



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in BULGARIA**

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:	6
Number of patients on nutritionDay:	107
Number of patients completing Sheet 3a:	107
Number of patients completing Sheet 3b:	106

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 19<sup>th</sup> 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
<b>Number of beds (n):</b>		
Actual	27 ± 13	32 ± 33
Maximum	27 ± 13	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	107	14603
Did not give consent	-	1038 (7.11%)
Needed help completing form	97 (90.7%)	8417 (57.6%)
Terminally ill	-	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	-	184 (25.8%)
Internal medicine / gastroenterology and hepatology	1 (16.7%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	2 (33.3%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	53 (7.44%)
Internal medicine / nephrology	1 (16.7%)	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	-	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	1 (16.7%)	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	1 (16.7%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	8.33 ± 4.97	5.99 ± 7.60
Physicians per patient	0.31 ± 0.18	0.19 ± 0.22
Consultants	3.83 ± 4.67	2.80 ± 5.81
Consultants per patient	0.13 ± 0.18	0.08 ± 0.16
Registrars	5.83 ± 3.13	2.77 ± 10.24
Registrars per patient	0.24 ± 0.13	0.06 ± 0.13
Nurses	5.50 ± 1.87	9.02 ± 9.73
Nurses per patient	0.22 ± 0.09	0.27 ± 0.27
Nursing aides	4.33 ± 3.08	4.76 ± 13.73

Nursing aides per patient	0.16 ± 0.12	0.11 ± 0.20
Dieticians and dietetic assistants	0.17 ± 0.41	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	4 units (67%) Yes	556 units (78%) Yes
Written procedures		
- individual	1 units (17%) Yes	439 units (62%) Yes
- local	2 units (33%) Yes	287 units (40%) Yes
- national	2 units (33%) Yes	314 units (44%) Yes
- other	3 units (50%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	5 units (83%) Yes	534 units (75%) Yes
When requested	3 units (50%) Yes	377 units (53%) Yes
Once a week	3 units (50%) Yes	278 units (39%) Yes
Occasionally	3 units (50%) 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
<b>Number of patients (n):</b>		
Total	107	14603
Patients who completed sheet 3a	107 (100%)	12993 (89.0%)
Patients who completed sheet 3b	106 (99.1%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	55 [21-83]	67 [1-110]
Female gender	46 (43.0%)	7396 (50.6%)
Weight (kg)	78.6 ± 22.9	70.1 ± 20.6
Height (cm)	171.0 ± 8.7	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	26.9 ± 7.7	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	-	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	15 (14.0%)	1198 (8.20%)
Postoperative patients	22 (20.6%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	-	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	-	1571 (10.8%)
Transferred to another hospital	-	400 (2.74%)
Transferred to long-term care	-	774 (5.30%)
Rehabilitation	-	535 (3.66%)
Discharge home	-	10301 (70.5%)
Death	-	505 (3.46%)
Others	-	218 (1.49%)
Missing	107 (100%)	299 (2.05%)
<b>Readmitted (n):</b>	-	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	65 (60.7%)	861 (5.90%)
Parenteral nutrition	1 (0.93%)	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	31 (29.0%)	4371 (29.9%)
Protein supplement	1 (0.93%)	1555 (10.6%)
Hospital food	98 (91.6%)	8212 (56.2%)
Others	69 (64.5%)	774 (5.30%)
Missing	-	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	65 (60.7%)	9592 (65.7%)
Centralvenous	2 (1.87%)	1025 (7.02%)
Nasogastric tube	-	386 (2.64%)
Any other (PEG, PEJ, ...)	40 (37.4%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	17 (15.9%)	1961 (13.4%)
Eye, ear	7 (6.54%)	265 (1.81%)
Nose, throat	22 (20.6%)	296 (2.03%)
Heart, circulation	28 (26.2%)	2966 (20.3%)
Lung	6 (5.61%)	2175 (14.9%)
Liver	23 (21.5%)	674 (4.62%)
Gastrointestinal tract	26 (24.3%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	22 (20.6%)	2151 (14.7%)
Endocrine system	22 (20.6%)	1109 (7.59%)
Skeleton, bone, muscle	8 (7.48%)	2645 (18.1%)
Blood, bone marrow	2 (1.87%)	631 (4.32%)
Skin	3 (2.80%)	576 (3.94%)
Ischaemia	3 (2.80%)	116 (0.79%)
Cancer	33 (30.8%)	1957 (13.4%)
Infection	-	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	10 (9.35%)	914 (6.26%)
No affected organ	-	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	22 (20.6%)	3064 (21.0%)
Stroke	1 (0.93%)	907 (6.21%)
COPD	3 (2.80%)	1117 (7.65%)
Myocardial infarction	-	537 (3.68%)
Cardiac insufficiency	4 (3.74%)	1757 (12.0%)
Others	70 (65.4%)	5885 (40.3%)
No comorbidity	28 (26.2%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	106 (99.1%)	12546 (96.6%)
Yes	35 (32.7%)	5548 (42.7%)
No	49 (45.8%)	4958 (38.2%)
No, I've gained weight	18 (16.8%)	1013 (7.80%)
I don't know	4 (3.74%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	35 (32.7%)	5548 (42.7%)
0-4 kg	22 (20.6%)	2434 (18.7%)
5-8 kg	6 (5.61%)	1007 (7.75%)
> 8 kg	7 (6.54%)	1378 (10.6%)
Not sure	-	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	67 (62.6%)	6236 (48.0%)
A bit less than normal	17 (15.9%)	2728 (21.0%)
Less than half of normal	16 (15.0%)	1935 (14.9%)
Less than a quarter to nearly nothing	7 (6.54%)	1606 (12.4%)
Missing	-	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	40 (37.4%)	6184 (47.6%)
Loss of appetite	15 (14.0%)	3308 (25.5%)
Problems with swallowing, mastication	5 (4.67%)	611 (4.70%)
Nausea	8 (7.48%)	985 (7.58%)
Other reasons	18 (16.8%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	103 (96.3%)	7370 (56.7%)
No, only with assistance	2 (1.87%)	3695 (28.4%)
No, I stay in bed	-	1530 (11.8%)
Missing	2 (1.87%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	6 (5.61%)	477 (3.67%)
Very good	20 (18.7%)	1178 (9.07%)
Good	59 (55.1%)	4089 (31.5%)
Fair	11 (10.3%)	4393 (33.8%)
Poor	10 (9.35%)	2288 (17.6%)
Missing	1 (0.93%)	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	78 (72.9%)	7656 (58.9%)
No	25 (23.4%)	4168 (32.1%)
- I was not hungry	7 (28.0%)	2155 (51.7%)
- Problems with swallowing / mastication	4 (16.0%)	328 (7.87%)
- Nausea	9 (36.0%)	616 (14.8%)
- Others	7 (28.0%)	1062 (25.5%)
no answer	3 (2.80%)	779 (6.00%)

##### Fluid and supplement intake (n):

Patients with fluid intake	101 (95.3%)	9694 (76.9%)
Drinks per patient & day (l)	1.04	0.36
Patients with supplements	2 (1.89%)	1320 (10.5%)
Supplements per patient & day (l)	0.00	0.03

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

Water	90 (84.9%)	7866 (62.4%)
Milk	25 (23.6%)	2359 (18.7%)
Fruit juice	37 (34.9%)	3495 (27.7%)
Tea, coffee	42 (39.6%)	4645 (36.9%)
Soft drinks	7 (6.60%)	1270 (10.1%)

##### Lunch intake (n):

 All	48 (45.3%)	5279 (41.9%)
 1/2	18 (17.0%)	3261 (25.9%)
 1/4	13 (12.3%)	1911 (15.2%)
 Nothing	27 (25.5%)	1878 (14.9%)
? No answer	-	274 (2.17%)

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

I was not hungry	14 (24.1%)	2255 (30.8%)
I had nausea / vomiting	4 (6.90%)	587 (8.01%)
I was not allowed to eat	11 (19.0%)	660 (9.01%)
I can not eat without help	-	110 (1.50%)
I had an examination / surgery	12 (20.7%)	458 (6.25%)
I ordered a smaller portion	3 (5.17%)	146 (1.99%)
I was tired	-	349 (4.77%)
I normally eat less	7 (12.1%)	544 (7.43%)
I did not like the smell	4 (6.90%)	242 (3.30%)
I did not like the taste	9 (15.5%)	936 (12.8%)



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

Yes	51 (47.7%)	4047 (31.1%)
No	53 (49.5%)	7833 (60.3%)
No answer	2 (1.87%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	8 (15.7%)	1241 (30.7%)
Fresh fruits	22 (43.1%)	1527 (37.7%)
Sandwiches	9 (17.6%)	369 (9.12%)
Dairy products	10 (19.6%)	583 (14.4%)
Preferred dish	13 (25.5%)	406 (10.0%)
Sweets	1 (1.96%)	659 (16.3%)
Fruit Juice	17 (33.3%)	675 (16.7%)
Others	12 (23.5%)	885 (21.9%)

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

Yes	51 (47.7%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires