



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in POLAND

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:	25
Number of patients on nutritionDay:	522
Number of patients completing Sheet 3a:	478
Number of patients completing Sheet 3b:	454

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	30 ± 11	26 ± 14
Maximum	38 ± 14	31 ± 15
Number of patients on the nutritionDay (n):		
Total	522	18242
Did not give consent	24 (4.60%)	1878 (10.3%)
Needed help completing form	229 (43.9%)	9572 (52.5%)
Terminally ill	125 (23.9%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	3 (12.0%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	2 (8.00%)	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	1 (4.00%)	65 (7.37%)
Internal medicine / nephrology	1 (4.00%)	18 (2.04%)
Pediatrics	1 (4.00%)	10 (1.13%)
Neurology	1 (4.00%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	1 (4.00%)	20 (2.27%)
General surgery	6 (24.0%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	2 (8.00%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	7 (28.0%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	10.04 ± 7.18	5.42 ± 5.91
Physicians per patient	0.26 ± 0.10	0.18 ± 0.18
Consultants	1.63 ± 4.21	2.49 ± 4.49
Consultants per patient	0.04 ± 0.09	0.08 ± 0.16
Registrars	1.43 ± 1.93	1.47 ± 2.99
Registrars per patient	0.05 ± 0.08	0.05 ± 0.10
Nurses	11.04 ± 9.41	7.55 ± 7.10
Nurses per patient	0.27 ± 0.13	0.24 ± 0.21
Nursing aides	3.20 ± 4.54	2.84 ± 3.63

Nursing aides per patient	0.06 ± 0.07	0.09 ± 0.10
Dieticians and dietetic assistants	0.80 ± 0.65	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.03 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	25 units (100%) Yes	724 units (82%) Yes
Written procedures		
- individual	17 units (68%) Yes	605 units (69%) Yes
- local	13 units (52%) Yes	418 units (47%) Yes
- national	17 units (68%) Yes	429 units (49%) Yes
- other	2 units (08%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	25 units (100%) Yes	679 units (77%) Yes
When requested	14 units (56%) Yes	486 units (55%) Yes
Once a week	5 units (20%) 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
Number of patients (n):		
Total	522	18242
Patients who completed sheet 3a	478 (91.6%)	15848 (86.9%)
Patients who completed sheet 3b	454 (87.0%)	15415 (84.5%)
Demographic data:		
Age (years)	64 [8-101]	68 [1-116]
Female gender	262 (50.2%)	9222 (50.6%)
Weight (kg)	73.6 ± 18.2	71.9 ± 20.0
Height (cm)	167.1 ± 10.4	165.7 ± 11.7
BMI (kg/m ²)	26.2 ± 5.7	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	13 (2.49%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	54 (10.3%)	1385 (7.59%)
Postoperative patients	79 (15.1%)	4159 (22.8%)
Length of stay in Hospital (days):	10 [1-69]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	14 (2.68%)	1628 (8.92%)
Transferred to another hospital	2 (0.38%)	383 (2.10%)
Transferred to long-term care	5 (0.96%)	1046 (5.73%)
Rehabilitation	3 (0.57%)	730 (4.00%)
Discharge home	221 (42.3%)	12413 (68.0%)
Death	8 (1.53%)	666 (3.65%)
Others	6 (1.15%)	797 (4.37%)
Missing	263 (50.4%)	579 (3.17%)
Readmitted (n):	3 (0.57%)	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	14 (2.68%)	1150 (6.30%)
Parenteral nutrition	24 (4.60%)	618 (3.39%)
Enteral + parenteral nutrition	4 (0.77%)	131 (0.72%)
Special diet	40 (7.66%)	4436 (24.3%)
Protein supplement	19 (3.64%)	1913 (10.5%)
Hospital food	382 (73.2%)	10834 (59.4%)
Others	33 (6.32%)	835 (4.58%)
Missing	53 (10.2%)	1115 (6.11%)
Lines & tubes (n)*:		
None	421 (80.7%)	11305 (62.0%)
Centralvenous	23 (4.41%)	1299 (7.12%)
Nasogastric tube	6 (1.15%)	335 (1.84%)
Any other (PEG, PEJ, ...)	72 (13.8%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	53 (10.2%)	2365 (13.0%)
Eye, ear	13 (2.49%)	359 (1.97%)
Nose, throat	15 (2.87%)	400 (2.19%)
Heart, circulation	132 (25.3%)	3905 (21.4%)
Lung	70 (13.4%)	2587 (14.2%)
Liver	16 (3.07%)	1061 (5.82%)
Gastrointestinal tract	111 (21.3%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	60 (11.5%)	2618 (14.4%)
Endocrine system	79 (15.1%)	1561 (8.56%)
Skeleton, bone, muscle	55 (10.5%)	3235 (17.7%)
Blood, bone marrow	65 (12.5%)	842 (4.62%)
Skin	6 (1.15%)	711 (3.90%)
Ischaemia	5 (0.96%)	271 (1.49%)
Cancer	32 (6.13%)	2381 (13.1%)
Infection	3 (0.57%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	39 (7.47%)	1167 (6.40%)
No affected organ	85 (16.3%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	81 (15.5%)	3788 (20.8%)
Stroke	17 (3.26%)	1084 (5.94%)
COPD	27 (5.17%)	1290 (7.07%)
Myocardial infarction	14 (2.68%)	615 (3.37%)
Cardiac insufficiency	101 (19.3%)	2373 (13.0%)
Others	246 (47.1%)	7888 (43.2%)
No comorbidity	167 (32.0%)	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	467 (97.7%)	15261 (96.3%)
Yes	195 (40.8%)	6612 (41.7%)
No	199 (41.6%)	6290 (39.7%)
No, I've gained weight	46 (9.62%)	1189 (7.50%)
I don't know	27 (5.65%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	195 (40.8%)	6612 (41.7%)
0-4 kg	106 (22.2%)	2966 (18.7%)
5-8 kg	27 (5.65%)	1210 (7.64%)
> 8 kg	44 (9.21%)	1665 (10.5%)
Not sure	17 (3.56%)	696 (4.39%)
Missing	1 (0.21%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	254 (53.1%)	7491 (47.3%)
A bit less than normal	107 (22.4%)	3584 (22.6%)
Less than half of normal	58 (12.1%)	2302 (14.5%)
Less than a quarter to nearly nothing	39 (8.16%)	1782 (11.2%)
Missing	14 (2.93%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	202 (42.3%)	7679 (48.5%)
Loss of appetite	91 (19.0%)	4361 (27.5%)
Problems with swallowing, mastication	21 (4.39%)	708 (4.47%)
Nausea	20 (4.18%)	1215 (7.67%)
Other reasons	92 (19.2%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	349 (73.0%)	9574 (60.4%)
No, only with assistance	78 (16.3%)	4110 (25.9%)
No, I stay in bed	34 (7.11%)	1589 (10.0%)
Missing	15 (3.14%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	6 (1.26%)	529 (3.34%)
Very good	34 (7.11%)	1343 (8.47%)
Good	130 (27.2%)	4726 (29.8%)
Fair	146 (30.5%)	5561 (35.1%)
Poor	129 (27.0%)	2997 (18.9%)
Missing	33 (6.90%)	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	317 (66.3%)	9474 (59.8%)
No	120 (25.1%)	4730 (29.8%)
- I was not hungry	71 (59.2%)	2568 (54.3%)
- Problems with swallowing / mastication	9 (7.50%)	346 (7.32%)
- Nausea	16 (13.3%)	722 (15.3%)
- Others	20 (16.7%)	1174 (24.8%)
No answer	17 (3.56%)	1211 (7.64%)



Fluid and supplement intake (n):

Patients with fluid intake	402 (88.5%)	11895 (77.2%)
Drinks per patient & day (l)	0.67	0.43
Patients with supplements	16 (3.52%)	1566 (10.2%)
Supplements per patient & day (l)	0.01	0.03

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

Water	368 (81.1%)	9843 (63.9%)
Milk	59 (13.0%)	2050 (13.3%)
Fruit juice	126 (27.8%)	3313 (21.5%)
Tea, coffee	307 (67.6%)	6515 (42.3%)
Soft drinks	28 (6.17%)	1406 (9.12%)

Lunch intake (n):

 All	216 (47.6%)	6329 (41.1%)
 1/2	126 (27.8%)	4364 (28.3%)
 1/4	50 (11.0%)	2363 (15.3%)
 Nothing	51 (11.2%)	1984 (12.9%)
? No answer	11 (2.42%)	375 (2.43%)

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

I was not hungry	62 (26.1%)	2743 (30.2%)
I had nausea / vomiting	7 (2.94%)	678 (7.46%)
I was not allowed to eat	19 (7.98%)	850 (9.36%)
I can not eat without help	4 (1.68%)	125 (1.38%)
I had an examination / surgery	28 (11.8%)	564 (6.21%)
I ordered a smaller portion	4 (1.68%)	201 (2.21%)
I was tired	6 (2.52%)	439 (4.83%)
I normally eat less	28 (11.8%)	853 (9.39%)
I did not like the smell	2 (0.84%)	258 (2.84%)
I did not like the taste	23 (9.66%)	1127 (12.4%)

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

Yes	266 (55.6%)	5109 (32.2%)
No	165 (34.5%)	9242 (58.3%)
No answer	23 (4.81%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	74 (27.8%)	1581 (30.9%)
Fresh fruits	154 (57.9%)	2214 (43.3%)
Sandwiches	44 (16.5%)	456 (8.93%)
Dairy products	43 (16.2%)	690 (13.5%)
Preferred dish	11 (4.14%)	504 (9.86%)
Sweets	41 (15.4%)	849 (16.6%)
Fruit Juice	77 (28.9%)	691 (13.5%)
Others	36 (13.5%)	840 (16.4%)

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

Yes	239 (50.0%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires