



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in PORTUGAL

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:	21
Number of patients on nutritionDay:	840
Number of patients completing Sheet 3a:	586
Number of patients completing Sheet 3b:	561

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	54 ± 56	32 ± 33
Maximum	58 ± 57	39 ± 51
Number of patients on the nutritionDay (n):		
Total	840	14603
Did not give consent	141 (16.8%)	1038 (7.11%)
Needed help completing form	475 (56.5%)	8417 (57.6%)
Terminally ill	99 (11.8%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	4 (19.0%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	1 (4.76%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	6 (28.6%)	70 (9.83%)
Internal medicine / cardiology	1 (4.76%)	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	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	2 (9.52%)	90 (12.6%)
Cardiothoracic surgery	1 (4.76%)	9 (1.26%)
Orthopedic surgery	1 (4.76%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	-	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	5 (23.8%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	11.14 ± 14.29	5.99 ± 7.60
Physicians per patient	0.21 ± 0.18	0.19 ± 0.22
Consultants	0.52 ± 1.44	2.80 ± 5.81
Consultants per patient	0.01 ± 0.01	0.08 ± 0.16
Registrars	10.95 ± 20.99	2.77 ± 10.24
Registrars per patient	0.22 ± 0.35	0.06 ± 0.13
Nurses	17.90 ± 21.67	9.02 ± 9.73
Nurses per patient	0.49 ± 0.93	0.27 ± 0.27
Nursing aides	6.62 ± 7.79	4.76 ± 13.73

Nursing aides per patient	0.19 ± 0.31	0.11 ± 0.20
Dieticians and dietetic assistants	3.24 ± 2.47	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.09 ± 0.10	0.04 ± 0.04

Nutrition Care:

Nutrition Team	20 units (95%) Yes	556 units (78%) Yes
Written procedures		
- individual	13 units (62%) Yes	439 units (62%) Yes
- local	10 units (48%) Yes	287 units (40%) Yes
- national	6 units (29%) Yes	314 units (44%) Yes
- other	1 units (05%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	14 units (67%) Yes	534 units (75%) Yes
When requested	13 units (62%) Yes	377 units (53%) Yes
Once a week	8 units (38%) Yes	278 units (39%) Yes
Occasionally	3 units (14%) 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	840	14603
Patients who completed sheet 3a	586 (69.8%)	12993 (89.0%)
Patients who completed sheet 3b	561 (66.8%)	12603 (86.3%)
Demographic data:		
Age (years)	69 [19-99]	67 [1-110]
Female gender	407 (48.5%)	7396 (50.6%)
Weight (kg)	68.9 ± 15.1	70.1 ± 20.6
Height (cm)	163.1 ± 9.1	164.4 ± 12.9
BMI (kg/m ²)	25.9 ± 5.3	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	52 (6.19%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	42 (5.00%)	1198 (8.20%)
Postoperative patients	173 (20.6%)	3544 (24.3%)
Length of stay in Hospital (days):	14 [1-214]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	84 (10.0%)	1571 (10.8%)
Transferred to another hospital	13 (1.55%)	400 (2.74%)
Transferred to long-term care	15 (1.79%)	774 (5.30%)
Rehabilitation	8 (0.95%)	535 (3.66%)
Discharge home	580 (69.0%)	10301 (70.5%)
Death	95 (11.3%)	505 (3.46%)
Others	7 (0.83%)	218 (1.49%)
Missing	38 (4.52%)	299 (2.05%)
Readmitted (n):	50 (5.95%)	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	28 (3.33%)	861 (5.90%)
Parenteral nutrition	10 (1.19%)	467 (3.20%)
Enteral + parenteral nutrition	-	91 (0.62%)
Special diet	196 (23.3%)	4371 (29.9%)
Protein supplement	41 (4.88%)	1555 (10.6%)
Hospital food	531 (63.2%)	8212 (56.2%)
Others	60 (7.14%)	774 (5.30%)
Missing	54 (6.43%)	517 (3.54%)
Lines & tubes (n)*:		
None	510 (60.7%)	9592 (65.7%)
Centralvenous	69 (8.21%)	1025 (7.02%)
Nasogastric tube	43 (5.12%)	386 (2.64%)
Any other (PEG, PEJ, ...)	218 (26.0%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	79 (9.40%)	1961 (13.4%)
Eye, ear	5 (0.60%)	265 (1.81%)
Nose, throat	8 (0.95%)	296 (2.03%)
Heart, circulation	94 (11.2%)	2966 (20.3%)
Lung	118 (14.0%)	2175 (14.9%)
Liver	26 (3.10%)	674 (4.62%)
Gastrointestinal tract	114 (13.6%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	107 (12.7%)	2151 (14.7%)
Endocrine system	23 (2.74%)	1109 (7.59%)
Skeleton, bone, muscle	71 (8.45%)	2645 (18.1%)
Blood, bone marrow	36 (4.29%)	631 (4.32%)
Skin	15 (1.79%)	576 (3.94%)
Ischaemia	12 (1.43%)	116 (0.79%)
Cancer	287 (34.2%)	1957 (13.4%)
Infection	42 (5.00%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	51 (6.07%)	914 (6.26%)
No affected organ	64 (7.62%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	183 (21.8%)	3064 (21.0%)
Stroke	77 (9.17%)	907 (6.21%)
COPD	38 (4.52%)	1117 (7.65%)
Myocardial infarction	14 (1.67%)	537 (3.68%)
Cardiac insufficiency	79 (9.40%)	1757 (12.0%)
Others	521 (62.0%)	5885 (40.3%)
No comorbidity	216 (25.7%)	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	568 (96.9%)	12546 (96.6%)
Yes	275 (46.9%)	5548 (42.7%)
No	186 (31.7%)	4958 (38.2%)
No, I've gained weight	29 (4.95%)	1013 (7.80%)
I don't know	78 (13.3%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	275 (46.9%)	5548 (42.7%)
0-4 kg	123 (21.0%)	2434 (18.7%)
5-8 kg	51 (8.70%)	1007 (7.75%)
> 8 kg	63 (10.8%)	1378 (10.6%)
Not sure	37 (6.31%)	634 (4.88%)
Missing	1 (0.17%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	288 (49.1%)	6236 (48.0%)
A bit less than normal	132 (22.5%)	2728 (21.0%)
Less than half of normal	93 (15.9%)	1935 (14.9%)
Less than a quarter to nearly nothing	57 (9.73%)	1606 (12.4%)
Missing	16 (2.73%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	286 (48.8%)	6184 (47.6%)
Loss of appetite	188 (32.1%)	3308 (25.5%)
Problems with swallowing, mastication	24 (4.10%)	611 (4.70%)
Nausea	26 (4.44%)	985 (7.58%)
Other reasons	87 (14.8%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	316 (53.9%)	7370 (56.7%)
No, only with assistance	180 (30.7%)	3695 (28.4%)
No, I stay in bed	74 (12.6%)	1530 (11.8%)
Missing	16 (2.73%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	9 (1.54%)	477 (3.67%)
Very good	17 (2.90%)	1178 (9.07%)
Good	106 (18.1%)	4089 (31.5%)
Fair	208 (35.5%)	4393 (33.8%)
Poor	205 (35.0%)	2288 (17.6%)
Missing	41 (7.00%)	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	390 (66.6%)	7656 (58.9%)
No	135 (23.0%)	4168 (32.1%)
- I was not hungry	94 (69.6%)	2155 (51.7%)
- Problems with swallowing / mastication	12 (8.89%)	328 (7.87%)
- Nausea	21 (15.6%)	616 (14.8%)
- Others	22 (16.3%)	1062 (25.5%)
no answer	36 (6.14%)	779 (6.00%)
Fluid and supplement intake (n):		
Patients with fluid intake	464 (82.7%)	9694 (76.9%)
Drinks per patient & day (l)	0.26	0.36
Patients with supplements	33 (5.88%)	1320 (10.5%)
Supplements per patient & day (l)	0.01	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	456 (81.3%)	7866 (62.4%)
Milk	108 (19.3%)	2359 (18.7%)
Fruit juice	45 (8.02%)	3495 (27.7%)
Tea, coffee	57 (10.2%)	4645 (36.9%)
Soft drinks	2 (0.36%)	1270 (10.1%)
Lunch intake (n):		
 All	247 (44.0%)	5279 (41.9%)
 1/2	162 (28.9%)	3261 (25.9%)
 1/4	96 (17.1%)	1911 (15.2%)
 Nothing	53 (9.45%)	1878 (14.9%)
? No answer	3 (0.53%)	274 (2.17%)
„I did not eat everything because“ (n)*:		
I was not hungry	159 (50.6%)	2255 (30.8%)
I had nausea / vomiting	28 (8.92%)	587 (8.01%)
I was not allowed to eat	7 (2.23%)	660 (9.01%)
I can not eat without help	4 (1.27%)	110 (1.50%)
I had an examination / surgery	14 (4.46%)	458 (6.25%)
I ordered a smaller portion	3 (0.96%)	146 (1.99%)
I was tired	10 (3.18%)	349 (4.77%)
I normally eat less	24 (7.64%)	544 (7.43%)
I did not like the smell	16 (5.10%)	242 (3.30%)
I did not like the taste	48 (15.3%)	936 (12.8%)

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

Yes	207 (35.3%)	4047 (31.1%)
No	318 (54.3%)	7833 (60.3%)
No answer	36 (6.14%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	75 (36.2%)	1241 (30.7%)
Fresh fruits	110 (53.1%)	1527 (37.7%)
Sandwiches	12 (5.80%)	369 (9.12%)
Dairy products	50 (24.2%)	583 (14.4%)
Preferred dish	10 (4.83%)	406 (10.0%)
Sweets	15 (7.25%)	659 (16.3%)
Fruit Juice	47 (22.7%)	675 (16.7%)
Others	32 (15.5%)	885 (21.9%)

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

Yes	493 (84.1%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires