



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in BRAZIL**

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:	36
Number of patients on nutritionDay:	700
Number of patients completing Sheet 3a:	676
Number of patients completing Sheet 3b:	652

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	26 ± 16	32 ± 33
Maximum	35 ± 25	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	700	14603
Did not give consent	22 (3.14%)	1038 (7.11%)
Needed help completing form	395 (56.4%)	8417 (57.6%)
Terminally ill	14 (2.00%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	19 (52.8%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	2 (5.56%)	70 (9.83%)
Internal medicine / cardiology	6 (16.7%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	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)	-	13 (1.83%)
General surgery	5 (13.9%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	1 (2.78%)	45 (6.32%)
Trauma	3 (8.33%)	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	-	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	6.25 ± 8.15	5.99 ± 7.60
Physicians per patient	0.17 ± 0.18	0.19 ± 0.22
Consultants	0.58 ± 1.08	2.80 ± 5.81
Consultants per patient	0.03 ± 0.06	0.08 ± 0.16
Registrars	3.17 ± 3.95	2.77 ± 10.24
Registrars per patient	0.09 ± 0.10	0.06 ± 0.13
Nurses	4.89 ± 4.89	9.02 ± 9.73
Nurses per patient	0.14 ± 0.12	0.27 ± 0.27
Nursing aides	18.17 ± 25.95	4.76 ± 13.73

Nursing aides per patient	0.46 ± 0.41	0.11 ± 0.20
Dieticians and dietetic assistants	2.38 ± 2.73	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.08 ± 0.08	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	31 units (86%) Yes	556 units (78%) Yes
Written procedures		
- individual	28 units (78%) Yes	439 units (62%) Yes
- local	26 units (72%) Yes	287 units (40%) Yes
- national	26 units (72%) Yes	314 units (44%) Yes
- other	13 units (36%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	26 units (72%) Yes	534 units (75%) Yes
When requested	11 units (31%) Yes	377 units (53%) Yes
Once a week	16 units (44%) Yes	278 units (39%) Yes
Occasionally	10 units (28%) 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	700	14603
Patients who completed sheet 3a	676 (96.6%)	12993 (89.0%)
Patients who completed sheet 3b	652 (93.1%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	59 [13-104]	67 [1-110]
Female gender	314 (44.9%)	7396 (50.6%)
Weight (kg)	67.7 ± 16.5	70.1 ± 20.6
Height (cm)	163.7 ± 9.8	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	25.1 ± 5.2	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	122 (17.4%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	137 (19.6%)	1198 (8.20%)
Postoperative patients	193 (27.6%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	15 [1-666]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	55 (7.86%)	1571 (10.8%)
Transferred to another hospital	6 (0.86%)	400 (2.74%)
Transferred to long-term care	-	774 (5.30%)
Rehabilitation	35 (5.00%)	535 (3.66%)
Discharge home	410 (58.6%)	10301 (70.5%)
Death	35 (5.00%)	505 (3.46%)
Others	1 (0.14%)	218 (1.49%)
Missing	158 (22.6%)	299 (2.05%)
<b>Readmitted (n):</b>	28 (4.00%)	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	62 (8.86%)	861 (5.90%)
Parenteral nutrition	7 (1.00%)	467 (3.20%)
Enteral + parenteral nutrition	2 (0.29%)	91 (0.62%)
Special diet	254 (36.3%)	4371 (29.9%)
Protein supplement	126 (18.0%)	1555 (10.6%)
Hospital food	379 (54.1%)	8212 (56.2%)
Others	23 (3.29%)	774 (5.30%)
Missing	29 (4.14%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	396 (56.6%)	9592 (65.7%)
Centralvenous	24 (3.43%)	1025 (7.02%)
Nasogastric tube	33 (4.71%)	386 (2.64%)
Any other (PEG, PEJ, ...)	247 (35.3%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	67 (9.57%)	1961 (13.4%)
Eye, ear	1 (0.14%)	265 (1.81%)
Nose, throat	9 (1.29%)	296 (2.03%)
Heart, circulation	141 (20.1%)	2966 (20.3%)
Lung	78 (11.1%)	2175 (14.9%)
Liver	36 (5.14%)	674 (4.62%)
Gastrointestinal tract	79 (11.3%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	100 (14.3%)	2151 (14.7%)
Endocrine system	28 (4.00%)	1109 (7.59%)
Skeleton, bone, muscle	115 (16.4%)	2645 (18.1%)
Blood, bone marrow	15 (2.14%)	631 (4.32%)
Skin	28 (4.00%)	576 (3.94%)
Ischaemia	3 (0.43%)	116 (0.79%)
Cancer	64 (9.14%)	1957 (13.4%)
Infection	39 (5.57%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	59 (8.43%)	914 (6.26%)
No affected organ	31 (4.43%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	120 (17.1%)	3064 (21.0%)
Stroke	40 (5.71%)	907 (6.21%)
COPD	15 (2.14%)	1117 (7.65%)
Myocardial infarction	29 (4.14%)	537 (3.68%)
Cardiac insufficiency	57 (8.14%)	1757 (12.0%)
Others	334 (47.7%)	5885 (40.3%)
No comorbidity	251 (35.9%)	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	663 (98.1%)	12546 (96.6%)
Yes	355 (52.5%)	5548 (42.7%)
No	220 (32.5%)	4958 (38.2%)
No, I've gained weight	43 (6.36%)	1013 (7.80%)
I don't know	45 (6.66%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	355 (52.5%)	5548 (42.7%)
0-4 kg	152 (22.5%)	2434 (18.7%)
5-8 kg	90 (13.3%)	1007 (7.75%)
> 8 kg	70 (10.4%)	1378 (10.6%)
Not sure	43 (6.36%)	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	329 (48.7%)	6236 (48.0%)
A bit less than normal	120 (17.8%)	2728 (21.0%)
Less than half of normal	120 (17.8%)	1935 (14.9%)
Less than a quarter to nearly nothing	97 (14.3%)	1606 (12.4%)
Missing	10 (1.48%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	341 (50.4%)	6184 (47.6%)
Loss of appetite	183 (27.1%)	3308 (25.5%)
Problems with swallowing, mastication	42 (6.21%)	611 (4.70%)
Nausea	52 (7.69%)	985 (7.58%)
Other reasons	112 (16.6%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	396 (58.6%)	7370 (56.7%)
No, only with assistance	156 (23.1%)	3695 (28.4%)
No, I stay in bed	114 (16.9%)	1530 (11.8%)
Missing	10 (1.48%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	33 (4.88%)	477 (3.67%)
Very good	67 (9.91%)	1178 (9.07%)
Good	208 (30.8%)	4089 (31.5%)
Fair	213 (31.5%)	4393 (33.8%)
Poor	135 (20.0%)	2288 (17.6%)
Missing	20 (2.96%)	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	376 (55.6%)	7656 (58.9%)
No	227 (33.6%)	4168 (32.1%)
- I was not hungry	146 (64.3%)	2155 (51.7%)
- Problems with swallowing / mastication	16 (7.05%)	328 (7.87%)
- Nausea	27 (11.9%)	616 (14.8%)
- Others	44 (19.4%)	1062 (25.5%)
no answer	49 (7.25%)	779 (6.00%)

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

Patients with fluid intake	521 (79.9%)	9694 (76.9%)
Drinks per patient & day (l)	0.54	0.36
Patients with supplements	85 (13.0%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	550 (84.4%)	7866 (62.4%)
Milk	312 (47.9%)	2359 (18.7%)
Fruit juice	395 (60.6%)	3495 (27.7%)
Tea, coffee	259 (39.7%)	4645 (36.9%)
Soft drinks	39 (5.98%)	1270 (10.1%)

##### Lunch intake (n):

 All	251 (38.5%)	5279 (41.9%)
 1/2	157 (24.1%)	3261 (25.9%)
 1/4	131 (20.1%)	1911 (15.2%)
 Nothing	100 (15.3%)	1878 (14.9%)
? No answer	13 (1.99%)	274 (2.17%)

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

I was not hungry	117 (29.2%)	2255 (30.8%)
I had nausea / vomiting	17 (4.24%)	587 (8.01%)
I was not allowed to eat	34 (8.48%)	660 (9.01%)
I can not eat without help	8 (2.00%)	110 (1.50%)
I had an examination / surgery	31 (7.73%)	458 (6.25%)
I ordered a smaller portion	8 (2.00%)	146 (1.99%)
I was tired	11 (2.74%)	349 (4.77%)
I normally eat less	20 (4.99%)	544 (7.43%)
I did not like the smell	19 (4.74%)	242 (3.30%)
I did not like the taste	44 (11.0%)	936 (12.8%)



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

Yes	175 (25.9%)	4047 (31.1%)
No	445 (65.8%)	7833 (60.3%)
No answer	32 (4.73%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	70 (40.0%)	1241 (30.7%)
Fresh fruits	93 (53.1%)	1527 (37.7%)
Sandwiches	10 (5.71%)	369 (9.12%)
Dairy products	23 (13.1%)	583 (14.4%)
Preferred dish	9 (5.14%)	406 (10.0%)
Sweets	12 (6.86%)	659 (16.3%)
Fruit Juice	43 (24.6%)	675 (16.7%)
Others	17 (9.71%)	885 (21.9%)

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

Yes	413 (61.1%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires