



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in NORWAY

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:	17
Number of patients on nutritionDay:	299
Number of patients completing Sheet 3a:	233
Number of patients completing Sheet 3b:	227

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 ± 6	26 ± 14
Maximum	22 ± 7	31 ± 15
Number of patients on the nutritionDay (n):		
Total	299	18242
Did not give consent	59 (19.7%)	1878 (10.3%)
Needed help completing form	165 (55.2%)	9572 (52.5%)
Terminally ill	5 (1.67%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	-	210 (23.8%)
Internal medicine / gastroenterology and hepatology	3 (17.6%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	5 (29.4%)	72 (8.16%)
Internal medicine / cardiology	1 (5.88%)	52 (5.90%)
Internal medicine / infectious diseases	1 (5.88%)	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	-	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	1 (5.88%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	3 (17.6%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	1 (5.88%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	2 (11.8%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	3.13 ± 4.92	5.42 ± 5.91
Physicians per patient	0.17 ± 0.30	0.18 ± 0.18
Consultants	3.94 ± 2.56	2.49 ± 4.49
Consultants per patient	0.18 ± 0.12	0.08 ± 0.16
Registrars	3.00 ± 2.63	1.47 ± 2.99
Registrars per patient	0.12 ± 0.10	0.05 ± 0.10
Nurses	10.35 ± 8.94	7.55 ± 7.10
Nurses per patient	0.52 ± 0.57	0.24 ± 0.21
Nursing aides	1.38 ± 1.45	2.84 ± 3.63

Nursing aides per patient	0.08 ± 0.10	0.09 ± 0.10
Dieticians and dietetic assistants	0.12 ± 0.29	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	11 units (65%) Yes	724 units (82%) Yes
Written procedures		
- individual	9 units (53%) Yes	605 units (69%) Yes
- local	11 units (65%) Yes	418 units (47%) Yes
- national	11 units (65%) Yes	429 units (49%) Yes
- other	1 units (06%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	14 units (82%) Yes	679 units (77%) Yes
When requested	8 units (47%) Yes	486 units (55%) Yes
Once a week	8 units (47%) Yes	343 units (39%) Yes
Occasionally	1 units (06%) 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	299	18242
Patients who completed sheet 3a	233 (77.9%)	15848 (86.9%)
Patients who completed sheet 3b	227 (75.9%)	15415 (84.5%)
Demographic data:		
Age (years)	68 [19-103]	68 [1-116]
Female gender	159 (53.2%)	9222 (50.6%)
Weight (kg)	74.4 ± 17.7	71.9 ± 20.0
Height (cm)	170.0 ± 10.3	165.7 ± 11.7
BMI (kg/m ²)	25.4 ± 5.5	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	24 (8.03%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	6 (2.01%)	1385 (7.59%)
Postoperative patients	64 (21.4%)	4159 (22.8%)
Length of stay in Hospital (days):	9 [1-105]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	13 (4.35%)	1628 (8.92%)
Transferred to another hospital	16 (5.35%)	383 (2.10%)
Transferred to long-term care	20 (6.69%)	1046 (5.73%)
Rehabilitation	9 (3.01%)	730 (4.00%)
Discharge home	150 (50.2%)	12413 (68.0%)
Death	6 (2.01%)	666 (3.65%)
Others	-	797 (4.37%)
Missing	85 (28.4%)	579 (3.17%)
Readmitted (n):	53 (17.7%)	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	47 (15.7%)	1150 (6.30%)
Parenteral nutrition	14 (4.68%)	618 (3.39%)
Enteral + parenteral nutrition	4 (1.34%)	131 (0.72%)
Special diet	26 (8.70%)	4436 (24.3%)
Protein supplement	22 (7.36%)	1913 (10.5%)
Hospital food	170 (56.9%)	10834 (59.4%)
Others	3 (1.00%)	835 (4.58%)
Missing	65 (21.7%)	1115 (6.11%)
Lines & tubes (n)*:		
None	251 (83.9%)	11305 (62.0%)
Centralvenous	28 (9.36%)	1299 (7.12%)
Nasogastric tube	5 (1.67%)	335 (1.84%)
Any other (PEG, PEJ, ...)	15 (5.02%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	21 (7.02%)	2365 (13.0%)
Eye, ear	4 (1.34%)	359 (1.97%)
Nose, throat	2 (0.67%)	400 (2.19%)
Heart, circulation	31 (10.4%)	3905 (21.4%)
Lung	53 (17.7%)	2587 (14.2%)
Liver	28 (9.36%)	1061 (5.82%)
Gastrointestinal tract	89 (29.8%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	29 (9.70%)	2618 (14.4%)
Endocrine system	13 (4.35%)	1561 (8.56%)
Skeleton, bone, muscle	34 (11.4%)	3235 (17.7%)
Blood, bone marrow	6 (2.01%)	842 (4.62%)
Skin	6 (2.01%)	711 (3.90%)
Ischaemia	2 (0.67%)	271 (1.49%)
Cancer	94 (31.4%)	2381 (13.1%)
Infection	14 (4.68%)	1096 (6.01%)
Pregnancy	1 (0.33%)	134 (0.73%)
Others	8 (2.68%)	1167 (6.40%)
No affected organ	63 (21.1%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	27 (9.03%)	3788 (20.8%)
Stroke	6 (2.01%)	1084 (5.94%)
COPD	25 (8.36%)	1290 (7.07%)
Myocardial infarction	21 (7.02%)	615 (3.37%)
Cardiac insufficiency	14 (4.68%)	2373 (13.0%)
Others	101 (33.8%)	7888 (43.2%)
No comorbidity	163 (54.5%)	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	223 (95.7%)	15261 (96.3%)
Yes	104 (44.6%)	6612 (41.7%)
No	86 (36.9%)	6290 (39.7%)
No, I've gained weight	26 (11.2%)	1189 (7.50%)
I don't know	7 (3.00%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	104 (44.6%)	6612 (41.7%)
0-4 kg	46 (19.7%)	2966 (18.7%)
5-8 kg	25 (10.7%)	1210 (7.64%)
> 8 kg	26 (11.2%)	1665 (10.5%)
Not sure	6 (2.58%)	696 (4.39%)
Missing	1 (0.43%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	74 (31.8%)	7491 (47.3%)
A bit less than normal	71 (30.5%)	3584 (22.6%)
Less than half of normal	34 (14.6%)	2302 (14.5%)
Less than a quarter to nearly nothing	50 (21.5%)	1782 (11.2%)
Missing	3 (1.29%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	152 (65.2%)	7679 (48.5%)
Loss of appetite	80 (34.3%)	4361 (27.5%)
Problems with swallowing, mastication	10 (4.29%)	708 (4.47%)
Nausea	33 (14.2%)	1215 (7.67%)
Other reasons	73 (31.3%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	152 (65.2%)	9574 (60.4%)
No, only with assistance	67 (28.8%)	4110 (25.9%)
No, I stay in bed	12 (5.15%)	1589 (10.0%)
Missing	1 (0.43%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	4 (1.72%)	529 (3.34%)
Very good	17 (7.30%)	1343 (8.47%)
Good	86 (36.9%)	4726 (29.8%)
Fair	73 (31.3%)	5561 (35.1%)
Poor	46 (19.7%)	2997 (18.9%)
Missing	7 (3.00%)	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	119 (51.1%)	9474 (59.8%)
No	85 (36.5%)	4730 (29.8%)
- I was not hungry	43 (50.6%)	2568 (54.3%)
- Problems with swallowing / mastication	5 (5.88%)	346 (7.32%)
- Nausea	19 (22.4%)	722 (15.3%)
- Others	30 (35.3%)	1174 (24.8%)
No answer	23 (9.87%)	1211 (7.64%)

Fluid and supplement intake (n):

Patients with fluid intake	179 (78.9%)	11895 (77.2%)
Drinks per patient & day (l)	0.44	0.43
Patients with supplements	22 (9.69%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03

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

Water	158 (69.6%)	9843 (63.9%)
Milk	44 (19.4%)	2050 (13.3%)
Fruit juice	64 (28.2%)	3313 (21.5%)
Tea, coffee	69 (30.4%)	6515 (42.3%)
Soft drinks	44 (19.4%)	1406 (9.12%)

Lunch intake (n):

 All	112 (49.3%)	6329 (41.1%)
 1/2	27 (11.9%)	4364 (28.3%)
 1/4	27 (11.9%)	2363 (15.3%)
 Nothing	49 (21.6%)	1984 (12.9%)
? No answer	12 (5.29%)	375 (2.43%)

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

I was not hungry	36 (31.3%)	2743 (30.2%)
I had nausea / vomiting	10 (8.70%)	678 (7.46%)
I was not allowed to eat	11 (9.57%)	850 (9.36%)
I can not eat without help	-	125 (1.38%)
I had an examination / surgery	4 (3.48%)	564 (6.21%)
I ordered a smaller portion	2 (1.74%)	201 (2.21%)
I was tired	2 (1.74%)	439 (4.83%)
I normally eat less	3 (2.61%)	853 (9.39%)
I did not like the smell	2 (1.74%)	258 (2.84%)
I did not like the taste	4 (3.48%)	1127 (12.4%)

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

Yes	34 (14.6%)	5109 (32.2%)
No	151 (64.8%)	9242 (58.3%)
No answer	42 (18.0%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	7 (20.6%)	1581 (30.9%)
Fresh fruits	9 (26.5%)	2214 (43.3%)
Sandwiches	3 (8.82%)	456 (8.93%)
Dairy products	4 (11.8%)	690 (13.5%)
Preferred dish	2 (5.88%)	504 (9.86%)
Sweets	9 (26.5%)	849 (16.6%)
Fruit Juice	3 (8.82%)	691 (13.5%)
Others	8 (23.5%)	840 (16.4%)

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

Yes	172 (73.8%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires