



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in GREECE

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:	20
Number of patients on nutritionDay:	248
Number of patients completing Sheet 3a:	237
Number of patients completing Sheet 3b:	230

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	16 ± 5	26 ± 14
Maximum	21 ± 6	31 ± 15
Number of patients on the nutritionDay (n):		
Total	248	18242
Did not give consent	12 (4.84%)	1878 (10.3%)
Needed help completing form	57 (23.0%)	9572 (52.5%)
Terminally ill	8 (3.23%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	1 (5.00%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	-	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	2 (10.0%)	72 (8.16%)
Internal medicine / cardiology	2 (10.0%)	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	-	120 (13.6%)
Cardiothoracic surgery	1 (5.00%)	10 (1.13%)
Orthopedic surgery	6 (30.0%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	2 (10.0%)	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	6 (30.0%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	11.05 ± 4.57	5.42 ± 5.91
Physicians per patient	0.54 ± 0.26	0.18 ± 0.18
Consultants	0.00 ± 0.00	2.49 ± 4.49
Consultants per patient	0.00 ± 0.00	0.08 ± 0.16
Registrars	0.55 ± 0.51	1.47 ± 2.99
Registrars per patient	0.03 ± 0.03	0.05 ± 0.10
Nurses	3.80 ± 2.86	7.55 ± 7.10
Nurses per patient	0.19 ± 0.14	0.24 ± 0.21
Nursing aides	1.80 ± 1.54	2.84 ± 3.63

Nursing aides per patient	0.08 ± 0.06	0.09 ± 0.10
Dieticians and dietetic assistants	3.00 ± 4.07	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.14 ± 0.18	0.04 ± 0.05

Nutrition Care:

Nutrition Team	9 units (45%) Yes	724 units (82%) Yes
Written procedures		
- individual	4 units (20%) Yes	605 units (69%) Yes
- local	1 units (05%) Yes	418 units (47%) Yes
- national	- units (00%) Yes	429 units (49%) Yes
- other	7 units (35%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	1 units (05%) Yes	679 units (77%) Yes
When requested	15 units (75%) Yes	486 units (55%) Yes
Once a week	- units (00%) Yes	343 units (39%) Yes
Occasionally	2 units (10%) Yes	105 units (12%) Yes
Never	3 units (15%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	882 units, 18242 patients	
	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	248	18242
Patients who completed sheet 3a	237 (95.6%)	15848 (86.9%)
Patients who completed sheet 3b	230 (92.7%)	15415 (84.5%)
Demographic data:		
Age (years)	66 [16-98]	68 [1-116]
Female gender	126 (50.8%)	9222 (50.6%)
Weight (kg)	77.4 ± 16.3	71.9 ± 20.0
Height (cm)	168.6 ± 9.3	165.7 ± 11.7
BMI (kg/m ²)	27.2 ± 5.1	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	19 (7.66%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	31 (12.5%)	1385 (7.59%)
Postoperative patients	119 (48.0%)	4159 (22.8%)
Length of stay in Hospital (days):	11 [1-71]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	5 (2.02%)	1628 (8.92%)
Transferred to another hospital	-	383 (2.10%)
Transferred to long-term care	3 (1.21%)	1046 (5.73%)
Rehabilitation	-	730 (4.00%)
Discharge home	131 (52.8%)	12413 (68.0%)
Death	2 (0.81%)	666 (3.65%)
Others	3 (1.21%)	797 (4.37%)
Missing	104 (41.9%)	579 (3.17%)
Readmitted (n):	-	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	7 (2.82%)	1150 (6.30%)
Parenteral nutrition	1 (0.40%)	618 (3.39%)
Enteral + parenteral nutrition	1 (0.40%)	131 (0.72%)
Special diet	51 (20.6%)	4436 (24.3%)
Protein supplement	5 (2.02%)	1913 (10.5%)
Hospital food	112 (45.2%)	10834 (59.4%)
Others	77 (31.0%)	835 (4.58%)
Missing	-	1115 (6.11%)
Lines & tubes (n)*:		
None	35 (14.1%)	11305 (62.0%)
Centralvenous	20 (8.06%)	1299 (7.12%)
Nasogastric tube	6 (2.42%)	335 (1.84%)
Any other (PEG, PEJ, ...)	187 (75.4%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	32 (12.9%)	2365 (13.0%)
Eye, ear	2 (0.81%)	359 (1.97%)
Nose, throat	4 (1.61%)	400 (2.19%)
Heart, circulation	35 (14.1%)	3905 (21.4%)
Lung	7 (2.82%)	2587 (14.2%)
Liver	2 (0.81%)	1061 (5.82%)
Gastrointestinal tract	5 (2.02%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	5 (2.02%)	2618 (14.4%)
Endocrine system	4 (1.61%)	1561 (8.56%)
Skeleton, bone, muscle	148 (59.7%)	3235 (17.7%)
Blood, bone marrow	3 (1.21%)	842 (4.62%)
Skin	9 (3.63%)	711 (3.90%)
Ischaemia	4 (1.61%)	271 (1.49%)
Cancer	12 (4.84%)	2381 (13.1%)
Infection	3 (1.21%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	9 (3.63%)	1167 (6.40%)
No affected organ	-	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	37 (14.9%)	3788 (20.8%)
Stroke	1 (0.40%)	1084 (5.94%)
COPD	5 (2.02%)	1290 (7.07%)
Myocardial infarction	4 (1.61%)	615 (3.37%)
Cardiac insufficiency	17 (6.85%)	2373 (13.0%)
Others	186 (75.0%)	7888 (43.2%)
No comorbidity	21 (8.47%)	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	221 (93.2%)	15261 (96.3%)
Yes	96 (40.5%)	6612 (41.7%)
No	101 (42.6%)	6290 (39.7%)
No, I've gained weight	21 (8.86%)	1189 (7.50%)
I don't know	3 (1.27%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	96 (40.5%)	6612 (41.7%)
0-4 kg	54 (22.8%)	2966 (18.7%)
5-8 kg	10 (4.22%)	1210 (7.64%)
> 8 kg	24 (10.1%)	1665 (10.5%)
Not sure	7 (2.95%)	696 (4.39%)
Missing	1 (0.42%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	128 (54.0%)	7491 (47.3%)
A bit less than normal	58 (24.5%)	3584 (22.6%)
Less than half of normal	26 (11.0%)	2302 (14.5%)
Less than a quarter to nearly nothing	15 (6.33%)	1782 (11.2%)
Missing	9 (3.80%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	104 (43.9%)	7679 (48.5%)
Loss of appetite	62 (26.2%)	4361 (27.5%)
Problems with swallowing, mastication	7 (2.95%)	708 (4.47%)
Nausea	2 (0.84%)	1215 (7.67%)
Other reasons	41 (17.3%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	115 (48.5%)	9574 (60.4%)
No, only with assistance	65 (27.4%)	4110 (25.9%)
No, I stay in bed	47 (19.8%)	1589 (10.0%)
Missing	8 (3.38%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	15 (6.33%)	529 (3.34%)
Very good	51 (21.5%)	1343 (8.47%)
Good	97 (40.9%)	4726 (29.8%)
Fair	27 (11.4%)	5561 (35.1%)
Poor	29 (12.2%)	2997 (18.9%)
Missing	18 (7.59%)	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	145 (61.2%)	9474 (59.8%)
No	67 (28.3%)	4730 (29.8%)
- I was not hungry	30 (44.8%)	2568 (54.3%)
- Problems with swallowing / mastication	3 (4.48%)	346 (7.32%)
- Nausea	3 (4.48%)	722 (15.3%)
- Others	23 (34.3%)	1174 (24.8%)
No answer	18 (7.59%)	1211 (7.64%)


Fluid and supplement intake (n):

Patients with fluid intake	204 (88.7%)	11895 (77.2%)
Drinks per patient & day (l)	0.78	0.43
Patients with supplements	12 (5.22%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03

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

Water	215 (93.5%)	9843 (63.9%)
Milk	114 (49.6%)	2050 (13.3%)
Fruit juice	81 (35.2%)	3313 (21.5%)
Tea, coffee	123 (53.5%)	6515 (42.3%)
Soft drinks	23 (10.0%)	1406 (9.12%)

Lunch intake (n):

 All	76 (33.0%)	6329 (41.1%)
 1/2	55 (23.9%)	4364 (28.3%)
 1/4	46 (20.0%)	2363 (15.3%)
 Nothing	51 (22.2%)	1984 (12.9%)
? No answer	2 (0.87%)	375 (2.43%)

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

I was not hungry	41 (26.6%)	2743 (30.2%)
I had nausea / vomiting	4 (2.60%)	678 (7.46%)
I was not allowed to eat	4 (2.60%)	850 (9.36%)
I can not eat without help	2 (1.30%)	125 (1.38%)
I had an examination / surgery	7 (4.55%)	564 (6.21%)
I ordered a smaller portion	1 (0.65%)	201 (2.21%)
I was tired	9 (5.84%)	439 (4.83%)
I normally eat less	2 (1.30%)	853 (9.39%)
I did not like the smell	10 (6.49%)	258 (2.84%)
I did not like the taste	46 (29.9%)	1127 (12.4%)

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

Yes	117 (49.4%)	5109 (32.2%)
No	103 (43.5%)	9242 (58.3%)
No answer	10 (4.22%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	52 (44.4%)	1581 (30.9%)
Fresh fruits	25 (21.4%)	2214 (43.3%)
Sandwiches	26 (22.2%)	456 (8.93%)
Dairy products	10 (8.55%)	690 (13.5%)
Preferred dish	46 (39.3%)	504 (9.86%)
Sweets	20 (17.1%)	849 (16.6%)
Fruit Juice	23 (19.7%)	691 (13.5%)
Others	33 (28.2%)	840 (16.4%)

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

Yes	29 (12.2%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires