



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in AUSTRIA

Dear participant,

June 2015

Thank you for your participation in nutritionDay worldwide in November 2014 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	13
Number of patients on nutritionDay:	321
Number of patients completing Sheet 3a:	208
Number of patients completing Sheet 3b:	204

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 19th November 2015. 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

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 2014 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2014.

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 2014 = 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"):

	712 units, 14603 patients	
	YOUR RESULTS	REFERENCE ND-14
Number of beds (n):		
Actual	27 ± 10	32 ± 33
Maximum	30 ± 12	39 ± 51
Number of patients on the nutritionDay (n):		
Total	321	14603
Did not give consent	107 (33.3%)	1038 (7.11%)
Needed help completing form	54 (16.8%)	8417 (57.6%)
Terminally ill	99 (30.8%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	2 (15.4%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	7 (53.8%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	1 (7.69%)	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	-	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	1 (7.69%)	13 (1.83%)
General surgery	-	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	-	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	2 (15.4%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	2.23 ± 1.59	5.99 ± 7.60
Physicians per patient	0.07 ± 0.04	0.19 ± 0.22
Consultants	1.92 ± 1.50	2.80 ± 5.81
Consultants per patient	0.06 ± 0.03	0.08 ± 0.16
Registrars	1.77 ± 1.48	2.77 ± 10.24
Registrars per patient	0.05 ± 0.03	0.06 ± 0.13
Nurses	6.46 ± 2.93	9.02 ± 9.73
Nurses per patient	0.22 ± 0.07	0.27 ± 0.27
Nursing aides	1.17 ± 1.11	4.76 ± 13.73

Nursing aides per patient	0.03 ± 0.03	0.11 ± 0.20
Dieticians and dietetic assistants	0.75 ± 0.56	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.03 ± 0.02	0.04 ± 0.04

Nutrition Care:

Nutrition Team	8 units (62%) Yes	556 units (78%) Yes
Written procedures		
- individual	9 units (69%) Yes	439 units (62%) Yes
- local	7 units (54%) Yes	287 units (40%) Yes
- national	11 units (85%) Yes	314 units (44%) Yes
- other	3 units (23%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	11 units (85%) Yes	534 units (75%) Yes
When requested	8 units (62%) Yes	377 units (53%) Yes
Once a week	9 units (69%) Yes	278 units (39%) Yes
Occasionally	- units (00%) Yes	77 units (11%) Yes
Never	- units (00%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	321	14603
Patients who completed sheet 3a	208 (64.8%)	12993 (89.0%)
Patients who completed sheet 3b	204 (63.6%)	12603 (86.3%)
Demographic data:		
Age (years)	68 [22-94]	67 [1-110]
Female gender	145 (45.2%)	7396 (50.6%)
Weight (kg)	73.6 ± 14.3	70.1 ± 20.6
Height (cm)	169.3 ± 9.1	164.4 ± 12.9
BMI (kg/m ²)	25.6 ± 4.6	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	11 (3.43%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	10 (3.12%)	1198 (8.20%)
Postoperative patients	29 (9.03%)	3544 (24.3%)
Length of stay in Hospital (days):	7 [1-84]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	16 (4.98%)	1571 (10.8%)
Transferred to another hospital	6 (1.87%)	400 (2.74%)
Transferred to long-term care	4 (1.25%)	774 (5.30%)
Rehabilitation	2 (0.62%)	535 (3.66%)
Discharge home	212 (66.0%)	10301 (70.5%)
Death	9 (2.80%)	505 (3.46%)
Others	1 (0.31%)	218 (1.49%)
Missing	71 (22.1%)	299 (2.05%)
Readmitted (n):	59 (18.4%)	1255 (8.59%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Nutrition therapy (n)*:		
Enteral nutrition	23 (7.17%)	861 (5.90%)
Parenteral nutrition	9 (2.80%)	467 (3.20%)
Enteral + parenteral nutrition	3 (0.93%)	91 (0.62%)
Special diet	36 (11.2%)	4371 (29.9%)
Protein supplement	18 (5.61%)	1555 (10.6%)
Hospital food	169 (52.6%)	8212 (56.2%)
Others	14 (4.36%)	774 (5.30%)
Missing	88 (27.4%)	517 (3.54%)
Lines & tubes (n)*:		
None	261 (81.3%)	9592 (65.7%)
Centralvenous	42 (13.1%)	1025 (7.02%)
Nasogastric tube	1 (0.31%)	386 (2.64%)
Any other (PEG, PEJ, ...)	17 (5.30%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	8 (2.49%)	1961 (13.4%)
Eye, ear	7 (2.18%)	265 (1.81%)
Nose, throat	15 (4.67%)	296 (2.03%)
Heart, circulation	28 (8.72%)	2966 (20.3%)
Lung	18 (5.61%)	2175 (14.9%)
Liver	10 (3.12%)	674 (4.62%)
Gastrointestinal tract	32 (9.97%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	37 (11.5%)	2151 (14.7%)
Endocrine system	19 (5.92%)	1109 (7.59%)
Skeleton, bone, muscle	19 (5.92%)	2645 (18.1%)
Blood, bone marrow	55 (17.1%)	631 (4.32%)
Skin	1 (0.31%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	141 (43.9%)	1957 (13.4%)
Infection	1 (0.31%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	12 (3.74%)	914 (6.26%)
No affected organ	112 (34.9%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	30 (9.35%)	3064 (21.0%)
Stroke	2 (0.62%)	907 (6.21%)
COPD	21 (6.54%)	1117 (7.65%)
Myocardial infarction	8 (2.49%)	537 (3.68%)
Cardiac insufficiency	17 (5.30%)	1757 (12.0%)
Others	54 (16.8%)	5885 (40.3%)
No comorbidity	216 (67.3%)	5127 (35.1%)

Results in percent referring to the total number of patients

III. YOUR PATIENTS ("Sheet 3a"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Weight loss within the last 3 months (n):		
Total of patients answering	206 (99.0%)	12546 (96.6%)
Yes	99 (47.6%)	5548 (42.7%)
No	79 (38.0%)	4958 (38.2%)
No, I've gained weight	23 (11.1%)	1013 (7.80%)
I don't know	5 (2.40%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	99 (47.6%)	5548 (42.7%)
0-4 kg	35 (16.8%)	2434 (18.7%)
5-8 kg	16 (7.69%)	1007 (7.75%)
> 8 kg	44 (21.2%)	1378 (10.6%)
Not sure	4 (1.92%)	634 (4.88%)
Missing	-	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	102 (49.0%)	6236 (48.0%)
A bit less than normal	62 (29.8%)	2728 (21.0%)
Less than half of normal	31 (14.9%)	1935 (14.9%)
Less than a quarter to nearly nothing	12 (5.77%)	1606 (12.4%)
Missing	1 (0.48%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	107 (51.4%)	6184 (47.6%)
Loss of appetite	75 (36.1%)	3308 (25.5%)
Problems with swallowing, mastication	16 (7.69%)	611 (4.70%)
Nausea	14 (6.73%)	985 (7.58%)
Other reasons	18 (8.65%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	170 (81.7%)	7370 (56.7%)
No, only with assistance	33 (15.9%)	3695 (28.4%)
No, I stay in bed	4 (1.92%)	1530 (11.8%)
Missing	1 (0.48%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	5 (2.40%)	477 (3.67%)
Very good	18 (8.65%)	1178 (9.07%)
Good	66 (31.7%)	4089 (31.5%)
Fair	82 (39.4%)	4393 (33.8%)
Poor	36 (17.3%)	2288 (17.6%)
Missing	1 (0.48%)	568 (4.37%)
Results in percent referring to the total number of patients answering		

III. YOUR PATIENTS ("Sheet 3b"):

712 units, 14603 patients

YOUR RESULTS

REFERENCE ND-14

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	123 (59.1%)	7656 (58.9%)
No	57 (27.4%)	4168 (32.1%)
- I was not hungry	35 (61.4%)	2155 (51.7%)
- Problems with swallowing / mastication	5 (8.77%)	328 (7.87%)
- Nausea	7 (12.3%)	616 (14.8%)
- Others	11 (19.3%)	1062 (25.5%)
no answer	24 (11.5%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	145 (71.1%)	9694 (76.9%)
Drinks per patient & day (l)	0.45	0.36
Patients with supplements	15 (7.35%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03

„What kind of drinks did you consume?“ (n)*:

Water	158 (77.5%)	7866 (62.4%)
Milk	8 (3.92%)	2359 (18.7%)
Fruit juice	51 (25.0%)	3495 (27.7%)
Tea, coffee	108 (52.9%)	4645 (36.9%)
Soft drinks	20 (9.80%)	1270 (10.1%)

Lunch intake (n):

 All	84 (41.2%)	5279 (41.9%)
 1/2	63 (30.9%)	3261 (25.9%)
 1/4	28 (13.7%)	1911 (15.2%)
 Nothing	25 (12.3%)	1878 (14.9%)
? No answer	4 (1.96%)	274 (2.17%)

„I did not eat everything because“ (n)*:

I was not hungry	32 (26.7%)	2255 (30.8%)
I had nausea / vomiting	12 (10.0%)	587 (8.01%)
I was not allowed to eat	13 (10.8%)	660 (9.01%)
I can not eat without help	-	110 (1.50%)
I had an examination / surgery	3 (2.50%)	458 (6.25%)
I ordered a smaller portion	7 (5.83%)	146 (1.99%)
I was tired	3 (2.50%)	349 (4.77%)
I normally eat less	17 (14.2%)	544 (7.43%)
I did not like the smell	7 (5.83%)	242 (3.30%)
I did not like the taste	23 (19.2%)	936 (12.8%)

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

Yes	104 (50.0%)	4047 (31.1%)
No	86 (41.3%)	7833 (60.3%)
No answer	14 (6.73%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	28 (26.9%)	1241 (30.7%)
Fresh fruits	45 (43.3%)	1527 (37.7%)
Sandwiches	19 (18.3%)	369 (9.12%)
Dairy products	20 (19.2%)	583 (14.4%)
Preferred dish	9 (8.65%)	406 (10.0%)
Sweets	20 (19.2%)	659 (16.3%)
Fruit Juice	27 (26.0%)	675 (16.7%)
Others	10 (9.62%)	885 (21.9%)

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

Yes	69 (33.2%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires