



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2015 in SINGAPORE**

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:	587
Number of patients completing Sheet 3a:	506
Number of patients completing Sheet 3b:	431

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	31 ± 11	26 ± 14
Maximum	34 ± 8	31 ± 15
<b>Number of patients on the nutritionDay (n):</b>		
Total	587	18242
Did not give consent	27 (4.60%)	1878 (10.3%)
Needed help completing form	307 (52.3%)	9572 (52.5%)
Terminally ill	23 (3.92%)	2221 (12.2%)
<b>Specialities (n):</b>		
Internal medicine / general	10 (40.0%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	1 (4.00%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	-	72 (8.16%)
Internal medicine / cardiology	1 (4.00%)	52 (5.90%)
Internal medicine / infectious diseases	1 (4.00%)	8 (0.91%)
Internal medicine / geriatrics	4 (16.0%)	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	3 (12.0%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	3 (12.0%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	2 (8.00%)	85 (9.64%)
<b>Staff /Staff per patient (n):</b>		
Physicians	11.55 ± 8.77	5.42 ± 5.91
Physicians per patient	0.37 ± 0.35	0.18 ± 0.18
Consultants	8.13 ± 8.03	2.49 ± 4.49
Consultants per patient	0.24 ± 0.22	0.08 ± 0.16
Registrars	4.11 ± 6.08	1.47 ± 2.99
Registrars per patient	0.13 ± 0.19	0.05 ± 0.10
Nurses	11.64 ± 10.16	7.55 ± 7.10
Nurses per patient	0.35 ± 0.30	0.24 ± 0.21
Nursing aides	4.48 ± 5.81	2.84 ± 3.63

Nursing aides per patient	0.14 ± 0.19	0.09 ± 0.10
Dieticians and dietetic assistants	1.17 ± 0.48	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.04 ± 0.02	0.04 ± 0.05

**Nutrition Care:**

Nutrition Team	23 units (92%) Yes	724 units (82%) Yes
Written procedures		
- individual	21 units (84%) Yes	605 units (69%) Yes
- local	12 units (48%) Yes	418 units (47%) Yes
- national	8 units (32%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

**Patients' weight assessed:**

On admission	20 units (80%) Yes	679 units (77%) Yes
When requested	11 units (44%) Yes	486 units (55%) Yes
Once a week	21 units (84%) Yes	343 units (39%) Yes
Occasionally	1 units (04%) 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	587	18242
Patients who completed sheet 3a	506 (86.2%)	15848 (86.9%)
Patients who completed sheet 3b	431 (73.4%)	15415 (84.5%)
<b>Demographic data:</b>		
Age (years)	73 [16-101]	68 [1-116]
Female gender	261 (44.5%)	9222 (50.6%)
Weight (kg)	60.7 ± 16.6	71.9 ± 20.0
Height (cm)	159.0 ± 10.2	165.7 ± 11.7
BMI (kg/m <sup>2</sup> )	24.0 ± 6.2	26.0 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	36 (6.13%)	1880 (10.3%)
<b>Surgery (n):</b>		
Preoperative patients	26 (4.43%)	1385 (7.59%)
Postoperative patients	87 (14.8%)	4159 (22.8%)
<b>Length of stay in Hospital (days):</b>	10 [1-81]	11 [1-151]
<b>Outcome after 30 days (n):</b>		
Still in hospital	39 (6.64%)	1628 (8.92%)
Transferred to another hospital	8 (1.36%)	383 (2.10%)
Transferred to long-term care	27 (4.60%)	1046 (5.73%)
Rehabilitation	37 (6.30%)	730 (4.00%)
Discharge home	304 (51.8%)	12413 (68.0%)
Death	16 (2.73%)	666 (3.65%)
Others	13 (2.21%)	797 (4.37%)
Missing	143 (24.4%)	579 (3.17%)
<b>Readmitted (n):</b>	50 (8.52%)	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	66 (11.2%)	1150 (6.30%)
Parenteral nutrition	8 (1.36%)	618 (3.39%)
Enteral + parenteral nutrition	1 (0.17%)	131 (0.72%)
Special diet	202 (34.4%)	4436 (24.3%)
Protein supplement	46 (7.84%)	1913 (10.5%)
Hospital food	293 (49.9%)	10834 (59.4%)
Others	41 (6.98%)	835 (4.58%)
Missing	4 (0.68%)	1115 (6.11%)
<b>Lines &amp; tubes (n)*:</b>		
None	470 (80.1%)	11305 (62.0%)
Centralvenous	5 (0.85%)	1299 (7.12%)
Nasogastric tube	45 (7.67%)	335 (1.84%)
Any other (PEG, PEJ, ...)	67 (11.4%)	5303 (29.1%)
<b>Affected organs (n)*:</b>		
Brain, nerves	121 (20.6%)	2365 (13.0%)
Eye, ear	12 (2.04%)	359 (1.97%)
Nose, throat	6 (1.02%)	400 (2.19%)
Heart, circulation	107 (18.2%)	3905 (21.4%)
Lung	109 (18.6%)	2587 (14.2%)
Liver	20 (3.41%)	1061 (5.82%)
Gastrointestinal tract	77 (13.1%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	94 (16.0%)	2618 (14.4%)
Endocrine system	109 (18.6%)	1561 (8.56%)
Skeleton, bone, muscle	116 (19.8%)	3235 (17.7%)
Blood, bone marrow	24 (4.09%)	842 (4.62%)
Skin	22 (3.75%)	711 (3.90%)
Ischaemia	5 (0.85%)	271 (1.49%)
Cancer	11 (1.87%)	2381 (13.1%)
Infection	33 (5.62%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	31 (5.28%)	1167 (6.40%)
No affected organ	11 (1.87%)	1075 (5.89%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	209 (35.6%)	3788 (20.8%)
Stroke	59 (10.1%)	1084 (5.94%)
COPD	28 (4.77%)	1290 (7.07%)
Myocardial infarction	41 (6.98%)	615 (3.37%)
Cardiac insufficiency	61 (10.4%)	2373 (13.0%)
Others	345 (58.8%)	7888 (43.2%)
No comorbidity	85 (14.5%)	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
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	439 (86.8%)	15261 (96.3%)
Yes	117 (23.1%)	6612 (41.7%)
No	169 (33.4%)	6290 (39.7%)
No, I've gained weight	18 (3.56%)	1189 (7.50%)
I don't know	135 (26.7%)	1170 (7.38%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	117 (23.1%)	6612 (41.7%)
0-4 kg	54 (10.7%)	2966 (18.7%)
5-8 kg	14 (2.77%)	1210 (7.64%)
> 8 kg	15 (2.96%)	1665 (10.5%)
Not sure	30 (5.93%)	696 (4.39%)
Missing	4 (0.79%)	75 (0.47%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	248 (49.0%)	7491 (47.3%)
A bit less than normal	88 (17.4%)	3584 (22.6%)
Less than half of normal	62 (12.3%)	2302 (14.5%)
Less than a quarter to nearly nothing	27 (5.34%)	1782 (11.2%)
Missing	79 (15.6%)	556 (3.51%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	178 (35.2%)	7679 (48.5%)
Loss of appetite	116 (22.9%)	4361 (27.5%)
Problems with swallowing, mastication	11 (2.17%)	708 (4.47%)
Nausea	8 (1.58%)	1215 (7.67%)
Other reasons	49 (9.68%)	2616 (16.5%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	190 (37.5%)	9574 (60.4%)
No, only with assistance	170 (33.6%)	4110 (25.9%)
No, I stay in bed	88 (17.4%)	1589 (10.0%)
Missing	58 (11.5%)	504 (3.18%)
<b>"In general would you say your health is" (n):</b>		
Excellent	16 (3.16%)	529 (3.34%)
Very good	44 (8.70%)	1343 (8.47%)
Good	143 (28.3%)	4726 (29.8%)
Fair	175 (34.6%)	5561 (35.1%)
Poor	54 (10.7%)	2997 (18.9%)
Missing	74 (14.6%)	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
<b>Hospital food intake:</b>		
<b>„Is your appetite normal?“ (n):</b>		
Yes	287 (56.7%)	9474 (59.8%)
No	95 (18.8%)	4730 (29.8%)
- I was not hungry	32 (33.7%)	2568 (54.3%)
- Problems with swallowing / mastication	4 (4.21%)	346 (7.32%)
- Nausea	10 (10.5%)	722 (15.3%)
- Others	38 (40.0%)	1174 (24.8%)
No answer	49 (9.68%)	1211 (7.64%)
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	353 (81.9%)	11895 (77.2%)
Drinks per patient & day (l)	0.31	0.43
Patients with supplements	33 (7.66%)	1566 (10.2%)
Supplements per patient & day (l)	0.03	0.03
<b>„What kind of drinks did you consume?“ (n)*:</b>		
Water	314 (72.9%)	9843 (63.9%)
Milk	63 (14.6%)	2050 (13.3%)
Fruit juice	5 (1.16%)	3313 (21.5%)
Tea, coffee	200 (46.4%)	6515 (42.3%)
Soft drinks	11 (2.55%)	1406 (9.12%)
<b>Lunch intake (n):</b>		
 All	198 (45.9%)	6329 (41.1%)
 1/2	124 (28.8%)	4364 (28.3%)
 1/4	41 (9.51%)	2363 (15.3%)
 Nothing	43 (9.98%)	1984 (12.9%)
? No answer	25 (5.80%)	375 (2.43%)
<b>„I did not eat everything because“ (n)*:</b>		
I was not hungry	48 (20.6%)	2743 (30.2%)
I had nausea / vomiting	7 (3.00%)	678 (7.46%)
I was not allowed to eat	16 (6.87%)	850 (9.36%)
I can not eat without help	1 (0.43%)	125 (1.38%)
I had an examination / surgery	5 (2.15%)	564 (6.21%)
I ordered a smaller portion	1 (0.43%)	201 (2.21%)
I was tired	9 (3.86%)	439 (4.83%)
I normally eat less	26 (11.2%)	853 (9.39%)
I did not like the smell	7 (3.00%)	258 (2.84%)
I did not like the taste	19 (8.15%)	1127 (12.4%)



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

Yes	111 (21.9%)	5109 (32.2%)
No	276 (54.5%)	9242 (58.3%)
No answer	44 (8.70%)	1064 (6.71%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	20 (18.0%)	1581 (30.9%)
Fresh fruits	17 (15.3%)	2214 (43.3%)
Sandwiches	6 (5.41%)	456 (8.93%)
Dairy products	1 (0.90%)	690 (13.5%)
Preferred dish	25 (22.5%)	504 (9.86%)
Sweets	1 (0.90%)	849 (16.6%)
Fruit Juice	4 (3.60%)	691 (13.5%)
Others	41 (36.9%)	840 (16.4%)

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

Yes	327 (64.6%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires