



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in GERMANY**

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:	29
Number of patients on nutritionDay:	533
Number of patients completing Sheet 3a:	413
Number of patients completing Sheet 3b:	402

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	22 ± 7	32 ± 33
Maximum	26 ± 8	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	533	14603
Did not give consent	110 (20.6%)	1038 (7.11%)
Needed help completing form	256 (48.0%)	8417 (57.6%)
Terminally ill	178 (33.4%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	4 (13.8%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	2 (6.90%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	4 (13.8%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	5 (17.2%)	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	1 (3.45%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	1 (3.45%)	13 (1.83%)
General surgery	5 (17.2%)	90 (12.6%)
Cardiothoracic surgery	1 (3.45%)	9 (1.26%)
Orthopedic surgery	3 (10.3%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	1 (3.45%)	10 (1.40%)
Long-term-care	1 (3.45%)	11 (1.54%)
Others	1 (3.45%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2.59 ± 1.62	5.99 ± 7.60
Physicians per patient	0.11 ± 0.06	0.19 ± 0.22
Consultants	1.79 ± 2.06	2.80 ± 5.81
Consultants per patient	0.07 ± 0.07	0.08 ± 0.16
Registrars	0.76 ± 0.99	2.77 ± 10.24
Registrars per patient	0.03 ± 0.04	0.06 ± 0.13
Nurses	5.97 ± 4.30	9.02 ± 9.73
Nurses per patient	0.29 ± 0.43	0.27 ± 0.27
Nursing aides	0.86 ± 0.92	4.76 ± 13.73

Nursing aides per patient	0.03 ± 0.04	0.11 ± 0.20
Dieticians and dietetic assistants	0.41 ± 0.68	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	25 units (86%) Yes	556 units (78%) Yes
Written procedures		
- individual	20 units (69%) Yes	439 units (62%) Yes
- local	2 units (07%) Yes	287 units (40%) Yes
- national	17 units (59%) Yes	314 units (44%) Yes
- other	4 units (14%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	23 units (79%) Yes	534 units (75%) Yes
When requested	19 units (66%) Yes	377 units (53%) Yes
Once a week	9 units (31%) Yes	278 units (39%) Yes
Occasionally	1 units (03%) 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	533	14603
Patients who completed sheet 3a	413 (77.5%)	12993 (89.0%)
Patients who completed sheet 3b	402 (75.4%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	70 [2-99]	67 [1-110]
Female gender	299 (56.1%)	7396 (50.6%)
Weight (kg)	74.0 ± 21.2	70.1 ± 20.6
Height (cm)	167.5 ± 15.3	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	26.1 ± 6.4	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	122 (22.9%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	46 (8.63%)	1198 (8.20%)
Postoperative patients	169 (31.7%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	12 [1-179]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	40 (7.50%)	1571 (10.8%)
Transferred to another hospital	28 (5.25%)	400 (2.74%)
Transferred to long-term care	22 (4.13%)	774 (5.30%)
Rehabilitation	16 (3.00%)	535 (3.66%)
Discharge home	296 (55.5%)	10301 (70.5%)
Death	9 (1.69%)	505 (3.46%)
Others	45 (8.44%)	218 (1.49%)
Missing	77 (14.4%)	299 (2.05%)
<b>Readmitted (n):</b>	40 (7.50%)	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	97 (18.2%)	861 (5.90%)
Parenteral nutrition	27 (5.07%)	467 (3.20%)
Enteral + parenteral nutrition	12 (2.25%)	91 (0.62%)
Special diet	32 (6.00%)	4371 (29.9%)
Protein supplement	32 (6.00%)	1555 (10.6%)
Hospital food	316 (59.3%)	8212 (56.2%)
Others	13 (2.44%)	774 (5.30%)
Missing	62 (11.6%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	424 (79.5%)	9592 (65.7%)
Centralvenous	53 (9.94%)	1025 (7.02%)
Nasogastric tube	8 (1.50%)	386 (2.64%)
Any other (PEG, PEJ, ...)	48 (9.01%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	41 (7.69%)	1961 (13.4%)
Eye, ear	4 (0.75%)	265 (1.81%)
Nose, throat	16 (3.00%)	296 (2.03%)
Heart, circulation	111 (20.8%)	2966 (20.3%)
Lung	78 (14.6%)	2175 (14.9%)
Liver	23 (4.32%)	674 (4.62%)
Gastrointestinal tract	132 (24.8%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	64 (12.0%)	2151 (14.7%)
Endocrine system	35 (6.57%)	1109 (7.59%)
Skeleton, bone, muscle	82 (15.4%)	2645 (18.1%)
Blood, bone marrow	21 (3.94%)	631 (4.32%)
Skin	20 (3.75%)	576 (3.94%)
Ischaemia	5 (0.94%)	116 (0.79%)
Cancer	70 (13.1%)	1957 (13.4%)
Infection	28 (5.25%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	19 (3.56%)	914 (6.26%)
No affected organ	69 (12.9%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	91 (17.1%)	3064 (21.0%)
Stroke	18 (3.38%)	907 (6.21%)
COPD	61 (11.4%)	1117 (7.65%)
Myocardial infarction	14 (2.63%)	537 (3.68%)
Cardiac insufficiency	88 (16.5%)	1757 (12.0%)
Others	139 (26.1%)	5885 (40.3%)
No comorbidity	233 (43.7%)	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	405 (98.1%)	12546 (96.6%)
Yes	172 (41.6%)	5548 (42.7%)
No	170 (41.2%)	4958 (38.2%)
No, I've gained weight	27 (6.54%)	1013 (7.80%)
I don't know	36 (8.72%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	172 (41.6%)	5548 (42.7%)
0-4 kg	79 (19.1%)	2434 (18.7%)
5-8 kg	36 (8.72%)	1007 (7.75%)
> 8 kg	45 (10.9%)	1378 (10.6%)
Not sure	12 (2.91%)	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	188 (45.5%)	6236 (48.0%)
A bit less than normal	93 (22.5%)	2728 (21.0%)
Less than half of normal	68 (16.5%)	1935 (14.9%)
Less than a quarter to nearly nothing	42 (10.2%)	1606 (12.4%)
Missing	22 (5.33%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	215 (52.1%)	6184 (47.6%)
Loss of appetite	116 (28.1%)	3308 (25.5%)
Problems with swallowing, mastication	17 (4.12%)	611 (4.70%)
Nausea	36 (8.72%)	985 (7.58%)
Other reasons	83 (20.1%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	254 (61.5%)	7370 (56.7%)
No, only with assistance	93 (22.5%)	3695 (28.4%)
No, I stay in bed	38 (9.20%)	1530 (11.8%)
Missing	28 (6.78%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	4 (0.97%)	477 (3.67%)
Very good	17 (4.12%)	1178 (9.07%)
Good	122 (29.5%)	4089 (31.5%)
Fair	168 (40.7%)	4393 (33.8%)
Poor	73 (17.7%)	2288 (17.6%)
Missing	29 (7.02%)	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
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	245 (59.3%)	7656 (58.9%)
No	118 (28.6%)	4168 (32.1%)
- I was not hungry	67 (56.8%)	2155 (51.7%)
- Problems with swallowing / mastication	11 (9.32%)	328 (7.87%)
- Nausea	27 (22.9%)	616 (14.8%)
- Others	24 (20.3%)	1062 (25.5%)
no answer	39 (9.44%)	779 (6.00%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	297 (73.9%)	9694 (76.9%)
Drinks per patient & day (l)	0.53	0.36
Patients with supplements	33 (8.21%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	317 (78.9%)	7866 (62.4%)
Milk	14 (3.48%)	2359 (18.7%)
Fruit juice	44 (10.9%)	3495 (27.7%)
Tea, coffee	205 (51.0%)	4645 (36.9%)
Soft drinks	34 (8.46%)	1270 (10.1%)
<b>Lunch intake (n):</b>		
 All	149 (37.1%)	5279 (41.9%)
 1/2	123 (30.6%)	3261 (25.9%)
 1/4	64 (15.9%)	1911 (15.2%)
 Nothing	63 (15.7%)	1878 (14.9%)
? No answer	3 (0.75%)	274 (2.17%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	69 (27.3%)	2255 (30.8%)
I had nausea / vomiting	19 (7.51%)	587 (8.01%)
I was not allowed to eat	15 (5.93%)	660 (9.01%)
I can not eat without help	9 (3.56%)	110 (1.50%)
I had an examination / surgery	29 (11.5%)	458 (6.25%)
I ordered a smaller portion	6 (2.37%)	146 (1.99%)
I was tired	9 (3.56%)	349 (4.77%)
I normally eat less	26 (10.3%)	544 (7.43%)
I did not like the smell	10 (3.95%)	242 (3.30%)
I did not like the taste	45 (17.8%)	936 (12.8%)



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

Yes	146 (35.4%)	4047 (31.1%)
No	224 (54.2%)	7833 (60.3%)
No answer	32 (7.75%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	61 (41.8%)	1241 (30.7%)
Fresh fruits	54 (37.0%)	1527 (37.7%)
Sandwiches	5 (3.42%)	369 (9.12%)
Dairy products	10 (6.85%)	583 (14.4%)
Preferred dish	17 (11.6%)	406 (10.0%)
Sweets	55 (37.7%)	659 (16.3%)
Fruit Juice	10 (6.85%)	675 (16.7%)
Others	18 (12.3%)	885 (21.9%)

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

Yes	250 (60.5%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires