



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in CZECH REPUBLIC

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:	2325
Number of patients completing Sheet 3a:	2075
Number of patients completing Sheet 3b:	2052

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	22 ± 13	26 ± 14
Maximum	27 ± 12	31 ± 15
Number of patients on the nutritionDay (n):		
Total	2325	18242
Did not give consent	186 (8.00%)	1878 (10.3%)
Needed help completing form	1315 (56.6%)	9572 (52.5%)
Terminally ill	596 (25.6%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	29 (22.3%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	10 (7.69%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	10 (7.69%)	72 (8.16%)
Internal medicine / cardiology	5 (3.85%)	52 (5.90%)
Internal medicine / infectious diseases	1 (0.77%)	8 (0.91%)
Internal medicine / geriatrics	7 (5.38%)	65 (7.37%)
Internal medicine / nephrology	2 (1.54%)	18 (2.04%)
Pediatrics	2 (1.54%)	10 (1.13%)
Neurology	9 (6.92%)	33 (3.74%)
Psychiatry	6 (4.62%)	13 (1.47%)
Ear Nose Throat (ENT)	3 (2.31%)	20 (2.27%)
General surgery	20 (15.4%)	120 (13.6%)
Cardiothoracic surgery	1 (0.77%)	10 (1.13%)
Orthopedic surgery	4 (3.08%)	52 (5.90%)
Trauma	5 (3.85%)	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	4 (3.08%)	15 (1.70%)
Long-term-care	2 (1.54%)	11 (1.25%)
Others	10 (7.69%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	3.94 ± 2.13	5.42 ± 5.91
Physicians per patient	0.16 ± 0.12	0.18 ± 0.18
Consultants	0.45 ± 1.15	2.49 ± 4.49
Consultants per patient	0.03 ± 0.11	0.08 ± 0.16
Registrars	0.37 ± 0.70	1.47 ± 2.99
Registrars per patient	0.02 ± 0.03	0.05 ± 0.10
Nurses	4.72 ± 3.14	7.55 ± 7.10
Nurses per patient	0.19 ± 0.13	0.24 ± 0.21
Nursing aides	1.94 ± 1.69	2.84 ± 3.63

Nursing aides per patient	0.07 ± 0.05	0.09 ± 0.10
Dieticians and dietetic assistants	0.92 ± 0.93	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.04 ± 0.04	0.04 ± 0.05

Nutrition Care:

Nutrition Team	115 units (88%) Yes	724 units (82%) Yes
Written procedures		
- individual	92 units (71%) Yes	605 units (69%) Yes
- local	89 units (68%) Yes	418 units (47%) Yes
- national	58 units (45%) Yes	429 units (49%) Yes
- other	30 units (23%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	122 units (94%) Yes	679 units (77%) Yes
When requested	62 units (48%) Yes	486 units (55%) Yes
Once a week	82 units (63%) Yes	343 units (39%) Yes
Occasionally	9 units (07%) 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	2325	18242
Patients who completed sheet 3a	2075 (89.2%)	15848 (86.9%)
Patients who completed sheet 3b	2052 (88.3%)	15415 (84.5%)
Demographic data:		
Age (years)	69 [8-98]	68 [1-116]
Female gender	1185 (51.0%)	9222 (50.6%)
Weight (kg)	76.3 ± 18.1	71.9 ± 20.0
Height (cm)	169.0 ± 9.9	165.7 ± 11.7
BMI (kg/m ²)	26.6 ± 5.7	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	333 (14.3%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	227 (9.76%)	1385 (7.59%)
Postoperative patients	433 (18.6%)	4159 (22.8%)
Length of stay in Hospital (days):	12 [1-123]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	196 (8.43%)	1628 (8.92%)
Transferred to another hospital	57 (2.45%)	383 (2.10%)
Transferred to long-term care	135 (5.81%)	1046 (5.73%)
Rehabilitation	42 (1.81%)	730 (4.00%)
Discharge home	961 (41.3%)	12413 (68.0%)
Death	77 (3.31%)	666 (3.65%)
Others	595 (25.6%)	797 (4.37%)
Missing	262 (11.3%)	579 (3.17%)
Readmitted (n):	252 (10.8%)	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	182 (7.83%)	1150 (6.30%)
Parenteral nutrition	110 (4.73%)	618 (3.39%)
Enteral + parenteral nutrition	37 (1.59%)	131 (0.72%)
Special diet	296 (12.7%)	4436 (24.3%)
Protein supplement	343 (14.8%)	1913 (10.5%)
Hospital food	1768 (76.0%)	10834 (59.4%)
Others	38 (1.63%)	835 (4.58%)
Missing	80 (3.44%)	1115 (6.11%)
Lines & tubes (n)*:		
None	1519 (65.3%)	11305 (62.0%)
Centralvenous	170 (7.31%)	1299 (7.12%)
Nasogastric tube	8 (0.34%)	335 (1.84%)
Any other (PEG, PEJ, ...)	628 (27.0%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	419 (18.0%)	2365 (13.0%)
Eye, ear	84 (3.61%)	359 (1.97%)
Nose, throat	62 (2.67%)	400 (2.19%)
Heart, circulation	679 (29.2%)	3905 (21.4%)
Lung	309 (13.3%)	2587 (14.2%)
Liver	183 (7.87%)	1061 (5.82%)
Gastrointestinal tract	692 (29.8%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	402 (17.3%)	2618 (14.4%)
Endocrine system	261 (11.2%)	1561 (8.56%)
Skeleton, bone, muscle	485 (20.9%)	3235 (17.7%)
Blood, bone marrow	124 (5.33%)	842 (4.62%)
Skin	137 (5.89%)	711 (3.90%)
Ischaemia	149 (6.41%)	271 (1.49%)
Cancer	341 (14.7%)	2381 (13.1%)
Infection	156 (6.71%)	1096 (6.01%)
Pregnancy	7 (0.30%)	134 (0.73%)
Others	36 (1.55%)	1167 (6.40%)
No affected organ	95 (4.09%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	545 (23.4%)	3788 (20.8%)
Stroke	146 (6.28%)	1084 (5.94%)
COPD	145 (6.24%)	1290 (7.07%)
Myocardial infarction	88 (3.78%)	615 (3.37%)
Cardiac insufficiency	322 (13.8%)	2373 (13.0%)
Others	1291 (55.5%)	7888 (43.2%)
No comorbidity	550 (23.7%)	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	2000 (96.4%)	15261 (96.3%)
Yes	876 (42.2%)	6612 (41.7%)
No	884 (42.6%)	6290 (39.7%)
No, I've gained weight	99 (4.77%)	1189 (7.50%)
I don't know	141 (6.80%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	876 (42.2%)	6612 (41.7%)
0-4 kg	395 (19.0%)	2966 (18.7%)
5-8 kg	160 (7.71%)	1210 (7.64%)
> 8 kg	266 (12.8%)	1665 (10.5%)
Not sure	51 (2.46%)	696 (4.39%)
Missing	4 (0.19%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	1068 (51.5%)	7491 (47.3%)
A bit less than normal	466 (22.5%)	3584 (22.6%)
Less than half of normal	275 (13.3%)	2302 (14.5%)
Less than a quarter to nearly nothing	222 (10.7%)	1782 (11.2%)
Missing	41 (1.98%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	939 (45.3%)	7679 (48.5%)
Loss of appetite	629 (30.3%)	4361 (27.5%)
Problems with swallowing, mastication	103 (4.96%)	708 (4.47%)
Nausea	222 (10.7%)	1215 (7.67%)
Other reasons	52 (2.51%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	1368 (65.9%)	9574 (60.4%)
No, only with assistance	449 (21.6%)	4110 (25.9%)
No, I stay in bed	208 (10.0%)	1589 (10.0%)
Missing	49 (2.36%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	38 (1.83%)	529 (3.34%)
Very good	121 (5.83%)	1343 (8.47%)
Good	631 (30.4%)	4726 (29.8%)
Fair	699 (33.7%)	5561 (35.1%)
Poor	529 (25.5%)	2997 (18.9%)
Missing	57 (2.75%)	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	1274 (61.4%)	9474 (59.8%)
No	536 (25.8%)	4730 (29.8%)
- I was not hungry	319 (59.5%)	2568 (54.3%)
- Problems with swallowing / mastication	24 (4.48%)	346 (7.32%)
- Nausea	74 (13.8%)	722 (15.3%)
- Others	82 (15.3%)	1174 (24.8%)
No answer	242 (11.7%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	1841 (89.7%)	11895 (77.2%)
Drinks per patient & day (l)	0.86	0.43
Patients with supplements	297 (14.5%)	1566 (10.2%)
Supplements per patient & day (l)	0.04	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	948 (46.2%)	9843 (63.9%)
Milk	147 (7.16%)	2050 (13.3%)
Fruit juice	245 (11.9%)	3313 (21.5%)
Tea, coffee	1639 (79.9%)	6515 (42.3%)
Soft drinks	293 (14.3%)	1406 (9.12%)
Lunch intake (n):		
 All	916 (44.6%)	6329 (41.1%)
 1/2	642 (31.3%)	4364 (28.3%)
 1/4	277 (13.5%)	2363 (15.3%)
 Nothing	189 (9.21%)	1984 (12.9%)
? No answer	28 (1.36%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	323 (28.4%)	2743 (30.2%)
I had nausea / vomiting	85 (7.48%)	678 (7.46%)
I was not allowed to eat	138 (12.1%)	850 (9.36%)
I can not eat without help	16 (1.41%)	125 (1.38%)
I had an examination / surgery	85 (7.48%)	564 (6.21%)
I ordered a smaller portion	3 (0.26%)	201 (2.21%)
I was tired	57 (5.02%)	439 (4.83%)
I normally eat less	182 (16.0%)	853 (9.39%)
I did not like the smell	31 (2.73%)	258 (2.84%)
I did not like the taste	186 (16.4%)	1127 (12.4%)

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

Yes	773 (37.3%)	5109 (32.2%)
No	1192 (57.4%)	9242 (58.3%)
No answer	87 (4.19%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	223 (28.8%)	1581 (30.9%)
Fresh fruits	466 (60.3%)	2214 (43.3%)
Sandwiches	54 (6.99%)	456 (8.93%)
Dairy products	128 (16.6%)	690 (13.5%)
Preferred dish	114 (14.7%)	504 (9.86%)
Sweets	88 (11.4%)	849 (16.6%)
Fruit Juice	11 (1.42%)	691 (13.5%)
Others	36 (4.66%)	840 (16.4%)

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

Yes	1272 (61.3%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires