



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in ITALY

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:	11
Number of patients on nutritionDay:	215
Number of patients completing Sheet 3a:	202
Number of patients completing Sheet 3b:	193

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	21 ± 5	26 ± 14
Maximum	22 ± 6	31 ± 15
Number of patients on the nutritionDay (n):		
Total	215	18242
Did not give consent	9 (4.19%)	1878 (10.3%)
Needed help completing form	158 (73.5%)	9572 (52.5%)
Terminally ill	24 (11.2%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	5 (45.5%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (9.09%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	1 (9.09%)	72 (8.16%)
Internal medicine / cardiology	-	52 (5.90%)
Internal medicine / infectious diseases	-	8 (0.91%)
Internal medicine / geriatrics	4 (36.4%)	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	-	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	-	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	3.82 ± 2.32	5.42 ± 5.91
Physicians per patient	0.18 ± 0.11	0.18 ± 0.18
Consultants	0.36 ± 0.81	2.49 ± 4.49
Consultants per patient	0.02 ± 0.04	0.08 ± 0.16
Registrars	3.45 ± 6.56	1.47 ± 2.99
Registrars per patient	0.13 ± 0.25	0.05 ± 0.10
Nurses	5.45 ± 3.86	7.55 ± 7.10
Nurses per patient	0.24 ± 0.14	0.24 ± 0.21
Nursing aides	2.45 ± 2.21	2.84 ± 3.63

Nursing aides per patient	0.10 ± 0.07	0.09 ± 0.10
Dieticians and dietetic assistants	0.18 ± 0.40	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	10 units (91%) Yes	724 units (82%) Yes
Written procedures		
- individual	8 units (73%) Yes	605 units (69%) Yes
- local	5 units (45%) Yes	418 units (47%) Yes
- national	6 units (55%) Yes	429 units (49%) Yes
- other	1 units (09%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	6 units (55%) Yes	679 units (77%) Yes
When requested	6 units (55%) Yes	486 units (55%) Yes
Once a week	1 units (09%) Yes	343 units (39%) Yes
Occasionally	6 units (55%) Yes	105 units (12%) Yes
Never	1 units (09%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	215	18242
Patients who completed sheet 3a	202 (94.0%)	15848 (86.9%)
Patients who completed sheet 3b	193 (89.8%)	15415 (84.5%)
Demographic data:		
Age (years)	79 [17-100]	68 [1-116]
Female gender	116 (54.0%)	9222 (50.6%)
Weight (kg)	67.3 ± 15.4	71.9 ± 20.0
Height (cm)	164.8 ± 9.6	165.7 ± 11.7
BMI (kg/m ²)	24.7 ± 4.7	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	6 (2.79%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	3 (1.40%)	1385 (7.59%)
Postoperative patients	5 (2.33%)	4159 (22.8%)
Length of stay in Hospital (days):	17 [1-84]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	28 (13.0%)	1628 (8.92%)
Transferred to another hospital	8 (3.72%)	383 (2.10%)
Transferred to long-term care	16 (7.44%)	1046 (5.73%)
Rehabilitation	7 (3.26%)	730 (4.00%)
Discharge home	134 (62.3%)	12413 (68.0%)
Death	17 (7.91%)	666 (3.65%)
Others	4 (1.86%)	797 (4.37%)
Missing	1 (0.47%)	579 (3.17%)
Readmitted (n):	10 (4.65%)	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	13 (6.05%)	1150 (6.30%)
Parenteral nutrition	25 (11.6%)	618 (3.39%)
Enteral + parenteral nutrition	2 (0.93%)	131 (0.72%)
Special diet	61 (28.4%)	4436 (24.3%)
Protein supplement	7 (3.26%)	1913 (10.5%)
Hospital food	105 (48.8%)	10834 (59.4%)
Others	11 (5.12%)	835 (4.58%)
Missing	2 (0.93%)	1115 (6.11%)
Lines & tubes (n)*:		
None	168 (78.1%)	11305 (62.0%)
Centralvenous	14 (6.51%)	1299 (7.12%)
Nasogastric tube	10 (4.65%)	335 (1.84%)
Any other (PEG, PEJ, ...)	23 (10.7%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	52 (24.2%)	2365 (13.0%)
Eye, ear	-	359 (1.97%)
Nose, throat	4 (1.86%)	400 (2.19%)
Heart, circulation	64 (29.8%)	3905 (21.4%)
Lung	57 (26.5%)	2587 (14.2%)
Liver	32 (14.9%)	1061 (5.82%)
Gastrointestinal tract	45 (20.9%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	17 (7.91%)	2618 (14.4%)
Endocrine system	11 (5.12%)	1561 (8.56%)
Skeleton, bone, muscle	10 (4.65%)	3235 (17.7%)
Blood, bone marrow	11 (5.12%)	842 (4.62%)
Skin	3 (1.40%)	711 (3.90%)
Ischaemia	-	271 (1.49%)
Cancer	36 (16.7%)	2381 (13.1%)
Infection	20 (9.30%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	6 (2.79%)	1167 (6.40%)
No affected organ	2 (0.93%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	47 (21.9%)	3788 (20.8%)
Stroke	23 (10.7%)	1084 (5.94%)
COPD	27 (12.6%)	1290 (7.07%)
Myocardial infarction	5 (2.33%)	615 (3.37%)
Cardiac insufficiency	48 (22.3%)	2373 (13.0%)
Others	81 (37.7%)	7888 (43.2%)
No comorbidity	53 (24.7%)	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	194 (96.0%)	15261 (96.3%)
Yes	106 (52.5%)	6612 (41.7%)
No	62 (30.7%)	6290 (39.7%)
No, I've gained weight	17 (8.42%)	1189 (7.50%)
I don't know	9 (4.46%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	106 (52.5%)	6612 (41.7%)
0-4 kg	47 (23.3%)	2966 (18.7%)
5-8 kg	18 (8.91%)	1210 (7.64%)
> 8 kg	27 (13.4%)	1665 (10.5%)
Not sure	14 (6.93%)	696 (4.39%)
Missing	-	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	71 (35.1%)	7491 (47.3%)
A bit less than normal	35 (17.3%)	3584 (22.6%)
Less than half of normal	37 (18.3%)	2302 (14.5%)
Less than a quarter to nearly nothing	49 (24.3%)	1782 (11.2%)
Missing	7 (3.47%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	129 (63.9%)	7679 (48.5%)
Loss of appetite	58 (28.7%)	4361 (27.5%)
Problems with swallowing, mastication	25 (12.4%)	708 (4.47%)
Nausea	19 (9.41%)	1215 (7.67%)
Other reasons	49 (24.3%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	85 (42.1%)	9574 (60.4%)
No, only with assistance	52 (25.7%)	4110 (25.9%)
No, I stay in bed	55 (27.2%)	1589 (10.0%)
Missing	10 (4.95%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	1 (0.50%)	529 (3.34%)
Very good	7 (3.47%)	1343 (8.47%)
Good	36 (17.8%)	4726 (29.8%)
Fair	76 (37.6%)	5561 (35.1%)
Poor	74 (36.6%)	2997 (18.9%)
Missing	8 (3.96%)	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	102 (50.5%)	9474 (59.8%)
No	81 (40.1%)	4730 (29.8%)
- I was not hungry	50 (61.7%)	2568 (54.3%)
- Problems with swallowing / mastication	17 (21.0%)	346 (7.32%)
- Nausea	9 (11.1%)	722 (15.3%)
- Others	14 (17.3%)	1174 (24.8%)
No answer	10 (4.95%)	1211 (7.64%)

Fluid and supplement intake (n):

Patients with fluid intake	159 (82.4%)	11895 (77.2%)
Drinks per patient & day (l)	0.58	0.43
Patients with supplements	8 (4.15%)	1566 (10.2%)
Supplements per patient & day (l)	0.01	0.03

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

Water	170 (88.1%)	9843 (63.9%)
Milk	49 (25.4%)	2050 (13.3%)
Fruit juice	20 (10.4%)	3313 (21.5%)
Tea, coffee	57 (29.5%)	6515 (42.3%)
Soft drinks	7 (3.63%)	1406 (9.12%)

Lunch intake (n):

 All	71 (36.8%)	6329 (41.1%)
 1/2	59 (30.6%)	4364 (28.3%)
 1/4	31 (16.1%)	2363 (15.3%)
 Nothing	29 (15.0%)	1984 (12.9%)
? No answer	3 (1.55%)	375 (2.43%)

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

I was not hungry	45 (36.9%)	2743 (30.2%)
I had nausea / vomiting	11 (9.02%)	678 (7.46%)
I was not allowed to eat	14 (11.5%)	850 (9.36%)
I can not eat without help	3 (2.46%)	125 (1.38%)
I had an examination / surgery	11 (9.02%)	564 (6.21%)
I ordered a smaller portion	1 (0.82%)	201 (2.21%)
I was tired	11 (9.02%)	439 (4.83%)
I normally eat less	8 (6.56%)	853 (9.39%)
I did not like the smell	6 (4.92%)	258 (2.84%)
I did not like the taste	11 (9.02%)	1127 (12.4%)

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

Yes	55 (27.2%)	5109 (32.2%)
No	124 (61.4%)	9242 (58.3%)
No answer	14 (6.93%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	19 (34.5%)	1581 (30.9%)
Fresh fruits	23 (41.8%)	2214 (43.3%)
Sandwiches	5 (9.09%)	456 (8.93%)
Dairy products	5 (9.09%)	690 (13.5%)
Preferred dish	1 (1.82%)	504 (9.86%)
Sweets	8 (14.5%)	849 (16.6%)
Fruit Juice	6 (10.9%)	691 (13.5%)
Others	10 (18.2%)	840 (16.4%)

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

Yes	156 (77.2%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires