



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in ISRAEL**

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:	11
Number of patients on nutritionDay:	349
Number of patients completing Sheet 3a:	246
Number of patients completing Sheet 3b:	234

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	34 ± 7	32 ± 33
Maximum	42 ± 12	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	349	14603
Did not give consent	32 (9.17%)	1038 (7.11%)
Needed help completing form	152 (43.6%)	8417 (57.6%)
Terminally ill	12 (3.44%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	7 (63.6%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	-	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	-	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	1 (9.09%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	1 (9.09%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	2 (18.2%)	45 (6.32%)
Trauma	-	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	10.91 ± 5.20	5.99 ± 7.60
Physicians per patient	0.29 ± 0.20	0.19 ± 0.22
Consultants	5.09 ± 6.12	2.80 ± 5.81
Consultants per patient	0.14 ± 0.19	0.08 ± 0.16
Registrars	2.80 ± 4.66	2.77 ± 10.24
Registrars per patient	0.09 ± 0.17	0.06 ± 0.13
Nurses	11.55 ± 7.59	9.02 ± 9.73
Nurses per patient	0.32 ± 0.29	0.27 ± 0.27
Nursing aides	3.45 ± 1.92	4.76 ± 13.73

Nursing aides per patient	0.09 ± 0.07	0.11 ± 0.20
Dieticians and dietetic assistants	1.68 ± 1.31	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.05 ± 0.04	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	9 units (82%) Yes	556 units (78%) Yes
Written procedures		
- individual	10 units (91%) Yes	439 units (62%) Yes
- local	9 units (82%) Yes	287 units (40%) Yes
- national	7 units (64%) Yes	314 units (44%) Yes
- other	3 units (27%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	7 units (64%) Yes	534 units (75%) Yes
When requested	7 units (64%) Yes	377 units (53%) Yes
Once a week	3 units (27%) Yes	278 units (39%) Yes
Occasionally	- units (00%) 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	349	14603
Patients who completed sheet 3a	246 (70.5%)	12993 (89.0%)
Patients who completed sheet 3b	234 (67.0%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	75 [17-105]	67 [1-110]
Female gender	173 (49.6%)	7396 (50.6%)
Weight (kg)	72.8 ± 16.1	70.1 ± 20.6
Height (cm)	165.7 ± 9.5	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	26.6 ± 5.4	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	11 (3.15%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	13 (3.72%)	1198 (8.20%)
Postoperative patients	43 (12.3%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	9 [1-103]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	14 (4.01%)	1571 (10.8%)
Transferred to another hospital	12 (3.44%)	400 (2.74%)
Transferred to long-term care	16 (4.58%)	774 (5.30%)
Rehabilitation	2 (0.57%)	535 (3.66%)
Discharge home	161 (46.1%)	10301 (70.5%)
Death	13 (3.72%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	131 (37.5%)	299 (2.05%)
<b>Readmitted (n):</b>	35 (10.0%)	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	64 (18.3%)	861 (5.90%)
Parenteral nutrition	13 (3.72%)	467 (3.20%)
Enteral + parenteral nutrition	1 (0.29%)	91 (0.62%)
Special diet	58 (16.6%)	4371 (29.9%)
Protein supplement	30 (8.60%)	1555 (10.6%)
Hospital food	185 (53.0%)	8212 (56.2%)
Others	15 (4.30%)	774 (5.30%)
Missing	3 (0.86%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	151 (43.3%)	9592 (65.7%)
Centralvenous	13 (3.72%)	1025 (7.02%)
Nasogastric tube	27 (7.74%)	386 (2.64%)
Any other (PEG, PEJ, ...)	158 (45.3%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	93 (26.6%)	1961 (13.4%)
Eye, ear	18 (5.16%)	265 (1.81%)
Nose, throat	2 (0.57%)	296 (2.03%)
Heart, circulation	170 (48.7%)	2966 (20.3%)
Lung	76 (21.8%)	2175 (14.9%)
Liver	12 (3.44%)	674 (4.62%)
Gastrointestinal tract	64 (18.3%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	71 (20.3%)	2151 (14.7%)
Endocrine system	64 (18.3%)	1109 (7.59%)
Skeleton, bone, muscle	84 (24.1%)	2645 (18.1%)
Blood, bone marrow	31 (8.88%)	631 (4.32%)
Skin	27 (7.74%)	576 (3.94%)
Ischaemia	19 (5.44%)	116 (0.79%)
Cancer	21 (6.02%)	1957 (13.4%)
Infection	40 (11.5%)	934 (6.40%)
Pregnancy	1 (0.29%)	106 (0.73%)
Others	26 (7.45%)	914 (6.26%)
No affected organ	2 (0.57%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	126 (36.1%)	3064 (21.0%)
Stroke	57 (16.3%)	907 (6.21%)
COPD	36 (10.3%)	1117 (7.65%)
Myocardial infarction	23 (6.59%)	537 (3.68%)
Cardiac insufficiency	65 (18.6%)	1757 (12.0%)
Others	150 (43.0%)	5885 (40.3%)
No comorbidity	75 (21.5%)	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	234 (95.1%)	12546 (96.6%)
Yes	101 (41.1%)	5548 (42.7%)
No	84 (34.1%)	4958 (38.2%)
No, I've gained weight	14 (5.69%)	1013 (7.80%)
I don't know	35 (14.2%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	101 (41.1%)	5548 (42.7%)
0-4 kg	47 (19.1%)	2434 (18.7%)
5-8 kg	13 (5.28%)	1007 (7.75%)
> 8 kg	28 (11.4%)	1378 (10.6%)
Not sure	13 (5.28%)	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	93 (37.8%)	6236 (48.0%)
A bit less than normal	41 (16.7%)	2728 (21.0%)
Less than half of normal	45 (18.3%)	1935 (14.9%)
Less than a quarter to nearly nothing	54 (22.0%)	1606 (12.4%)
Missing	13 (5.28%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	154 (62.6%)	6184 (47.6%)
Loss of appetite	82 (33.3%)	3308 (25.5%)
Problems with swallowing, mastication	16 (6.50%)	611 (4.70%)
Nausea	24 (9.76%)	985 (7.58%)
Other reasons	54 (22.0%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	106 (43.1%)	7370 (56.7%)
No, only with assistance	83 (33.7%)	3695 (28.4%)
No, I stay in bed	45 (18.3%)	1530 (11.8%)
Missing	12 (4.88%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	16 (6.50%)	477 (3.67%)
Very good	21 (8.54%)	1178 (9.07%)
Good	51 (20.7%)	4089 (31.5%)
Fair	55 (22.4%)	4393 (33.8%)
Poor	84 (34.1%)	2288 (17.6%)
Missing	19 (7.72%)	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	96 (39.0%)	7656 (58.9%)
No	97 (39.4%)	4168 (32.1%)
- I was not hungry	41 (42.3%)	2155 (51.7%)
- Problems with swallowing / mastication	9 (9.28%)	328 (7.87%)
- Nausea	20 (20.6%)	616 (14.8%)
- Others	28 (28.9%)	1062 (25.5%)
no answer	41 (16.7%)	779 (6.00%)


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

Patients with fluid intake	150 (64.1%)	9694 (76.9%)
Drinks per patient & day (l)	0.65	0.36
Patients with supplements	17 (7.26%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	194 (82.9%)	7866 (62.4%)
Milk	24 (10.3%)	2359 (18.7%)
Fruit juice	38 (16.2%)	3495 (27.7%)
Tea, coffee	108 (46.2%)	4645 (36.9%)
Soft drinks	37 (15.8%)	1270 (10.1%)

##### Lunch intake (n):

 All	44 (18.8%)	5279 (41.9%)
 1/2	78 (33.3%)	3261 (25.9%)
 1/4	65 (27.8%)	1911 (15.2%)
 Nothing	39 (16.7%)	1878 (14.9%)
? No answer	8 (3.42%)	274 (2.17%)

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

I was not hungry	41 (21.6%)	2255 (30.8%)
I had nausea / vomiting	16 (8.42%)	587 (8.01%)
I was not allowed to eat	7 (3.68%)	660 (9.01%)
I can not eat without help	3 (1.58%)	110 (1.50%)
I had an examination / surgery	4 (2.11%)	458 (6.25%)
I ordered a smaller portion	3 (1.58%)	146 (1.99%)
I was tired	9 (4.74%)	349 (4.77%)
I normally eat less	7 (3.68%)	544 (7.43%)
I did not like the smell	13 (6.84%)	242 (3.30%)
I did not like the taste	35 (18.4%)	936 (12.8%)



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

Yes	97 (39.4%)	4047 (31.1%)
No	118 (48.0%)	7833 (60.3%)
No answer	19 (7.72%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	36 (37.1%)	1241 (30.7%)
Fresh fruits	44 (45.4%)	1527 (37.7%)
Sandwiches	19 (19.6%)	369 (9.12%)
Dairy products	13 (13.4%)	583 (14.4%)
Preferred dish	13 (13.4%)	406 (10.0%)
Sweets	9 (9.28%)	659 (16.3%)
Fruit Juice	11 (11.3%)	675 (16.7%)
Others	16 (16.5%)	885 (21.9%)

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

Yes	156 (63.4%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires