



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in LITHUANIA**

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:	9
Number of patients on nutritionDay:	192
Number of patients completing Sheet 3a:	189
Number of patients completing Sheet 3b:	182

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 ± 27	26 ± 14
Maximum	37 ± 27	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	192	18242
Did not give consent	7 (3.65%)	1878 (10.3%)
Needed help completing form	78 (40.6%)	9572 (52.5%)
Terminally ill	6 (3.13%)	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	9 (100%)	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%)
<b>Staff /Staff per patient (n):</b>		
Physicians	8.89 ± 7.22	5.42 ± 5.91
Physicians per patient	0.23 ± 0.05	0.18 ± 0.18
Consultants	1.43 ± 2.94	2.49 ± 4.49
Consultants per patient	0.03 ± 0.06	0.08 ± 0.16
Registrars	0.29 ± 0.76	1.47 ± 2.99
Registrars per patient	0.01 ± 0.02	0.05 ± 0.10
Nurses	6.22 ± 3.73	7.55 ± 7.10
Nurses per patient	0.20 ± 0.09	0.24 ± 0.21
Nursing aides	4.00 ± 3.66	2.84 ± 3.63

Nursing aides per patient	0.10 ± 0.05	0.09 ± 0.10
Dieticians and dietetic assistants	0.00 ± 0.00	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.00 ± 0.00	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	- units (00%) Yes	724 units (82%) Yes
Written procedures		
- individual	3 units (33%) Yes	605 units (69%) Yes
- local	2 units (22%) Yes	418 units (47%) Yes
- national	1 units (11%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	3 units (33%) Yes	679 units (77%) Yes
When requested	6 units (67%) 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	192	18242
Patients who completed sheet 3a	189 (98.4%)	15848 (86.9%)
Patients who completed sheet 3b	182 (94.8%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	63 [12-95]	68 [1-116]
Female gender	97 (50.5%)	9222 (50.6%)
Weight (kg)	78.7 ± 17.4	71.9 ± 20.0
Height (cm)	170.8 ± 9.9	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	27.0 ± 5.6	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	34 (17.7%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	14 (7.29%)	1385 (7.59%)
Postoperative patients	134 (69.8%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	8 [1-98]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	9 (4.69%)	1628 (8.92%)
Transferred to another hospital	2 (1.04%)	383 (2.10%)
Transferred to long-term care	3 (1.56%)	1046 (5.73%)
Rehabilitation	6 (3.13%)	730 (4.00%)
Discharge home	155 (80.7%)	12413 (68.0%)
Death	4 (2.08%)	666 (3.65%)
Others	-	797 (4.37%)
Missing	13 (6.77%)	579 (3.17%)
<b>Readmitted (n):</b>	10 (5.21%)	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	6 (3.13%)	1150 (6.30%)
Parenteral nutrition	10 (5.21%)	618 (3.39%)
Enteral + parenteral nutrition	2 (1.04%)	131 (0.72%)
Special diet	20 (10.4%)	4436 (24.3%)
Protein supplement	1 (0.52%)	1913 (10.5%)
Hospital food	125 (65.1%)	10834 (59.4%)
Others	28 (14.6%)	835 (4.58%)
Missing	2 (1.04%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	90 (46.9%)	11305 (62.0%)
Centralvenous	3 (1.56%)	1299 (7.12%)
Nasogastric tube	-	335 (1.84%)
Any other (PEG, PEJ, ...)	99 (51.6%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	5 (2.60%)	2365 (13.0%)
Eye, ear	1 (0.52%)	359 (1.97%)
Nose, throat	5 (2.60%)	400 (2.19%)
Heart, circulation	23 (12.0%)	3905 (21.4%)
Lung	3 (1.56%)	2587 (14.2%)
Liver	30 (15.6%)	1061 (5.82%)
Gastrointestinal tract	50 (26.0%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	4 (2.08%)	2618 (14.4%)
Endocrine system	27 (14.1%)	1561 (8.56%)
Skeleton, bone, muscle	24 (12.5%)	3235 (17.7%)
Blood, bone marrow	3 (1.56%)	842 (4.62%)
Skin	10 (5.21%)	711 (3.90%)
Ischaemia	4 (2.08%)	271 (1.49%)
Cancer	14 (7.29%)	2381 (13.1%)
Infection	14 (7.29%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	27 (14.1%)	1167 (6.40%)
No affected organ	-	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	15 (7.81%)	3788 (20.8%)
Stroke	3 (1.56%)	1084 (5.94%)
COPD	-	1290 (7.07%)
Myocardial infarction	5 (2.60%)	615 (3.37%)
Cardiac insufficiency	40 (20.8%)	2373 (13.0%)
Others	69 (35.9%)	7888 (43.2%)
No comorbidity	76 (39.6%)	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	182 (96.3%)	15261 (96.3%)
Yes	81 (42.9%)	6612 (41.7%)
No	68 (36.0%)	6290 (39.7%)
No, I've gained weight	14 (7.41%)	1189 (7.50%)
I don't know	19 (10.1%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	81 (42.9%)	6612 (41.7%)
0-4 kg	30 (15.9%)	2966 (18.7%)
5-8 kg	18 (9.52%)	1210 (7.64%)
> 8 kg	28 (14.8%)	1665 (10.5%)
Not sure	5 (2.65%)	696 (4.39%)
Missing	-	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	108 (57.1%)	7491 (47.3%)
A bit less than normal	40 (21.2%)	3584 (22.6%)
Less than half of normal	24 (12.7%)	2302 (14.5%)
Less than a quarter to nearly nothing	11 (5.82%)	1782 (11.2%)
Missing	6 (3.17%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	66 (34.9%)	7679 (48.5%)
Loss of appetite	39 (20.6%)	4361 (27.5%)
Problems with swallowing, mastication	4 (2.12%)	708 (4.47%)
Nausea	10 (5.29%)	1215 (7.67%)
Other reasons	22 (11.6%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	148 (78.3%)	9574 (60.4%)
No, only with assistance	19 (10.1%)	4110 (25.9%)
No, I stay in bed	14 (7.41%)	1589 (10.0%)
Missing	7 (3.70%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	11 (5.82%)	529 (3.34%)
Very good	5 (2.65%)	1343 (8.47%)
Good	52 (27.5%)	4726 (29.8%)
Fair	89 (47.1%)	5561 (35.1%)
Poor	20 (10.6%)	2997 (18.9%)
Missing	12 (6.35%)	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	112 (59.3%)	9474 (59.8%)
No	66 (34.9%)	4730 (29.8%)
- I was not hungry	35 (53.0%)	2568 (54.3%)
- Problems with swallowing / mastication	7 (10.6%)	346 (7.32%)
- Nausea	10 (15.2%)	722 (15.3%)
- Others	15 (22.7%)	1174 (24.8%)
No answer	4 (2.12%)	1211 (7.64%)

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

Patients with fluid intake	150 (82.4%)	11895 (77.2%)
Drinks per patient & day (l)	0.37	0.43
Patients with supplements	16 (8.79%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03

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

Water	158 (86.8%)	9843 (63.9%)
Milk	23 (12.6%)	2050 (13.3%)
Fruit juice	58 (31.9%)	3313 (21.5%)
Tea, coffee	129 (70.9%)	6515 (42.3%)
Soft drinks	11 (6.04%)	1406 (9.12%)

##### Lunch intake (n):

 All	60 (33.0%)	6329 (41.1%)
 1/2	50 (27.5%)	4364 (28.3%)
 1/4	25 (13.7%)	2363 (15.3%)
 Nothing	47 (25.8%)	1984 (12.9%)
? No answer	-	375 (2.43%)

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

I was not hungry	34 (27.9%)	2743 (30.2%)
I had nausea / vomiting	7 (5.74%)	678 (7.46%)
I was not allowed to eat	33 (27.0%)	850 (9.36%)
I can not eat without help	2 (1.64%)	125 (1.38%)
I had an examination / surgery	26 (21.3%)	564 (6.21%)
I ordered a smaller portion	5 (4.10%)	201 (2.21%)
I was tired	-	439 (4.83%)
I normally eat less	7 (5.74%)	853 (9.39%)
I did not like the smell	1 (0.82%)	258 (2.84%)
I did not like the taste	6 (4.92%)	1127 (12.4%)



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

Yes	96 (50.8%)	5109 (32.2%)
No	83 (43.9%)	9242 (58.3%)
No answer	3 (1.59%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	24 (25.0%)	1581 (30.9%)
Fresh fruits	52 (54.2%)	2214 (43.3%)
Sandwiches	14 (14.6%)	456 (8.93%)
Dairy products	18 (18.8%)	690 (13.5%)
Preferred dish	29 (30.2%)	504 (9.86%)
Sweets	10 (10.4%)	849 (16.6%)
Fruit Juice	21 (21.9%)	691 (13.5%)
Others	13 (13.5%)	840 (16.4%)

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

Yes	87 (46.0%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires