



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in THAILAND

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:	11
Number of patients on nutritionDay:	165
Number of patients completing Sheet 3a:	165
Number of patients completing Sheet 3b:	165

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	22 ± 6	31 ± 15
Number of patients on the nutritionDay (n):		
Total	165	18242
Did not give consent	-	1878 (10.3%)
Needed help completing form	74 (44.8%)	9572 (52.5%)
Terminally ill	-	2221 (12.2%)
Specialities (n):		
Internal medicine / general	5 (45.5%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	-	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	-	72 (8.16%)
Internal medicine / cardiology	2 (18.2%)	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	1 (9.09%)	33 (3.74%)
Psychiatry	-	13 (1.47%)
Ear Nose Throat (ENT)	-	20 (2.27%)
General surgery	-	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	1 (9.09%)	52 (5.90%)
Trauma	-	14 (1.59%)
Neurosurgery	-	3 (0.34%)
Gynecology	-	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	2 (18.2%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	13.55 ± 4.01	5.42 ± 5.91
Physicians per patient	0.61 ± 0.14	0.18 ± 0.18
Consultants	13.45 ± 6.82	2.49 ± 4.49
Consultants per patient	0.66 ± 0.43	0.08 ± 0.16
Registrars	0.00 ± 0.00	1.47 ± 2.99
Registrars per patient	0.00 ± 0.00	0.05 ± 0.10
Nurses	4.73 ± 1.01	7.55 ± 7.10
Nurses per patient	0.22 ± 0.03	0.24 ± 0.21
Nursing aides	2.91 ± 1.04	2.84 ± 3.63

Nursing aides per patient	0.13 ± 0.03	0.09 ± 0.10
Dieticians and dietetic assistants	1.00 ± 0.00	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.05 ± 0.01	0.04 ± 0.05

Nutrition Care:

Nutrition Team	11 units (100%) Yes	724 units (82%) Yes
Written procedures		
- individual	11 units (100%) Yes	605 units (69%) Yes
- local	11 units (100%) Yes	418 units (47%) Yes
- national	- units (00%) Yes	429 units (49%) Yes
- other	- units (00%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	11 units (100%) Yes	679 units (77%) Yes
When requested	11 units (100%) 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
Number of patients (n):		
Total	165	18242
Patients who completed sheet 3a	165 (100%)	15848 (86.9%)
Patients who completed sheet 3b	165 (100%)	15415 (84.5%)
Demographic data:		
Age (years)	63 [16-95]	68 [1-116]
Female gender	69 (41.8%)	9222 (50.6%)
Weight (kg)	69.0 ± 18.4	71.9 ± 20.0
Height (cm)	163.3 ± 8.9	165.7 ± 11.7
BMI (kg/m ²)	25.8 ± 6.2	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	44 (26.7%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	4 (2.42%)	1385 (7.59%)
Postoperative patients	44 (26.7%)	4159 (22.8%)
Length of stay in Hospital (days):	8 [1-110]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	39 (23.6%)	1628 (8.92%)
Transferred to another hospital	3 (1.82%)	383 (2.10%)
Transferred to long-term care	-	1046 (5.73%)
Rehabilitation	1 (0.61%)	730 (4.00%)
Discharge home	119 (72.1%)	12413 (68.0%)
Death	3 (1.82%)	666 (3.65%)
Others	-	797 (4.37%)
Missing	-	579 (3.17%)
Readmitted (n):	11 (6.67%)	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	23 (13.9%)	1150 (6.30%)
Parenteral nutrition	4 (2.42%)	618 (3.39%)
Enteral + parenteral nutrition	-	131 (0.72%)
Special diet	72 (43.6%)	4436 (24.3%)
Protein supplement	14 (8.48%)	1913 (10.5%)
Hospital food	74 (44.8%)	10834 (59.4%)
Others	-	835 (4.58%)
Missing	-	1115 (6.11%)
Lines & tubes (n)*:		
None	-	11305 (62.0%)
Centralvenous	-	1299 (7.12%)
Nasogastric tube	16 (9.70%)	335 (1.84%)
Any other (PEG, PEJ, ...)	149 (90.3%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	43 (26.1%)	2365 (13.0%)
Eye, ear	8 (4.85%)	359 (1.97%)
Nose, throat	8 (4.85%)	400 (2.19%)
Heart, circulation	51 (30.9%)	3905 (21.4%)
Lung	17 (10.3%)	2587 (14.2%)
Liver	3 (1.82%)	1061 (5.82%)
Gastrointestinal tract	23 (13.9%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	30 (18.2%)	2618 (14.4%)
Endocrine system	59 (35.8%)	1561 (8.56%)
Skeleton, bone, muscle	52 (31.5%)	3235 (17.7%)
Blood, bone marrow	2 (1.21%)	842 (4.62%)
Skin	8 (4.85%)	711 (3.90%)
Ischaemia	-	271 (1.49%)
Cancer	-	2381 (13.1%)
Infection	32 (19.4%)	1096 (6.01%)
Pregnancy	-	134 (0.73%)
Others	2 (1.21%)	1167 (6.40%)
No affected organ	-	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	54 (32.7%)	3788 (20.8%)
Stroke	21 (12.7%)	1084 (5.94%)
COPD	8 (4.85%)	1290 (7.07%)
Myocardial infarction	6 (3.64%)	615 (3.37%)
Cardiac insufficiency	10 (6.06%)	2373 (13.0%)
Others	63 (38.2%)	7888 (43.2%)
No comorbidity	62 (37.6%)	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
Weight loss within the last 3 months (n):		
Total of patients answering	165 (100%)	15261 (96.3%)
Yes	49 (29.7%)	6612 (41.7%)
No	76 (46.1%)	6290 (39.7%)
No, I've gained weight	13 (7.88%)	1189 (7.50%)
I don't know	27 (16.4%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	49 (29.7%)	6612 (41.7%)
0-4 kg	30 (18.2%)	2966 (18.7%)
5-8 kg	7 (4.24%)	1210 (7.64%)
> 8 kg	7 (4.24%)	1665 (10.5%)
Not sure	5 (3.03%)	696 (4.39%)
Missing	-	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	119 (72.1%)	7491 (47.3%)
A bit less than normal	26 (15.8%)	3584 (22.6%)
Less than half of normal	13 (7.88%)	2302 (14.5%)
Less than a quarter to nearly nothing	7 (4.24%)	1782 (11.2%)
Missing	-	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	46 (27.9%)	7679 (48.5%)
Loss of appetite	23 (13.9%)	4361 (27.5%)
Problems with swallowing, mastication	9 (5.45%)	708 (4.47%)
Nausea	3 (1.82%)	1215 (7.67%)
Other reasons	15 (9.09%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	70 (42.4%)	9574 (60.4%)
No, only with assistance	64 (38.8%)	4110 (25.9%)
No, I stay in bed	31 (18.8%)	1589 (10.0%)
Missing	-	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	5 (3.03%)	529 (3.34%)
Very good	32 (19.4%)	1343 (8.47%)
Good	58 (35.2%)	4726 (29.8%)
Fair	46 (27.9%)	5561 (35.1%)
Poor	23 (13.9%)	2997 (18.9%)
Missing	1 (0.61%)	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	100 (60.6%)	9474 (59.8%)
No	65 (39.4%)	4730 (29.8%)
- I was not hungry	32 (49.2%)	2568 (54.3%)
- Problems with swallowing / mastication	4 (6.15%)	346 (7.32%)
- Nausea	3 (4.62%)	722 (15.3%)
- Others	26 (40.0%)	1174 (24.8%)
No answer	-	1211 (7.64%)
Fluid and supplement intake (n):		
Patients with fluid intake	163 (98.8%)	11895 (77.2%)
Drinks per patient & day (l)	0.28	0.43
Patients with supplements	15 (9.09%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03
„What kind of drinks did you consume?“ (n)*:		
Water	153 (92.7%)	9843 (63.9%)
Milk	30 (18.2%)	2050 (13.3%)
Fruit juice	29 (17.6%)	3313 (21.5%)
Tea, coffee	21 (12.7%)	6515 (42.3%)
Soft drinks	6 (3.64%)	1406 (9.12%)
Lunch intake (n):		
 All	91 (55.2%)	6329 (41.1%)
 1/2	46 (27.9%)	4364 (28.3%)
 1/4	22 (13.3%)	2363 (15.3%)
 Nothing	6 (3.64%)	1984 (12.9%)
? No answer	-	375 (2.43%)
„I did not eat everything because“ (n)*:		
I was not hungry	31 (41.9%)	2743 (30.2%)
I had nausea / vomiting	2 (2.70%)	678 (7.46%)
I was not allowed to eat	5 (6.76%)	850 (9.36%)
I can not eat without help	2 (2.70%)	125 (1.38%)
I had an examination / surgery	-	564 (6.21%)
I ordered a smaller portion	2 (2.70%)	201 (2.21%)
I was tired	3 (4.05%)	439 (4.83%)
I normally eat less	12 (16.2%)	853 (9.39%)
I did not like the smell	-	258 (2.84%)
I did not like the taste	19 (25.7%)	1127 (12.4%)

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

Yes	69 (41.8%)	5109 (32.2%)
No	95 (57.6%)	9242 (58.3%)
No answer	1 (0.61%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	14 (20.3%)	1581 (30.9%)
Fresh fruits	17 (24.6%)	2214 (43.3%)
Sandwiches	1 (1.45%)	456 (8.93%)
Dairy products	10 (14.5%)	690 (13.5%)
Preferred dish	19 (27.5%)	504 (9.86%)
Sweets	5 (7.25%)	849 (16.6%)
Fruit Juice	9 (13.0%)	691 (13.5%)
Others	11 (15.9%)	840 (16.4%)

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

Yes	73 (44.2%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires