



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in OMAN**

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:	14
Number of patients on nutritionDay:	190
Number of patients completing Sheet 3a:	188
Number of patients completing Sheet 3b:	185

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	21 ± 12	32 ± 33
Maximum	36 ± 14	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	190	14603
Did not give consent	4 (2.11%)	1038 (7.11%)
Needed help completing form	123 (64.7%)	8417 (57.6%)
Terminally ill	30 (15.8%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	7 (50.0%)	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	-	19 (2.67%)
Psychiatry	1 (7.14%)	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	3 (21.4%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	-	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	2 (14.3%)	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	1 (7.14%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.71 ± 3.77	5.99 ± 7.60
Physicians per patient	0.15 ± 0.14	0.19 ± 0.22
Consultants	1.85 ± 0.90	2.80 ± 5.81
Consultants per patient	0.06 ± 0.03	0.08 ± 0.16
Registrars	0.64 ± 1.80	2.77 ± 10.24
Registrars per patient	0.02 ± 0.07	0.06 ± 0.13
Nurses	10.79 ± 3.75	9.02 ± 9.73
Nurses per patient	0.33 ± 0.16	0.27 ± 0.27
Nursing aides	1.15 ± 1.21	4.76 ± 13.73

Nursing aides per patient	0.04 ± 0.05	0.11 ± 0.20
Dieticians and dietetic assistants	1.07 ± 0.62	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.04 ± 0.02	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	11 units (79%) Yes	556 units (78%) Yes
Written procedures		
- individual	9 units (64%) Yes	439 units (62%) Yes
- local	7 units (50%) Yes	287 units (40%) Yes
- national	- units (00%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	7 units (50%) Yes	534 units (75%) Yes
When requested	9 units (64%) Yes	377 units (53%) Yes
Once a week	1 units (07%) Yes	278 units (39%) Yes
Occasionally	1 units (07%) 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	190	14603
Patients who completed sheet 3a	188 (98.9%)	12993 (89.0%)
Patients who completed sheet 3b	185 (97.4%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	39 [15-94]	67 [1-110]
Female gender	101 (53.2%)	7396 (50.6%)
Weight (kg)	64.3 ± 16.9	70.1 ± 20.6
Height (cm)	162.6 ± 9.7	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	24.5 ± 5.8	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	20 (10.5%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	23 (12.1%)	1198 (8.20%)
Postoperative patients	34 (17.9%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	6 [1-165]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	18 (9.47%)	1571 (10.8%)
Transferred to another hospital	3 (1.58%)	400 (2.74%)
Transferred to long-term care	-	774 (5.30%)
Rehabilitation	11 (5.79%)	535 (3.66%)
Discharge home	113 (59.5%)	10301 (70.5%)
Death	4 (2.11%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	41 (21.6%)	299 (2.05%)
<b>Readmitted (n):</b>	22 (11.6%)	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	6 (3.16%)	861 (5.90%)
Parenteral nutrition	-	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	19 (10.0%)	4371 (29.9%)
Protein supplement	-	1555 (10.6%)
Hospital food	143 (75.3%)	8212 (56.2%)
Others	16 (8.42%)	774 (5.30%)
Missing	6 (3.16%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	58 (30.5%)	9592 (65.7%)
Centralvenous	-	1025 (7.02%)
Nasogastric tube	13 (6.84%)	386 (2.64%)
Any other (PEG, PEJ, ...)	119 (62.6%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	15 (7.89%)	1961 (13.4%)
Eye, ear	12 (6.32%)	265 (1.81%)
Nose, throat	1 (0.53%)	296 (2.03%)
Heart, circulation	17 (8.95%)	2966 (20.3%)
Lung	16 (8.42%)	2175 (14.9%)
Liver	25 (13.2%)	674 (4.62%)
Gastrointestinal tract	11 (5.79%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	10 (5.26%)	2151 (14.7%)
Endocrine system	5 (2.63%)	1109 (7.59%)
Skeleton, bone, muscle	18 (9.47%)	2645 (18.1%)
Blood, bone marrow	22 (11.6%)	631 (4.32%)
Skin	2 (1.05%)	576 (3.94%)
Ischaemia	1 (0.53%)	116 (0.79%)
Cancer	1 (0.53%)	1957 (13.4%)
Infection	3 (1.58%)	934 (6.40%)
Pregnancy	17 (8.95%)	106 (0.73%)
Others	32 (16.8%)	914 (6.26%)
No affected organ	22 (11.6%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	34 (17.9%)	3064 (21.0%)
Stroke	4 (2.11%)	907 (6.21%)
COPD	3 (1.58%)	1117 (7.65%)
Myocardial infarction	-	537 (3.68%)
Cardiac insufficiency	5 (2.63%)	1757 (12.0%)
Others	113 (59.5%)	5885 (40.3%)
No comorbidity	41 (21.6%)	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	184 (97.9%)	12546 (96.6%)
Yes	63 (33.5%)	5548 (42.7%)
No	42 (22.3%)	4958 (38.2%)
No, I've gained weight	35 (18.6%)	1013 (7.80%)
I don't know	44 (23.4%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	63 (33.5%)	5548 (42.7%)
0-4 kg	30 (16.0%)	2434 (18.7%)
5-8 kg	7 (3.72%)	1007 (7.75%)
> 8 kg	6 (3.19%)	1378 (10.6%)
Not sure	20 (10.6%)	634 (4.88%)
Missing	-	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	99 (52.7%)	6236 (48.0%)
A bit less than normal	59 (31.4%)	2728 (21.0%)
Less than half of normal	13 (6.91%)	1935 (14.9%)
Less than a quarter to nearly nothing	13 (6.91%)	1606 (12.4%)
Missing	4 (2.13%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	98 (52.1%)	6184 (47.6%)
Loss of appetite	59 (31.4%)	3308 (25.5%)
Problems with swallowing, mastication	9 (4.79%)	611 (4.70%)
Nausea	13 (6.91%)	985 (7.58%)
Other reasons	23 (12.2%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	133 (70.7%)	7370 (56.7%)
No, only with assistance	24 (12.8%)	3695 (28.4%)
No, I stay in bed	27 (14.4%)	1530 (11.8%)
Missing	4 (2.13%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	23 (12.2%)	477 (3.67%)
Very good	26 (13.8%)	1178 (9.07%)
Good	102 (54.3%)	4089 (31.5%)
Fair	20 (10.6%)	4393 (33.8%)
Poor	11 (5.85%)	2288 (17.6%)
Missing	6 (3.19%)	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	118 (62.8%)	7656 (58.9%)
No	56 (29.8%)	4168 (32.1%)
- I was not hungry	9 (16.1%)	2155 (51.7%)
- Problems with swallowing / mastication	8 (14.3%)	328 (7.87%)
- Nausea	19 (33.9%)	616 (14.8%)
- Others	12 (21.4%)	1062 (25.5%)
no answer	11 (5.85%)	779 (6.00%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	176 (95.1%)	9694 (76.9%)
Drinks per patient & day (l)	0.68	0.36
Patients with supplements	60 (32.4%)	1320 (10.5%)
Supplements per patient & day (l)	0.12	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	169 (91.4%)	7866 (62.4%)
Milk	94 (50.8%)	2359 (18.7%)
Fruit juice	101 (54.6%)	3495 (27.7%)
Tea, coffee	58 (31.4%)	4645 (36.9%)
Soft drinks	7 (3.78%)	1270 (10.1%)
<b>Lunch intake (n):</b>		
 All	33 (17.8%)	5279 (41.9%)
 1/2	58 (31.4%)	3261 (25.9%)
 1/4	63 (34.1%)	1911 (15.2%)
 Nothing	29 (15.7%)	1878 (14.9%)
? No answer	2 (1.08%)	274 (2.17%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	16 (10.5%)	2255 (30.8%)
I had nausea / vomiting	15 (9.87%)	587 (8.01%)
I was not allowed to eat	11 (7.24%)	660 (9.01%)
I can not eat without help	-	110 (1.50%)
I had an examination / surgery	-	458 (6.25%)
I ordered a smaller portion	3 (1.97%)	146 (1.99%)
I was tired	9 (5.92%)	349 (4.77%)
I normally eat less	12 (7.89%)	544 (7.43%)
I did not like the smell	5 (3.29%)	242 (3.30%)
I did not like the taste	16 (10.5%)	936 (12.8%)



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

Yes	53 (28.2%)	4047 (31.1%)
No	125 (66.5%)	7833 (60.3%)
No answer	7 (3.72%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	5 (9.43%)	1241 (30.7%)
Fresh fruits	21 (39.6%)	1527 (37.7%)
Sandwiches	15 (28.3%)	369 (9.12%)
Dairy products	10 (18.9%)	583 (14.4%)
Preferred dish	8 (15.1%)	406 (10.0%)
Sweets	5 (9.43%)	659 (16.3%)
Fruit Juice	17 (32.1%)	675 (16.7%)
Others	6 (11.3%)	885 (21.9%)

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

Yes	129 (68.6%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires