



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in BELGIUM

Dear participant,

Mai 2016

thank you for your participation in nutritionDay worldwide in November 2015 and for your effort. We can finally present you your country report of the following sample size:

Number of units on nutritionDay:	130
Number of patients on nutritionDay:	2299
Number of patients completing Sheet 3a:	2224
Number of patients completing Sheet 3b:	2189

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 in November 2016. 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 2015 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2015.

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 2015 = 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"):

	882 units, 18242 patients	
	YOUR RESULTS	REFERENCE ND-15
Number of beds (n):		
Actual	24 ± 7	26 ± 14
Maximum	27 ± 8	31 ± 15
Number of patients on the nutritionDay (n):		
Total	2299	18242
Did not give consent	50 (2.17%)	1878 (10.3%)
Needed help completing form	1460 (63.5%)	9572 (52.5%)
Terminally ill	58 (2.52%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	5 (3.85%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	14 (10.8%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	10 (7.69%)	72 (8.16%)
Internal medicine / cardiology	4 (3.08%)	52 (5.90%)
Internal medicine / infectious diseases	2 (1.54%)	8 (0.91%)
Internal medicine / geriatrics	36 (27.7%)	65 (7.37%)
Internal medicine / nephrology	3 (2.31%)	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	6 (4.62%)	33 (3.74%)
Psychiatry	4 (3.08%)	13 (1.47%)
Ear Nose Throat (ENT)	2 (1.54%)	20 (2.27%)
General surgery	11 (8.46%)	120 (13.6%)
Cardiothoracic surgery	2 (1.54%)	10 (1.13%)
Orthopedic surgery	4 (3.08%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	1 (0.77%)	3 (0.34%)
Gynecology	1 (0.77%)	15 (1.70%)
Long-term-care	8 (6.15%)	11 (1.25%)
Others	17 (13.1%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	2.94 ± 2.30	5.42 ± 5.91
Physicians per patient	0.11 ± 0.08	0.18 ± 0.18
Consultants	0.29 ± 0.77	2.49 ± 4.49
Consultants per patient	0.01 ± 0.03	0.08 ± 0.16
Registrars	0.94 ± 1.25	1.47 ± 2.99
Registrars per patient	0.04 ± 0.05	0.05 ± 0.10
Nurses	6.15 ± 3.40	7.55 ± 7.10
Nurses per patient	0.23 ± 0.13	0.24 ± 0.21
Nursing aides	1.30 ± 1.01	2.84 ± 3.63

Nursing aides per patient	0.05 ± 0.04	0.09 ± 0.10
Dieticians and dietetic assistants	1.33 ± 0.82	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.05 ± 0.03	0.04 ± 0.05

Nutrition Care:

Nutrition Team	119 units (92%) Yes	724 units (82%) Yes
Written procedures		
- individual	81 units (62%) Yes	605 units (69%) Yes
- local	60 units (46%) Yes	418 units (47%) Yes
- national	49 units (38%) Yes	429 units (49%) Yes
- other	22 units (17%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	102 units (78%) Yes	679 units (77%) Yes
When requested	37 units (28%) Yes	486 units (55%) Yes
Once a week	84 units (65%) Yes	343 units (39%) Yes
Occasionally	10 units (08%) Yes	105 units (12%) Yes
Never	- units (00%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	2299	18242
Patients who completed sheet 3a	2224 (96.7%)	15848 (86.9%)
Patients who completed sheet 3b	2189 (95.2%)	15415 (84.5%)
Demographic data:		
Age (years)	77 [17-110]	68 [1-116]
Female gender	1269 (55.2%)	9222 (50.6%)
Weight (kg)	71.2 ± 18.2	71.9 ± 20.0
Height (cm)	165.8 ± 9.8	165.7 ± 11.7
BMI (kg/m ²)	25.8 ± 6.0	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	226 (9.83%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	158 (6.87%)	1385 (7.59%)
Postoperative patients	539 (23.4%)	4159 (22.8%)
Length of stay in Hospital (days):	15 [1-120]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	278 (12.1%)	1628 (8.92%)
Transferred to another hospital	37 (1.61%)	383 (2.10%)
Transferred to long-term care	270 (11.7%)	1046 (5.73%)
Rehabilitation	80 (3.48%)	730 (4.00%)
Discharge home	1317 (57.3%)	12413 (68.0%)
Death	92 (4.00%)	666 (3.65%)
Others	25 (1.09%)	797 (4.37%)
Missing	200 (8.70%)	579 (3.17%)
Readmitted (n):	206 (8.96%)	2068 (11.3%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Nutrition therapy (n)*:		
Enteral nutrition	178 (7.74%)	1150 (6.30%)
Parenteral nutrition	53 (2.31%)	618 (3.39%)
Enteral + parenteral nutrition	6 (0.26%)	131 (0.72%)
Special diet	422 (18.4%)	4436 (24.3%)
Protein supplement	577 (25.1%)	1913 (10.5%)
Hospital food	1414 (61.5%)	10834 (59.4%)
Others	99 (4.31%)	835 (4.58%)
Missing	64 (2.78%)	1115 (6.11%)
Lines & tubes (n)*:		
None	1646 (71.6%)	11305 (62.0%)
Centralvenous	212 (9.22%)	1299 (7.12%)
Nasogastric tube	22 (0.96%)	335 (1.84%)
Any other (PEG, PEJ, ...)	419 (18.2%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	400 (17.4%)	2365 (13.0%)
Eye, ear	38 (1.65%)	359 (1.97%)
Nose, throat	35 (1.52%)	400 (2.19%)
Heart, circulation	451 (19.6%)	3905 (21.4%)
Lung	335 (14.6%)	2587 (14.2%)
Liver	79 (3.44%)	1061 (5.82%)
Gastrointestinal tract	415 (18.1%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	304 (13.2%)	2618 (14.4%)
Endocrine system	126 (5.48%)	1561 (8.56%)
Skeleton, bone, muscle	532 (23.1%)	3235 (17.7%)
Blood, bone marrow	81 (3.52%)	842 (4.62%)
Skin	72 (3.13%)	711 (3.90%)
Ischaemia	26 (1.13%)	271 (1.49%)
Cancer	257 (11.2%)	2381 (13.1%)
Infection	164 (7.13%)	1096 (6.01%)
Pregnancy	2 (0.09%)	134 (0.73%)
Others	233 (10.1%)	1167 (6.40%)
No affected organ	48 (2.09%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	433 (18.8%)	3788 (20.8%)
Stroke	187 (8.13%)	1084 (5.94%)
COPD	187 (8.13%)	1290 (7.07%)
Myocardial infarction	80 (3.48%)	615 (3.37%)
Cardiac insufficiency	319 (13.9%)	2373 (13.0%)
Others	722 (31.4%)	7888 (43.2%)
No comorbidity	830 (36.1%)	5897 (32.3%)

Results in percent referring to the total number of patients





III. YOUR PATIENTS ("Sheet 3a"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Weight loss within the last 3 months (n):		
Total of patients answering	2111 (94.9%)	15261 (96.3%)
Yes	1030 (46.3%)	6612 (41.7%)
No	801 (36.0%)	6290 (39.7%)
No, I've gained weight	186 (8.36%)	1189 (7.50%)
I don't know	94 (4.23%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	1030 (46.3%)	6612 (41.7%)
0-4 kg	418 (18.8%)	2966 (18.7%)
5-8 kg	189 (8.50%)	1210 (7.64%)
> 8 kg	260 (11.7%)	1665 (10.5%)
Not sure	121 (5.44%)	696 (4.39%)
Missing	42 (1.89%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	1007 (45.3%)	7491 (47.3%)
A bit less than normal	469 (21.1%)	3584 (22.6%)
Less than half of normal	368 (16.5%)	2302 (14.5%)
Less than a quarter to nearly nothing	283 (12.7%)	1782 (11.2%)
Missing	77 (3.46%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	1125 (50.6%)	7679 (48.5%)
Loss of appetite	660 (29.7%)	4361 (27.5%)
Problems with swallowing, mastication	123 (5.53%)	708 (4.47%)
Nausea	129 (5.80%)	1215 (7.67%)
Other reasons	482 (21.7%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	1136 (51.1%)	9574 (60.4%)
No, only with assistance	781 (35.1%)	4110 (25.9%)
No, I stay in bed	221 (9.94%)	1589 (10.0%)
Missing	76 (3.42%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	64 (2.88%)	529 (3.34%)
Very good	170 (7.64%)	1343 (8.47%)
Good	730 (32.8%)	4726 (29.8%)
Fair	855 (38.4%)	5561 (35.1%)
Poor	309 (13.9%)	2997 (18.9%)
Missing	96 (4.32%)	692 (4.37%)
Results in percent referring to the total number of patients answering		

III. YOUR PATIENTS ("Sheet 3b"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Hospital food intake:		
„Is your appetite normal?“ (n):		
Yes	1291 (58.0%)	9474 (59.8%)
No	721 (32.4%)	4730 (29.8%)
- I was not hungry	396 (54.9%)	2568 (54.3%)
- Problems with swallowing / mastication	60 (8.32%)	346 (7.32%)
- Nausea	77 (10.7%)	722 (15.3%)
- Others	206 (28.6%)	1174 (24.8%)
No answer	177 (7.96%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	1743 (79.6%)	11895 (77.2%)
Drinks per patient & day (l)	0.31	0.43
Patients with supplements	257 (11.7%)	1566 (10.2%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	1710 (78.1%)	9843 (63.9%)
Milk	58 (2.65%)	2050 (13.3%)
Fruit juice	86 (3.93%)	3313 (21.5%)
Tea, coffee	698 (31.9%)	6515 (42.3%)
Soft drinks	200 (9.14%)	1406 (9.12%)
Lunch intake (n):		
 All	855 (39.1%)	6329 (41.1%)
 1/2	586 (26.8%)	4364 (28.3%)
 1/4	380 (17.4%)	2363 (15.3%)
 Nothing	298 (13.6%)	1984 (12.9%)
? No answer	70 (3.20%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	516 (38.7%)	2743 (30.2%)
I had nausea / vomiting	93 (6.97%)	678 (7.46%)
I was not allowed to eat	110 (8.25%)	850 (9.36%)
I can not eat without help	27 (2.02%)	125 (1.38%)
I had an examination / surgery	75 (5.62%)	564 (6.21%)
I ordered a smaller portion	45 (3.37%)	201 (2.21%)
I was tired	75 (5.62%)	439 (4.83%)
I normally eat less	109 (8.17%)	853 (9.39%)
I did not like the smell	35 (2.62%)	258 (2.84%)
I did not like the taste	190 (14.2%)	1127 (12.4%)

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

Yes	855 (38.4%)	5109 (32.2%)
No	1152 (51.8%)	9242 (58.3%)
No answer	182 (8.18%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	431 (50.4%)	1581 (30.9%)
Fresh fruits	309 (36.1%)	2214 (43.3%)
Sandwiches	57 (6.67%)	456 (8.93%)
Dairy products	103 (12.0%)	690 (13.5%)
Preferred dish	77 (9.01%)	504 (9.86%)
Sweets	172 (20.1%)	849 (16.6%)
Fruit Juice	70 (8.19%)	691 (13.5%)
Others	145 (17.0%)	840 (16.4%)

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

Yes	1592 (71.6%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires