



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in INDIA

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:	286
Number of patients completing Sheet 3a:	285
Number of patients completing Sheet 3b:	285

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	52 ± 64	32 ± 33
Maximum	69 ± 77	39 ± 51
Number of patients on the nutritionDay (n):		
Total	286	14603
Did not give consent	1 (0.35%)	1038 (7.11%)
Needed help completing form	201 (70.3%)	8417 (57.6%)
Terminally ill	32 (11.2%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	2 (18.2%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	2 (18.2%)	70 (9.83%)
Internal medicine / cardiology	3 (27.3%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	53 (7.44%)
Internal medicine / nephrology	-	11 (1.54%)
Pediatrics	1 (9.09%)	27 (3.79%)
Neurology	1 (9.09%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	-	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	1 (9.09%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	1 (9.09%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	4.82 ± 5.27	5.99 ± 7.60
Physicians per patient	0.14 ± 0.14	0.19 ± 0.22
Consultants	16.18 ± 16.57	2.80 ± 5.81
Consultants per patient	0.28 ± 0.13	0.08 ± 0.16
Registrars	8.00 ± 9.36	2.77 ± 10.24
Registrars per patient	0.14 ± 0.12	0.06 ± 0.13
Nurses	29.36 ± 27.98	9.02 ± 9.73
Nurses per patient	0.55 ± 0.54	0.27 ± 0.27
Nursing aides	6.80 ± 6.37	4.76 ± 13.73

Nursing aides per patient	0.16 ± 0.14	0.11 ± 0.20
Dieticians and dietetic assistants	2.82 ± 2.23	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.08 ± 0.11	0.04 ± 0.04

Nutrition Care:

Nutrition Team	11 units (100%) Yes	556 units (78%) Yes
Written procedures		
- individual	7 units (64%) Yes	439 units (62%) Yes
- local	- units (00%) Yes	287 units (40%) Yes
- national	5 units (45%) Yes	314 units (44%) Yes
- other	1 units (09%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	11 units (100%) Yes	534 units (75%) Yes
When requested	3 units (27%) Yes	377 units (53%) Yes
Once a week	2 units (18%) 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
Number of patients (n):		
Total	286	14603
Patients who completed sheet 3a	285 (99.7%)	12993 (89.0%)
Patients who completed sheet 3b	285 (99.7%)	12603 (86.3%)
Demographic data:		
Age (years)	56 [1-88]	67 [1-110]
Female gender	114 (39.9%)	7396 (50.6%)
Weight (kg)	62.2 ± 14.9	70.1 ± 20.6
Height (cm)	159.2 ± 12.7	164.4 ± 12.9
BMI (kg/m ²)	24.3 ± 4.8	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	82 (28.7%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	26 (9.09%)	1198 (8.20%)
Postoperative patients	60 (21.0%)	3544 (24.3%)
Length of stay in Hospital (days):	9 [1-311]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	11 (3.85%)	1571 (10.8%)
Transferred to another hospital	1 (0.35%)	400 (2.74%)
Transferred to long-term care	11 (3.85%)	774 (5.30%)
Rehabilitation	-	535 (3.66%)
Discharge home	256 (89.5%)	10301 (70.5%)
Death	3 (1.05%)	505 (3.46%)
Others	4 (1.40%)	218 (1.49%)
Missing	-	299 (2.05%)
Readmitted (n):	34 (11.9%)	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	13 (4.55%)	861 (5.90%)
Parenteral nutrition	-	467 (3.20%)
Enteral + parenteral nutrition	1 (0.35%)	91 (0.62%)
Special diet	93 (32.5%)	4371 (29.9%)
Protein supplement	25 (8.74%)	1555 (10.6%)
Hospital food	247 (86.4%)	8212 (56.2%)
Others	4 (1.40%)	774 (5.30%)
Missing	-	517 (3.54%)
Lines & tubes (n)*:		
None	75 (26.2%)	9592 (65.7%)
Centralvenous	77 (26.9%)	1025 (7.02%)
Nasogastric tube	12 (4.20%)	386 (2.64%)
Any other (PEG, PEJ, ...)	122 (42.7%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	42 (14.7%)	1961 (13.4%)
Eye, ear	3 (1.05%)	265 (1.81%)
Nose, throat	3 (1.05%)	296 (2.03%)
Heart, circulation	99 (34.6%)	2966 (20.3%)
Lung	20 (6.99%)	2175 (14.9%)
Liver	3 (1.05%)	674 (4.62%)
Gastrointestinal tract	12 (4.20%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	23 (8.04%)	2151 (14.7%)
Endocrine system	4 (1.40%)	1109 (7.59%)
Skeleton, bone, muscle	27 (9.44%)	2645 (18.1%)
Blood, bone marrow	5 (1.75%)	631 (4.32%)
Skin	2 (0.70%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	38 (13.3%)	1957 (13.4%)
Infection	14 (4.90%)	934 (6.40%)
Pregnancy	5 (1.75%)	106 (0.73%)
Others	35 (12.2%)	914 (6.26%)
No affected organ	-	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	115 (40.2%)	3064 (21.0%)
Stroke	3 (1.05%)	907 (6.21%)
COPD	13 (4.55%)	1117 (7.65%)
Myocardial infarction	16 (5.59%)	537 (3.68%)
Cardiac insufficiency	39 (13.6%)	1757 (12.0%)
Others	139 (48.6%)	5885 (40.3%)
No comorbidity	48 (16.8%)	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	283 (99.3%)	12546 (96.6%)
Yes	82 (28.8%)	5548 (42.7%)
No	160 (56.1%)	4958 (38.2%)
No, I've gained weight	15 (5.26%)	1013 (7.80%)
I don't know	26 (9.12%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	82 (28.8%)	5548 (42.7%)
0-4 kg	58 (20.4%)	2434 (18.7%)
5-8 kg	10 (3.51%)	1007 (7.75%)
> 8 kg	14 (4.91%)	1378 (10.6%)
Not sure	-	634 (4.88%)
Missing	-	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	191 (67.0%)	6236 (48.0%)
A bit less than normal	50 (17.5%)	2728 (21.0%)
Less than half of normal	33 (11.6%)	1935 (14.9%)
Less than a quarter to nearly nothing	11 (3.86%)	1606 (12.4%)
Missing	-	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	88 (30.9%)	6184 (47.6%)
Loss of appetite	49 (17.2%)	3308 (25.5%)
Problems with swallowing, mastication	13 (4.56%)	611 (4.70%)
Nausea	20 (7.02%)	985 (7.58%)
Other reasons	26 (9.12%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	202 (70.9%)	7370 (56.7%)
No, only with assistance	67 (23.5%)	3695 (28.4%)
No, I stay in bed	16 (5.61%)	1530 (11.8%)
Missing	-	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	18 (6.32%)	477 (3.67%)
Very good	39 (13.7%)	1178 (9.07%)
Good	139 (48.8%)	4089 (31.5%)
Fair	67 (23.5%)	4393 (33.8%)
Poor	17 (5.96%)	2288 (17.6%)
Missing	5 (1.75%)	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	209 (73.3%)	7656 (58.9%)
No	63 (22.1%)	4168 (32.1%)
- I was not hungry	31 (49.2%)	2155 (51.7%)
- Problems with swallowing / mastication	9 (14.3%)	328 (7.87%)
- Nausea	17 (27.0%)	616 (14.8%)
- Others	20 (31.7%)	1062 (25.5%)
no answer	13 (4.56%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	124 (43.5%)	9694 (76.9%)
Drinks per patient & day (l)	0.26	0.36
Patients with supplements	31 (10.9%)	1320 (10.5%)
Supplements per patient & day (l)	0.03	0.03

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

Water	249 (87.4%)	7866 (62.4%)
Milk	212 (74.4%)	2359 (18.7%)
Fruit juice	113 (39.6%)	3495 (27.7%)
Tea, coffee	224 (78.6%)	4645 (36.9%)
Soft drinks	-	1270 (10.1%)

Lunch intake (n):

 All	180 (63.2%)	5279 (41.9%)
 1/2	78 (27.4%)	3261 (25.9%)
 1/4	18 (6.32%)	1911 (15.2%)
 Nothing	9 (3.16%)	1878 (14.9%)
? No answer	-	274 (2.17%)

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

I was not hungry	30 (28.6%)	2255 (30.8%)
I had nausea / vomiting	19 (18.1%)	587 (8.01%)
I was not allowed to eat	3 (2.86%)	660 (9.01%)
I can not eat without help	5 (4.76%)	110 (1.50%)
I had an examination / surgery	4 (3.81%)	458 (6.25%)
I ordered a smaller portion	-	146 (1.99%)
I was tired	9 (8.57%)	349 (4.77%)
I normally eat less	8 (7.62%)	544 (7.43%)
I did not like the smell	2 (1.90%)	242 (3.30%)
I did not like the taste	19 (18.1%)	936 (12.8%)

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

Yes	34 (11.9%)	4047 (31.1%)
No	247 (86.7%)	7833 (60.3%)
No answer	4 (1.40%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	4 (11.8%)	1241 (30.7%)
Fresh fruits	20 (58.8%)	1527 (37.7%)
Sandwiches	-	369 (9.12%)
Dairy products	-	583 (14.4%)
Preferred dish	-	406 (10.0%)
Sweets	-	659 (16.3%)
Fruit Juice	3 (8.82%)	675 (16.7%)
Others	1 (2.94%)	885 (21.9%)

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

Yes	199 (69.8%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires