



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in ESTONIA**

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:	7
Number of patients on nutritionDay:	152
Number of patients completing Sheet 3a:	131
Number of patients completing Sheet 3b:	130

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
<b>Number of beds (n):</b>		
Actual	27 ± 5	26 ± 14
Maximum	29 ± 4	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	152	18242
Did not give consent	14 (9.21%)	1878 (10.3%)
Needed help completing form	72 (47.4%)	9572 (52.5%)
Terminally ill	2 (1.32%)	2221 (12.2%)
<b>Specialities (n):</b>		
Internal medicine / general	-	210 (23.8%)
Internal medicine / gastroenterology and hepatology	-	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	-	72 (8.16%)
Internal medicine / cardiology	-	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	-	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	-	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	4 (57.1%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	-	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	3 (42.9%)	85 (9.64%)
<b>Staff /Staff per patient (n):</b>		
Physicians	4.43 ± 3.21	5.42 ± 5.91
Physicians per patient	0.15 ± 0.11	0.18 ± 0.18
Consultants	4.00 ± 2.31	2.49 ± 4.49
Consultants per patient	0.14 ± 0.09	0.08 ± 0.16
Registrars	2.29 ± 1.11	1.47 ± 2.99
Registrars per patient	0.08 ± 0.04	0.05 ± 0.10
Nurses	7.14 ± 5.98	7.55 ± 7.10
Nurses per patient	0.24 ± 0.21	0.24 ± 0.21
Nursing aides	4.71 ± 4.35	2.84 ± 3.63

Nursing aides per patient	0.16 ± 0.15	0.09 ± 0.10
Dieticians and dietetic assistants	0.29 ± 0.49	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	5 units (71%) Yes	724 units (82%) Yes
Written procedures		
- individual	1 units (14%) Yes	605 units (69%) Yes
- local	1 units (14%) Yes	418 units (47%) Yes
- national	4 units (57%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	2 units (29%) Yes	679 units (77%) Yes
When requested	5 units (71%) Yes	486 units (55%) Yes
Once a week	- units (00%) Yes	343 units (39%) Yes
Occasionally	- units (00%) 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
<b>Number of patients (n):</b>		
Total	152	18242
Patients who completed sheet 3a	131 (86.2%)	15848 (86.9%)
Patients who completed sheet 3b	130 (85.5%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	65 [10-92]	68 [1-116]
Female gender	80 (52.6%)	9222 (50.6%)
Weight (kg)	74.2 ± 14.5	71.9 ± 20.0
Height (cm)	169.6 ± 9.7	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	25.8 ± 4.9	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	40 (26.3%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	11 (7.24%)	1385 (7.59%)
Postoperative patients	45 (29.6%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	7 [1-70]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	4 (2.63%)	1628 (8.92%)
Transferred to another hospital	-	383 (2.10%)
Transferred to long-term care	5 (3.29%)	1046 (5.73%)
Rehabilitation	1 (0.66%)	730 (4.00%)
Discharge home	64 (42.1%)	12413 (68.0%)
Death	3 (1.97%)	666 (3.65%)
Others	4 (2.63%)	797 (4.37%)
Missing	71 (46.7%)	579 (3.17%)
<b>Readmitted (n):</b>	13 (8.55%)	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
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	-	1150 (6.30%)
Parenteral nutrition	2 (1.32%)	618 (3.39%)
Enteral + parenteral nutrition	6 (3.95%)	131 (0.72%)
Special diet	13 (8.55%)	4436 (24.3%)
Protein supplement	2 (1.32%)	1913 (10.5%)
Hospital food	112 (73.7%)	10834 (59.4%)
Others	2 (1.32%)	835 (4.58%)
Missing	15 (9.87%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	38 (25.0%)	11305 (62.0%)
Centralvenous	13 (8.55%)	1299 (7.12%)
Nasogastric tube	-	335 (1.84%)
Any other (PEG, PEJ, ...)	101 (66.4%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	13 (8.55%)	2365 (13.0%)
Eye, ear	1 (0.66%)	359 (1.97%)
Nose, throat	-	400 (2.19%)
Heart, circulation	10 (6.58%)	3905 (21.4%)
Lung	8 (5.26%)	2587 (14.2%)
Liver	10 (6.58%)	1061 (5.82%)
Gastrointestinal tract	61 (40.1%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	9 (5.92%)	2618 (14.4%)
Endocrine system	5 (3.29%)	1561 (8.56%)
Skeleton, bone, muscle	16 (10.5%)	3235 (17.7%)
Blood, bone marrow	3 (1.97%)	842 (4.62%)
Skin	6 (3.95%)	711 (3.90%)
Ischaemia	-	271 (1.49%)
Cancer	11 (7.24%)	2381 (13.1%)
Infection	8 (5.26%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	7 (4.61%)	1167 (6.40%)
No affected organ	16 (10.5%)	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	15 (9.87%)	3788 (20.8%)
Stroke	3 (1.97%)	1084 (5.94%)
COPD	2 (1.32%)	1290 (7.07%)
Myocardial infarction	3 (1.97%)	615 (3.37%)
Cardiac insufficiency	16 (10.5%)	2373 (13.0%)
Others	87 (57.2%)	7888 (43.2%)
No comorbidity	39 (25.7%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	127 (96.9%)	15261 (96.3%)
Yes	51 (38.9%)	6612 (41.7%)
No	50 (38.2%)	6290 (39.7%)
No, I've gained weight	10 (7.63%)	1189 (7.50%)
I don't know	16 (12.2%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	51 (38.9%)	6612 (41.7%)
0-4 kg	12 (9.16%)	2966 (18.7%)
5-8 kg	10 (7.63%)	1210 (7.64%)
> 8 kg	24 (18.3%)	1665 (10.5%)
Not sure	4 (3.05%)	696 (4.39%)
Missing	1 (0.76%)	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	52 (39.7%)	7491 (47.3%)
A bit less than normal	38 (29.0%)	3584 (22.6%)
Less than half of normal	15 (11.5%)	2302 (14.5%)
Less than a quarter to nearly nothing	25 (19.1%)	1782 (11.2%)
Missing	1 (0.76%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	72 (55.0%)	7679 (48.5%)
Loss of appetite	40 (30.5%)	4361 (27.5%)
Problems with swallowing, mastication	4 (3.05%)	708 (4.47%)
Nausea	23 (17.6%)	1215 (7.67%)
Other reasons	17 (13.0%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	94 (71.8%)	9574 (60.4%)
No, only with assistance	23 (17.6%)	4110 (25.9%)
No, I stay in bed	12 (9.16%)	1589 (10.0%)
Missing	2 (1.53%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	4 (3.05%)	529 (3.34%)
Very good	5 (3.82%)	1343 (8.47%)
Good	33 (25.2%)	4726 (29.8%)
Fair	40 (30.5%)	5561 (35.1%)
Poor	47 (35.9%)	2997 (18.9%)
Missing	2 (1.53%)	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	68 (51.9%)	9474 (59.8%)
No	36 (27.5%)	4730 (29.8%)
- I was not hungry	6 (16.7%)	2568 (54.3%)
- Problems with swallowing / mastication	1 (2.78%)	346 (7.32%)
- Nausea	8 (22.2%)	722 (15.3%)
- Others	13 (36.1%)	1174 (24.8%)
No answer	26 (19.8%)	1211 (7.64%)

##### Fluid and supplement intake (n):

Patients with fluid intake	63 (48.5%)	11895 (77.2%)
Drinks per patient & day (l)	0.18	0.43
Patients with supplements	7 (5.38%)	1566 (10.2%)
Supplements per patient & day (l)	0.01	0.03

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

Water	94 (72.3%)	9843 (63.9%)
Milk	12 (9.23%)	2050 (13.3%)
Fruit juice	18 (13.8%)	3313 (21.5%)
Tea, coffee	44 (33.8%)	6515 (42.3%)
Soft drinks	3 (2.31%)	1406 (9.12%)

##### Lunch intake (n):

 All	35 (26.9%)	6329 (41.1%)
 1/2	37 (28.5%)	4364 (28.3%)
 1/4	24 (18.5%)	2363 (15.3%)
 Nothing	28 (21.5%)	1984 (12.9%)
? No answer	6 (4.62%)	375 (2.43%)

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

I was not hungry	11 (11.6%)	2743 (30.2%)
I had nausea / vomiting	6 (6.32%)	678 (7.46%)
I was not allowed to eat	12 (12.6%)	850 (9.36%)
I can not eat without help	1 (1.05%)	125 (1.38%)
I had an examination / surgery	8 (8.42%)	564 (6.21%)
I ordered a smaller portion	-	201 (2.21%)
I was tired	1 (1.05%)	439 (4.83%)
I normally eat less	1 (1.05%)	853 (9.39%)
I did not like the smell	1 (1.05%)	258 (2.84%)
I did not like the taste	5 (5.26%)	1127 (12.4%)



---

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

Yes	46 (35.1%)	5109 (32.2%)
No	74 (56.5%)	9242 (58.3%)
No answer	10 (7.63%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	6 (13.0%)	1581 (30.9%)
Fresh fruits	27 (58.7%)	2214 (43.3%)
Sandwiches	6 (13.0%)	456 (8.93%)
Dairy products	6 (13.0%)	690 (13.5%)
Preferred dish	1 (2.17%)	504 (9.86%)
Sweets	5 (10.9%)	849 (16.6%)
Fruit Juice	11 (23.9%)	691 (13.5%)
Others	4 (8.70%)	840 (16.4%)

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

Yes	63 (48.1%)	10372 (65.4%)
-----	------------	---------------

Results referring to the total number of completed questionnaires