



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in SLOVENIA

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:	12
Number of patients on nutritionDay:	181
Number of patients completing Sheet 3a:	181
Number of patients completing Sheet 3b:	180

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	22 ± 6	26 ± 14
Maximum	27 ± 6	31 ± 15
Number of patients on the nutritionDay (n):		
Total	181	18242
Did not give consent	-	1878 (10.3%)
Needed help completing form	143 (79.0%)	9572 (52.5%)
Terminally ill	10 (5.52%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	2 (16.7%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	3 (25.0%)	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	3 (25.0%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	2 (16.7%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	2 (16.7%)	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	4.25 ± 2.49	5.42 ± 5.91
Physicians per patient	0.17 ± 0.11	0.18 ± 0.18
Consultants	2.00 ± 2.17	2.49 ± 4.49
Consultants per patient	0.08 ± 0.10	0.08 ± 0.16
Registrars	1.17 ± 1.40	1.47 ± 2.99
Registrars per patient	0.04 ± 0.04	0.05 ± 0.10
Nurses	2.25 ± 1.71	7.55 ± 7.10
Nurses per patient	0.09 ± 0.07	0.24 ± 0.21
Nursing aides	4.58 ± 2.68	2.84 ± 3.63

Nursing aides per patient	0.18 ± 0.13	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	10 units (83%) Yes	724 units (82%) Yes
Written procedures		
- individual	6 units (50%) Yes	605 units (69%) Yes
- local	4 units (33%) Yes	418 units (47%) Yes
- national	6 units (50%) Yes	429 units (49%) Yes
- other	1 units (08%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	3 units (25%) Yes	679 units (77%) Yes
When requested	6 units (50%) Yes	486 units (55%) Yes
Once a week	4 units (33%) Yes	343 units (39%) Yes
Occasionally	2 units (17%) Yes	105 units (12%) Yes
Never	1 units (08%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	181	18242
Patients who completed sheet 3a	181 (100%)	15848 (86.9%)
Patients who completed sheet 3b	180 (99.4%)	15415 (84.5%)
Demographic data:		
Age (years)	69 [21-94]	68 [1-116]
Female gender	91 (50.3%)	9222 (50.6%)
Weight (kg)	75.2 ± 15.7	71.9 ± 20.0
Height (cm)	168.7 ± 8.7	165.7 ± 11.7
BMI (kg/m ²)	26.3 ± 4.8	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	12 (6.63%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	30 (16.6%)	1385 (7.59%)
Postoperative patients	46 (25.4%)	4159 (22.8%)
Length of stay in Hospital (days):	12 [1-84]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	10 (5.52%)	1628 (8.92%)
Transferred to another hospital	12 (6.63%)	383 (2.10%)
Transferred to long-term care	9 (4.97%)	1046 (5.73%)
Rehabilitation	31 (17.1%)	730 (4.00%)
Discharge home	115 (63.5%)	12413 (68.0%)
Death	3 (1.66%)	666 (3.65%)
Others	-	797 (4.37%)
Missing	1 (0.55%)	579 (3.17%)
Readmitted (n):	16 (8.84%)	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	10 (5.52%)	1150 (6.30%)
Parenteral nutrition	7 (3.87%)	618 (3.39%)
Enteral + parenteral nutrition	1 (0.55%)	131 (0.72%)
Special diet	1 (0.55%)	4436 (24.3%)
Protein supplement	10 (5.52%)	1913 (10.5%)
Hospital food	157 (86.7%)	10834 (59.4%)
Others	4 (2.21%)	835 (4.58%)
Missing	10 (5.52%)	1115 (6.11%)
Lines & tubes (n)*:		
None	95 (52.5%)	11305 (62.0%)
Centralvenous	13 (7.18%)	1299 (7.12%)
Nasogastric tube	3 (1.66%)	335 (1.84%)
Any other (PEG, PEJ, ...)	70 (38.7%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	55 (30.4%)	2365 (13.0%)
Eye, ear	-	359 (1.97%)
Nose, throat	1 (0.55%)	400 (2.19%)
Heart, circulation	20 (11.0%)	3905 (21.4%)
Lung	9 (4.97%)	2587 (14.2%)
Liver	14 (7.73%)	1061 (5.82%)
Gastrointestinal tract	53 (29.3%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	13 (7.18%)	2618 (14.4%)
Endocrine system	1 (0.55%)	1561 (8.56%)
Skeleton, bone, muscle	30 (16.6%)	3235 (17.7%)
Blood, bone marrow	2 (1.10%)	842 (4.62%)
Skin	6 (3.31%)	711 (3.90%)
Ischaemia	12 (6.63%)	271 (1.49%)
Cancer	7 (3.87%)	2381 (13.1%)
Infection	3 (1.66%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	3 (1.66%)	1167 (6.40%)
No affected organ	9 (4.97%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	30 (16.6%)	3788 (20.8%)
Stroke	54 (29.8%)	1084 (5.94%)
COPD	2 (1.10%)	1290 (7.07%)
Myocardial infarction	2 (1.10%)	615 (3.37%)
Cardiac insufficiency	14 (7.73%)	2373 (13.0%)
Others	82 (45.3%)	7888 (43.2%)
No comorbidity	54 (29.8%)	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	174 (96.1%)	15261 (96.3%)
Yes	53 (29.3%)	6612 (41.7%)
No	98 (54.1%)	6290 (39.7%)
No, I've gained weight	9 (4.97%)	1189 (7.50%)
I don't know	14 (7.73%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	53 (29.3%)	6612 (41.7%)
0-4 kg	26 (14.4%)	2966 (18.7%)
5-8 kg	12 (6.63%)	1210 (7.64%)
> 8 kg	13 (7.18%)	1665 (10.5%)
Not sure	2 (1.10%)	696 (4.39%)
Missing	-	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	96 (53.0%)	7491 (47.3%)
A bit less than normal	53 (29.3%)	3584 (22.6%)
Less than half of normal	20 (11.0%)	2302 (14.5%)
Less than a quarter to nearly nothing	8 (4.42%)	1782 (11.2%)
Missing	4 (2.21%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	83 (45.9%)	7679 (48.5%)
Loss of appetite	48 (26.5%)	4361 (27.5%)
Problems with swallowing, mastication	12 (6.63%)	708 (4.47%)
Nausea	9 (4.97%)	1215 (7.67%)
Other reasons	28 (15.5%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	103 (56.9%)	9574 (60.4%)
No, only with assistance	50 (27.6%)	4110 (25.9%)
No, I stay in bed	25 (13.8%)	1589 (10.0%)
Missing	3 (1.66%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	6 (3.31%)	529 (3.34%)
Very good	16 (8.84%)	1343 (8.47%)
Good	60 (33.1%)	4726 (29.8%)
Fair	45 (24.9%)	5561 (35.1%)
Poor	52 (28.7%)	2997 (18.9%)
Missing	2 (1.10%)	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	123 (68.0%)	9474 (59.8%)
No	46 (25.4%)	4730 (29.8%)
- I was not hungry	19 (41.3%)	2568 (54.3%)
- Problems with swallowing / mastication	7 (15.2%)	346 (7.32%)
- Nausea	13 (28.3%)	722 (15.3%)
- Others	8 (17.4%)	1174 (24.8%)
No answer	11 (6.08%)	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	154 (85.6%)	11895 (77.2%)
Drinks per patient & day (l)	0.55	0.43
Patients with supplements	13 (7.22%)	1566 (10.2%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	110 (61.1%)	9843 (63.9%)
Milk	8 (4.44%)	2050 (13.3%)
Fruit juice	18 (10.0%)	3313 (21.5%)
Tea, coffee	118 (65.6%)	6515 (42.3%)
Soft drinks	7 (3.89%)	1406 (9.12%)
Lunch intake (n):		
 All	66 (36.7%)	6329 (41.1%)
 1/2	56 (31.1%)	4364 (28.3%)
 1/4	32 (17.8%)	2363 (15.3%)
 Nothing	22 (12.2%)	1984 (12.9%)
? No answer	4 (2.22%)	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	16 (14.0%)	2743 (30.2%)
I had nausea / vomiting	9 (7.89%)	678 (7.46%)
I was not allowed to eat	5 (4.39%)	850 (9.36%)
I can not eat without help	1 (0.88%)	125 (1.38%)
I had an examination / surgery	11 (9.65%)	564 (6.21%)
I ordered a smaller portion	5 (4.39%)	201 (2.21%)
I was tired	3 (2.63%)	439 (4.83%)
I normally eat less	14 (12.3%)	853 (9.39%)
I did not like the smell	7 (6.14%)	258 (2.84%)
I did not like the taste	11 (9.65%)	1127 (12.4%)

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

Yes	60 (33.1%)	5109 (32.2%)
No	110 (60.8%)	9242 (58.3%)
No answer	10 (5.52%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	10 (16.7%)	1581 (30.9%)
Fresh fruits	38 (63.3%)	2214 (43.3%)
Sandwiches	3 (5.00%)	456 (8.93%)
Dairy products	2 (3.33%)	690 (13.5%)
Preferred dish	3 (5.00%)	504 (9.86%)
Sweets	7 (11.7%)	849 (16.6%)
Fruit Juice	11 (18.3%)	691 (13.5%)
Others	2 (3.33%)	840 (16.4%)

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

Yes	141 (77.9%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires