nutritionDay WORLDWIDE

Country Report

nutritionDay November 2014 in SPAIN

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:	17
Number of patients on nutritionDay:	339
Number of patients completing Sheet 3a:	323
Number of patients completing Sheet 3b:	309

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

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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]

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I. DESCRIPTION OF THE UNIT ("Sheet 1"):

	712 units, 14603 patients	
	YOUR RESULTS	**REFERENCE ND-14**
Number of beds (n):		
Actual	34 ± 35	32 ± 33
Maximum	43 ± 33	39 ± 51
Number of patients on the nutritionDay (n):		
Total	339	14603
Did not give consent	12 (3.54%)	1038 (7.11%)
Needed help completing form	186 (54.9%)	8417 (57.6%)
Terminally ill	24 (7.08%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	1 (5.88%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	10 (58.8%)	70 (9.83%)
Internal medicine / cardiology	-	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	1 (5.88%)	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 (5.88%)	13 (1.83%)
General surgery	2 (11.8%)	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 (11.8%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	2.12 ± 1.69	5.99 ± 7.60
Physicians per patient	0.11 ± 0.15	0.19 ± 0.22
Consultants	2.29 ± 2.97	2.80 ± 5.81
Consultants per patient	0.04 ± 0.07	0.08 ± 0.16
Registrars	0.65 ± 1.06	2.77 ± 10.24
Registrars per patient	0.02 ± 0.03	0.06 ± 0.13
Nurses	5.65 ± 4.21	9.02 ± 9.73
Nurses per patient	0.16 ± 0.12	0.27 ± 0.27
Nursing aides	4.71 ± 5.03	4.76 ± 13.73

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Nursing aides per patient	0.10 ± 0.10	0.11 ± 0.20
Dieticians and dietetic assistants	1.18 ± 2.86	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.14 ± 0.53	0.04 ± 0.04

Nutrition Care:

Nutrition Team	14 units (82%) Yes	556 units (78%) Yes
Written procedures		
- individual	9 units (53%) Yes	439 units (62%) Yes
- local	9 units (53%) Yes	287 units (40%) Yes
- national	2 units (12%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	12 units (71%) Yes	534 units (75%) Yes
When requested	5 units (29%) Yes	377 units (53%) Yes
Once a week	7 units (41%) Yes	278 units (39%) Yes
Occasionally	2 units (12%) 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	339	14603
Patients who completed sheet 3a	323 (95.3%)	12993 (89.0%)
Patients who completed sheet 3b	309 (91.2%)	12603 (86.3%)
Demographic data:		
Age (years)	67 [20-96]	67 [1-110]
Female gender	155 (45.7%)	7396 (50.6%)
Weight (kg)	70.7 ± 14.6	70.1 ± 20.6
Height (cm)	163.9 ± 8.8	164.4 ± 12.9
BMI (kg/m^2)	26.0 ± 5.0	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	20 (5.90%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	36 (10.6%)	1198 (8.20%)
Postoperative patients	95 (28.0%)	3544 (24.3%)
Length of stay in Hospital (days):	12 [1-97]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	15 (4.42%)	1571 (10.8%)
Transferred to another hospital	2 (0.59%)	400 (2.74%)
Transferred to long-term care	5 (1.47%)	774 (5.30%)
Rehabilitation	7 (2.06%)	535 (3.66%)
Discharge home	231 (68.1%)	10301 (70.5%)
Death	17 (5.01%)	505 (3.46%)
Others	7 (2.06%)	218 (1.49%)
Missing	55 (16.2%)	299 (2.05%)
Readmitted (n):	42 (12.4%)	1255 (8.59%)

Results in percent referring to the total number of patients

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II. YOUR PATIENTS ("Sheet 2"):

	712 units, 14603 patients	
	YOUR RESULTS	**REFERENCE ND-14**
Nutrition therapy (n)*:		
Enteral nutrition	23 (6.78%)	861 (5.90%)
Parenteral nutrition	8 (2.36%)	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	142 (41.9%)	4371 (29.9%)
Protein supplement	28 (8.26%)	1555 (10.6%)
Hospital food	127 (37.5%)	8212 (56.2%)
Others	33 (9.73%)	774 (5.30%)
Missing	-	517 (3.54%)
Lines & tubes (n)*:		
None	227 (67.0%)	9592 (65.7%)
Centralvenous	27 (7.96%)	1025 (7.02%)
Nasogastric tube	11 (3.24%)	386 (2.64%)
Any other (PEG, PEJ, ...)	74 (21.8%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	12 (3.54%)	1961 (13.4%)
Eye, ear	-	265 (1.81%)
Nose, throat	9 (2.65%)	296 (2.03%)
Heart, circulation	18 (5.31%)	2966 (20.3%)
Lung	50 (14.7%)	2175 (14.9%)
Liver	13 (3.83%)	674 (4.62%)
Gastrointestinal tract	41 (12.1%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	54 (15.9%)	2151 (14.7%)
Endocrine system	6 (1.77%)	1109 (7.59%)
Skeleton, bone, muscle	58 (17.1%)	2645 (18.1%)
Blood, bone marrow	19 (5.60%)	631 (4.32%)
Skin	20 (5.90%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	144 (42.5%)	1957 (13.4%)
Infection	10 (2.95%)	934 (6.40%)
Pregnancy	4 (1.18%)	106 (0.73%)
Others	16 (4.72%)	914 (6.26%)
No affected organ	1 (0.29%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	65 (19.2%)	3064 (21.0%)
Stroke	11 (3.24%)	907 (6.21%)
COPD	20 (5.90%)	1117 (7.65%)
Myocardial infarction	7 (2.06%)	537 (3.68%)
Cardiac insufficiency	43 (12.7%)	1757 (12.0%)
Others	128 (37.8%)	5885 (40.3%)
No comorbidity	122 (36.0%)	5127 (35.1%)

Results in percent referring to the total number of patients

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	712 units, 14603 patients	
	YOUR RESULTS	**REFERENCE ND-14**
Weight loss within the last 3 months (n):		
Total of patients answering	306 (94.7%)	12546 (96.6%)
Yes	170 (52.6%)	5548 (42.7%)
No	107 (33.1%)	4958 (38.2%)
No, I've gained weight	16 (4.95%)	1013 (7.80%)
I don't know	13 (4.02%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	170 (52.6%)	5548 (42.7%)
0-4 kg	68 (21.1%)	2434 (18.7%)
5-8 kg	33 (10.2%)	1007 (7.75%)
> 8 kg	42 (13.0%)	1378 (10.6%)
Not sure	25 (7.74%)	634 (4.88%)
Missing	2 (0.62%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	131 (40.6%)	6236 (48.0%)
A bit less than normal	75 (23.2%)	2728 (21.0%)
Less than half of normal	53 (16.4%)	1935 (14.9%)
Less than a quarter to nearly nothing	52 (16.1%)	1606 (12.4%)
Missing	12 (3.72%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	183 (56.7%)	6184 (47.6%)
Loss of appetite	96 (29.7%)	3308 (25.5%)
Problems with swallowing, mastication	27 (8.36%)	611 (4.70%)
Nausea	26 (8.05%)	985 (7.58%)
Other reasons	58 (18.0%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	196 (60.7%)	7370 (56.7%)
No, only with assistance	71 (22.0%)	3695 (28.4%)
No, I stay in bed	47 (14.6%)	1530 (11.8%)
Missing	9 (2.79%)	398 (3.06%)
"In general would you say your health is"(n):		
Excellent	14 (4.33%)	477 (3.67%)
Very good	21 (6.50%)	1178 (9.07%)
Good	77 (23.8%)	4089 (31.5%)
Fair	142 (44.0%)	4393 (33.8%)
Poor	57 (17.6%)	2288 (17.6%)
Missing	12 (3.72%)	568 (4.37%)

Results in percent referring to the total number of patients answering

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	712 units, 14603 patients	
	YOUR RESULTS	**REFERENCE ND-14**

Hospital food intake:

„Is your appetite normal?" (n):

	YOUR RESULTS	REFERENCE ND-14
Yes	165 (51.1%)	7656 (58.9%)
No	122 (37.8%)	4168 (32.1%)
- I was not hungry	75 (61.5%)	2155 (51.7%)
- Problems with swallowing / mastication	11 (9.02%)	328 (7.87%)
- Nausea	16 (13.1%)	616 (14.8%)
- Others	23 (18.9%)	1062 (25.5%)
no answer	22 (6.81%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	231 (74.8%)	9694 (76.9%)
Drinks per patient & day (l)	0.39	0.36
Patients with supplements	29 (9.39%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	200 (64.7%)	7866 (62.4%)
Milk	82 (26.5%)	2359 (18.7%)
Fruit juice	107 (34.6%)	3495 (27.7%)
Tea, coffee	49 (15.9%)	4645 (36.9%)
Soft drinks	15 (4.85%)	1270 (10.1%)

Lunch intake (n):

All	99 (32.0%)	5279 (41.9%)
1/2	98 (31.7%)	3261 (25.9%)
1/4	49 (15.9%)	1911 (15.2%)
Nothing	61 (19.7%)	1878 (14.9%)
? No answer	2 (0.65%)	274 (2.17%)

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

I was not hungry	76 (36.2%)	2255 (30.8%)
I had nausea / vomiting	16 (7.62%)	587 (8.01%)
I was not allowed to eat	30 (14.3%)	660 (9.01%)
I can not eat without help	1 (0.48%)	110 (1.50%)
I had an examination / surgery	14 (6.67%)	458 (6.25%)
I ordered a smaller portion	-	146 (1.99%)
I was tired	5 (2.38%)	349 (4.77%)
I normally eat less	4 (1.90%)	544 (7.43%)
I did not like the smell	7 (3.33%)	242 (3.30%)
I did not like the taste	30 (14.3%)	936 (12.8%)

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

Yes	70 (21.7%)	4047 (31.1%)
No	227 (70.3%)	7833 (60.3%)
No answer	12 (3.72%)	723 (5.56%)

„What do you eat?" (n)*:

Cakes, biscuits	16 (22.9%)	1241 (30.7%)
Fresh fruits	27 (38.6%)	1527 (37.7%)
Sandwiches	8 (11.4%)	369 (9.12%)
Dairy products	8 (11.4%)	583 (14.4%)
Preferred dish	7 (10.0%)	406 (10.0%)
Sweets	10 (14.3%)	659 (16.3%)
Fruit Juice	8 (11.4%)	675 (16.7%)
Others	12 (17.1%)	885 (21.9%)

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

Yes	229 (70.9%)	8720 (67.1%)

Results referring to the total number of completed questionnaires