting weight loss	813 (36.5%)	3772 (43.6%)
0-4 kg	295 (13.2%)	1679 (19.4%)
5-8 kg	142 (6.38%)	678 (7.83%)
> 8 kg	275 (12.3%)	970 (11.2%)
Not sure	95 (4.27%)	412 (4.76%)
Missing	6 (0.27%)	33 (0.38%)
"How well have you eaten during the last week?"(n):		
Normal	966 (43.4%)	4084 (47.2%)
A bit less than normal	506 (22.7%)	1957 (22.6%)
Less than half of normal	380 (17.1%)	1256 (14.5%)
Less than a quarter to nearly nothing	323 (14.5%)	1074 (12.4%)
Missing	52 (2.33%)	285 (3.29%)
"I ate less because"(n)*:		
Total of patients answering	1224 (55.0%)	4299 (49.7%)
Loss of appetite	558 (25.1%)	2344 (27.1%)
Problems with swallowing, mastication	91 (4.09%)	448 (5.18%)
Nausea	267 (12.0%)	748 (8.64%)
Other reasons	564 (25.3%)	1574 (18.2%)
"Can you walk without assistance?"(n):		
Yes	1265 (56.8%)	5059 (58.4%)
No, only with assistance	749 (33.6%)	2373 (27.4%)
No, I stay in bed	151 (6.78%)	968 (11.2%)
Missing	62 (2.78%)	256 (2.96%)
"In general would you say your health is" (n):		
Excellent	97 (4.36%)	283 (3.27%)
Very good	236 (10.6%)	728 (8.41%)
Good	646 (29.0%)	2708 (31.3%)
Fair	769 (34.5%)	2932 (33.9%)
Poor	403 (18.1%)	1685 (19.5%)
Missing	76 (3.41%)	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	1272 (57.1%)	4927 (56.9%)
No	785 (35.2%)	2875 (33.2%)
- I was not hungry	372 (47.4%)	1429 (49.7%)
- Problems with swallowing / mastication	43 (5.48%)	238 (8.28%)
- Nausea	161 (20.5%)	546 (19.0%)
- Others	221 (28.2%)	658 (22.9%)
no answer	126 (5.66%)	573 (6.62%)
Fluid and supplement intake (n):		
Patients with fluid intake	1708 (78.2%)	6289 (75.1%)
Drinks per patient & day (l)	0.34	0.39
Patients with supplements	236 (10.8%)	982 (11.7%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	1044 (47.8%)	5783 (69.1%)
Milk	340 (15.6%)	1754 (20.9%)
Fruit juice	702 (32.2%)	1975 (23.6%)
Tea, coffee	919 (42.1%)	3262 (38.9%)
Soft drinks	531 (24.3%)	872 (10.4%)
Lunch intake (n):		
 All	870 (39.9%)	3380 (40.4%)
 1/2	576 (26.4%)	2315 (27.6%)
 1/4	391 (17.9%)	1405 (16.8%)
 Nothing	316 (14.5%)	1133 (13.5%)
? No answer	30 (1.37%)	142 (1.70%)
„I did not eat everything because“ (n)*:		
I was not hungry	349 (26.6%)	1554 (31.1%)
I had nausea / vomiting	116 (8.83%)	474 (9.49%)
I was not allowed to eat	121 (9.22%)	473 (9.47%)
I can not eat without help	14 (1.07%)	68 (1.36%)
I had an examination / surgery	61 (4.65%)	292 (5.85%)
I ordered a smaller portion	18 (1.37%)	106 (2.12%)
I was tired	65 (4.95%)	313 (6.27%)
I normally eat less	59 (4.49%)	379 (7.59%)
I did not like the smell	27 (2.06%)	188 (3.76%)
I did not like the taste	180 (13.7%)	664 (13.3%)

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

Yes	505 (22.7%)	2709 (31.3%)
No	1530 (68.7%)	5149 (59.5%)
No answer	148 (6.65%)	517 (5.97%)

„What do you eat?“ (n)*:

Cakes, biscuits	79 (15.6%)	837 (30.9%)
Fresh fruits	84 (16.6%)	959 (35.4%)
Sandwiches	91 (18.0%)	309 (11.4%)
Dairy products	41 (8.12%)	416 (15.4%)
Preferred dish	87 (17.2%)	312 (11.5%)
Sweets	96 (19.0%)	485 (17.9%)
Fruit Juice	42 (8.32%)	334 (12.3%)
Others	192 (38.0%)	470 (17.3%)

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

Yes	1689 (75.8%)	6038 (69.8%)
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Results referring to the total number of completed questionnaires