



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in CROATIA

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:	41
Number of patients on nutritionDay:	480
Number of patients completing Sheet 3a:	478
Number of patients completing Sheet 3b:	468

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	25 ± 21	32 ± 33
Maximum	34 ± 39	39 ± 51
Number of patients on the nutritionDay (n):		
Total	480	14603
Did not give consent	1 (0.21%)	1038 (7.11%)
Needed help completing form	436 (90.8%)	8417 (57.6%)
Terminally ill	16 (3.33%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	4 (9.76%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	1 (2.44%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	6 (14.6%)	70 (9.83%)
Internal medicine / cardiology	1 (2.44%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	18 (43.9%)	27 (3.79%)
Neurology	2 (4.88%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	3 (7.32%)	90 (12.6%)
Cardiothoracic surgery	1 (2.44%)	9 (1.26%)
Orthopedic surgery	1 (2.44%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	1 (2.44%)	10 (1.40%)
Long-term-care	1 (2.44%)	11 (1.54%)
Others	2 (4.88%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	8.93 ± 9.16	5.99 ± 7.60
Physicians per patient	0.31 ± 0.15	0.19 ± 0.22
Consultants	0.43 ± 0.98	2.80 ± 5.81
Consultants per patient	0.02 ± 0.05	0.08 ± 0.16
Registrars	1.27 ± 1.32	2.77 ± 10.24
Registrars per patient	0.04 ± 0.04	0.06 ± 0.13
Nurses	11.44 ± 14.68	9.02 ± 9.73
Nurses per patient	0.40 ± 0.24	0.27 ± 0.27
Nursing aides	1.59 ± 2.36	4.76 ± 13.73

Nursing aides per patient	0.05 ± 0.05	0.11 ± 0.20
Dieticians and dietetic assistants	0.39 ± 0.66	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.01 ± 0.03	0.04 ± 0.04

Nutrition Care:

Nutrition Team	37 units (90%) Yes	556 units (78%) Yes
Written procedures		
- individual	37 units (90%) Yes	439 units (62%) Yes
- local	17 units (41%) Yes	287 units (40%) Yes
- national	35 units (85%) Yes	314 units (44%) Yes
- other	22 units (54%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	36 units (88%) Yes	534 units (75%) Yes
When requested	8 units (20%) Yes	377 units (53%) Yes
Once a week	9 units (22%) Yes	278 units (39%) Yes
Occasionally	2 units (05%) Yes	77 units (11%) Yes
Never	1 units (02%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	480	14603
Patients who completed sheet 3a	478 (99.6%)	12993 (89.0%)
Patients who completed sheet 3b	468 (97.5%)	12603 (86.3%)
Demographic data:		
Age (years)	41 [1-94]	67 [1-110]
Female gender	228 (47.5%)	7396 (50.6%)
Weight (kg)	59.8 ± 28.6	70.1 ± 20.6
Height (cm)	152.4 ± 33.0	164.4 ± 12.9
BMI (kg/m ²)	22.5 ± 6.0	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	57 (11.9%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	54 (11.3%)	1198 (8.20%)
Postoperative patients	116 (24.2%)	3544 (24.3%)
Length of stay in Hospital (days):	10 [1-80]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	37 (7.71%)	1571 (10.8%)
Transferred to another hospital	5 (1.04%)	400 (2.74%)
Transferred to long-term care	7 (1.46%)	774 (5.30%)
Rehabilitation	1 (0.21%)	535 (3.66%)
Discharge home	352 (73.3%)	10301 (70.5%)
Death	5 (1.04%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	73 (15.2%)	299 (2.05%)
Readmitted (n):	50 (10.4%)	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 (4.79%)	861 (5.90%)
Parenteral nutrition	14 (2.92%)	467 (3.20%)
Enteral + parenteral nutrition	7 (1.46%)	91 (0.62%)
Special diet	89 (18.5%)	4371 (29.9%)
Protein supplement	4 (0.83%)	1555 (10.6%)
Hospital food	358 (74.6%)	8212 (56.2%)
Others	75 (15.6%)	774 (5.30%)
Missing	15 (3.13%)	517 (3.54%)
Lines & tubes (n)*:		
None	434 (90.4%)	9592 (65.7%)
Centralvenous	16 (3.33%)	1025 (7.02%)
Nasogastric tube	5 (1.04%)	386 (2.64%)
Any other (PEG, PEJ, ...)	25 (5.21%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	37 (7.71%)	1961 (13.4%)
Eye, ear	3 (0.63%)	265 (1.81%)
Nose, throat	9 (1.88%)	296 (2.03%)
Heart, circulation	61 (12.7%)	2966 (20.3%)
Lung	48 (10.0%)	2175 (14.9%)
Liver	26 (5.42%)	674 (4.62%)
Gastrointestinal tract	100 (20.8%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	75 (15.6%)	2151 (14.7%)
Endocrine system	10 (2.08%)	1109 (7.59%)
Skeleton, bone, muscle	48 (10.0%)	2645 (18.1%)
Blood, bone marrow	2 (0.42%)	631 (4.32%)
Skin	11 (2.29%)	576 (3.94%)
Ischaemia	6 (1.25%)	116 (0.79%)
Cancer	56 (11.7%)	1957 (13.4%)
Infection	2 (0.42%)	934 (6.40%)
Pregnancy	14 (2.92%)	106 (0.73%)
Others	14 (2.92%)	914 (6.26%)
No affected organ	118 (24.6%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	54 (11.3%)	3064 (21.0%)
Stroke	8 (1.67%)	907 (6.21%)
COPD	13 (2.71%)	1117 (7.65%)
Myocardial infarction	10 (2.08%)	537 (3.68%)
Cardiac insufficiency	18 (3.75%)	1757 (12.0%)
Others	15 (3.13%)	5885 (40.3%)
No comorbidity	378 (78.8%)	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	466 (97.5%)	12546 (96.6%)
Yes	200 (41.8%)	5548 (42.7%)
No	208 (43.5%)	4958 (38.2%)
No, I've gained weight	39 (8.16%)	1013 (7.80%)
I don't know	19 (3.97%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	200 (41.8%)	5548 (42.7%)
0-4 kg	125 (26.2%)	2434 (18.7%)
5-8 kg	33 (6.90%)	1007 (7.75%)
> 8 kg	33 (6.90%)	1378 (10.6%)
Not sure	9 (1.88%)	634 (4.88%)
Missing	-	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	327 (68.4%)	6236 (48.0%)
A bit less than normal	80 (16.7%)	2728 (21.0%)
Less than half of normal	29 (6.07%)	1935 (14.9%)
Less than a quarter to nearly nothing	23 (4.81%)	1606 (12.4%)
Missing	19 (3.97%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	118 (24.7%)	6184 (47.6%)
Loss of appetite	55 (11.5%)	3308 (25.5%)
Problems with swallowing, mastication	10 (2.09%)	611 (4.70%)
Nausea	12 (2.51%)	985 (7.58%)
Other reasons	58 (12.1%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	356 (74.5%)	7370 (56.7%)
No, only with assistance	78 (16.3%)	3695 (28.4%)
No, I stay in bed	34 (7.11%)	1530 (11.8%)
Missing	10 (2.09%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	33 (6.90%)	477 (3.67%)
Very good	76 (15.9%)	1178 (9.07%)
Good	257 (53.8%)	4089 (31.5%)
Fair	32 (6.69%)	4393 (33.8%)
Poor	61 (12.8%)	2288 (17.6%)
Missing	19 (3.97%)	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	355 (74.3%)	7656 (58.9%)
No	102 (21.3%)	4168 (32.1%)
- I was not hungry	69 (67.6%)	2155 (51.7%)
- Problems with swallowing / mastication	7 (6.86%)	328 (7.87%)
- Nausea	10 (9.80%)	616 (14.8%)
- Others	15 (14.7%)	1062 (25.5%)
no answer	11 (2.30%)	779 (6.00%)


Fluid and supplement intake (n):

Patients with fluid intake	343 (73.3%)	9694 (76.9%)
Drinks per patient & day (l)	0.43	0.36
Patients with supplements	65 (13.9%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	350 (74.8%)	7866 (62.4%)
Milk	108 (23.1%)	2359 (18.7%)
Fruit juice	146 (31.2%)	3495 (27.7%)
Tea, coffee	210 (44.9%)	4645 (36.9%)
Soft drinks	42 (8.97%)	1270 (10.1%)

Lunch intake (n):

 All	229 (48.9%)	5279 (41.9%)
 1/2	111 (23.7%)	3261 (25.9%)
 1/4	51 (10.9%)	1911 (15.2%)
 Nothing	72 (15.4%)	1878 (14.9%)
? No answer	5 (1.07%)	274 (2.17%)

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

I was not hungry	71 (29.7%)	2255 (30.8%)
I had nausea / vomiting	17 (7.11%)	587 (8.01%)
I was not allowed to eat	5 (2.09%)	660 (9.01%)
I can not eat without help	4 (1.67%)	110 (1.50%)
I had an examination / surgery	28 (11.7%)	458 (6.25%)
I ordered a smaller portion	5 (2.09%)	146 (1.99%)
I was tired	12 (5.02%)	349 (4.77%)
I normally eat less	15 (6.28%)	544 (7.43%)
I did not like the smell	21 (8.79%)	242 (3.30%)
I did not like the taste	46 (19.2%)	936 (12.8%)

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

Yes	309 (64.6%)	4047 (31.1%)
No	149 (31.2%)	7833 (60.3%)
No answer	10 (2.09%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	123 (39.8%)	1241 (30.7%)
Fresh fruits	160 (51.8%)	1527 (37.7%)
Sandwiches	34 (11.0%)	369 (9.12%)
Dairy products	80 (25.9%)	583 (14.4%)
Preferred dish	30 (9.71%)	406 (10.0%)
Sweets	65 (21.0%)	659 (16.3%)
Fruit Juice	103 (33.3%)	675 (16.7%)
Others	38 (12.3%)	885 (21.9%)

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

Yes	432 (90.4%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires