



nutritionDay
IN EUROPEAN HOSPITALS

nutritionDay 2007

Centre: III
Unit: JJJJ
Main Speciality: Internal medicine / gastroenterology and hepatology

Dear participant,

August, 2007

Thank you for your participation in nutritionDay 2007 and for your effort. We can finally present you your unit report of the following sample size:

Number of patients on nutritionDay:	33
Number of patients completing Sheet 3a:	23
Number of patients completing Sheet 3b:	23

Your unit report reference group is based on data of your main speciality (Internal medicine / gastroenterology and hepatology) from nutritionDay 2006.

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 on the 31th January 2008. 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!

Michael Hiesmayr

Karin Schindler

Karin Steininger

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 2007 = 20*

Fluid status (n):
dehydrated 4

...

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2007.

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 2007 = 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"):

Main patient group admitted: Internal medicine / gastroenterology and hepatology **(62 units, 1367 patients)**

	YOUR RESULTS	REFERENCE ND-06
Number of beds (n):		
Actual	30	25 ± 13
Maximum	30	31 ± 13
Number of patients on the nutritionDay (n):		
Total	33	1367
Did not give consent	9 (27.3%)	85 (6.22%)
Needed help completing form	23 (69.7%)	487 (35.6%)
Staff /Staff per patient (n):		
Physicians	3	4.41 ± 3.84
Physicians per patient	0.10	0.16 ± 0.15
Consultants	2	2.53 ± 4.19
Consultants per patient	0.07	0.08 ± 0.10
Registrars	2	3.36 ± 3.46
Registrars per patient	0.07	0.13 ± 0.14
Nurses	5	5.34 ± 3.54
Nurses per patient	0.17	0.20 ± 0.14
Nursing aides	-	2.27 ± 1.54
Nursing aides per patient	-	0.09 ± 0.07
Student nurses	1	-
Student nurses per patient	0.03	-
Dieticians and dietetic assistants	1	1.46 ± 1.30
Dieticians and dietetic assistants per pat.	0.02	0.05 ± 0.04
Nutrition Care:		
Nutrition Team	NO	49 units (79%) YES
Written procedures		
- individual	NO	33 units (53%) YES
- local	YES	37 units (60%) YES
- national	NO	27 units (44%) YES
Patients' weight assessed:		
On admission	YES	27 units (44%) YES
When requested	YES	20 units (32%) YES
Once a week	YES	25 units (40%) YES
Occasionally	NO	3 units (05%) YES
Never	NO	- units (00%) YES

II. YOUR PATIENTS ("Sheet 2"):

Main patient group admitted: Internal
medicine / gastroenterology and
hepatology

(62 units, 1367 patients)

	YOUR RESULTS	REFERENCE ND-06
Number of patients (n):		
Total	33	1367
Patients who completed sheet 3a	23 (69.7%)	1271 (93.0%)
Patients who completed sheet 3b	23 (69.7%)	1257 (92.0%)
Demographic data:		
Age (years)	58 [23-82]	65 [15-101]
Female gender	12 (36.4%)	535 (39.1%)
Weight (kg)	77.9 ± 16.6	72.3 ± 18.0
Height (cm)	173.6 ± 9.7	168.2 ± 9.9
BMI (kg/m ²)	25.8 ± 5.1	25.5 ± 6.0
Fluid status (n):		
Normal	25 (75.8%)	741 (54.2%)
Dehydrated	1 (3.03%)	141 (10.3%)
Fluid overload	7 (21.2%)	228 (16.7%)
Missing	-	257 (18.8%)
ICU-stay:		
Any ICU-stay	1 (3.03%)	74 (5.41%)
Surgery (n):		
Preoperative patients	-	48 (3.51%)
Postoperative patients	-	105 (7.68%)
Length of stay (days):		
Hospital	14 [3-48]	12 [1-238]
Unit	14 [3-48]	12 [1-216]
Outcome after 30 days (n):		
Still in hospital	3 (9.09%)	145 (10.6%)
Transferred to another hospital	3 (9.09%)	40 (2.93%)
Transferred to long-term care	-	38 (2.78%)
Rehabilitation	-	14 (1.02%)
Discharge home	27 (81.8%)	878 (64.2%)
Death	-	77 (5.63%)
Others	-	31 (2.27%)
Missing	-	144 (10.5%)
Readmitted (n):	-	55 (4.02%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

Main patient group admitted: Internal
medicine / gastroenterology and
hepatology

(62 units, 1367 patients)

	YOUR RESULTS	REFERENCE ND-06
Nutrition therapy (n)*:		
Enteral nutrition	-	97 (7.10%)
Parenteral nutrition	2 (6.06%)	66 (4.83%)
Enteral + parenteral nutrition	-	24 (1.76%)
Special diet	4 (12.1%)	275 (20.1%)
Protein supplement	2 (6.06%)	52 (3.80%)
Hospital food	29 (87.9%)	791 (57.9%)
Others	-	82 (6.00%)
Missing	-	102 (7.46%)
Lines & tubes (n)*:		
None	17 (51.5%)	995 (72.8%)
One line	16 (48.5%)	349 (25.5%)
More than one	-	23 (1.68%)
Centralvenous	2 (6.06%)	81 (5.93%)
Nasogastric tube	-	18 (1.32%)
Any other (PEG, PEJ, ...)	14 (42.4%)	285 (20.8%)
Affected organs (n)*:		
Brain, nerves	1 (3.03%)	100 (7.32%)
Eye, ear	-	26 (1.90%)
Nose, throat	-	19 (1.39%)
Heart, circulation	12 (36.4%)	174 (12.7%)
Lung	3 (9.09%)	142 (10.4%)
Liver	15 (45.5%)	346 (25.3%)
Gastrointestinal tract	21 (63.6%)	601 (44.0%)
Kidney, urinary tract, female genital tract	1 (3.03%)	73 (5.34%)
Endocrine system	1 (3.03%)	74 (5.41%)
Skeleton, bone, muscle	2 (6.06%)	65 (4.75%)
Blood, bone marrow	1 (3.03%)	41 (3.00%)
Skin	2 (6.06%)	18 (1.32%)
Ischaemia	1 (3.03%)	15 (1.10%)
Cancer	4 (12.1%)	115 (8.41%)
Infection	4 (12.1%)	66 (4.83%)
Pregnancy	-	-
Others	-	52 (3.80%)
No affected organ	-	95 (6.95%)
Comorbidities (n)*:		
Diabetes I/II	5 (15.2%)	214 (15.7%)
Stroke	-	39 (2.85%)
COPD	2 (6.06%)	69 (5.05%)
Myocardial infarction	-	46 (3.37%)
Cardiac insufficiency	-	116 (8.49%)
Others	-	417 (30.5%)
No comorbidity	27 (81.8%)	608 (44.5%)

Results in percent referring to the total number of patients

III. YOUR PATIENTS ("Sheet 3a"):

Main patient group admitted: Internal
medicine / gastroenterology and
hepatology

(62 units, 1367 patients)

	YOUR RESULTS	REFERENCE ND-06
Weight loss within the last 3 months (n):		
Total of patients answering	23 (100%)	1180 (92.8%)
Yes	12 (52.2%)	597 (47.0%)
No	10 (43.5%)	407 (32.0%)
No, I've gained weight	1 (4.35%)	93 (7.32%)
I don't know	-	83 (6.53%)
Category of weight decrease (n):		
Patients reporting weight loss	12 (52.2%)	597 (47.0%)
0-4 kg	4 (17.4%)	244 (19.2%)
5-8 kg	1 (4.35%)	146 (11.5%)
> 8 kg	7 (30.4%)	171 (13.5%)
Not sure	-	28 (2.20%)
Missing	-	8 (0.63%)
"How well have you eaten during the last week?"(n):		
Normal	7 (30.4%)	480 (37.8%)
A bit less than normal	5 (21.7%)	249 (19.6%)
Less than half of normal	6 (26.1%)	201 (15.8%)
Less than a quarter to nearly nothing	5 (21.7%)	201 (15.8%)
Missing	-	140 (11.0%)
"I ate less because"(n)*:		
Total of patients answering	16 (69.6%)	647 (50.9%)
Loss of appetite	5 (21.7%)	333 (26.2%)
Problems with swallowing, mastication	4 (17.4%)	52 (4.09%)
Nausea	2 (8.70%)	118 (9.28%)
Other reasons	8 (34.8%)	265 (20.8%)
"Can you walk without assistance?"(n):		
Yes	19 (82.6%)	848 (66.7%)
No, only with assistance	3 (13.0%)	183 (14.4%)
No, I stay in bed	1 (4.35%)	122 (9.60%)
Missing	-	118 (9.28%)
"Did you need help to complete the questionnaire?"(according to patient) (n):		
Yes	23 (100%)	558 (43.9%)

Results in percent referring to the total number of patients answering

III. YOUR PATIENTS ("Sheet 3b"):

Main patient group admitted: Internal medicine / gastroenterology and hepatology

(62 units, 1367 patients)

YOUR RESULTS

REFERENCE ND-06

Fluid and supplement intake (n):

Patients with fluid intake	22 (95.7%)	1036 (82.4%)
Drinks per patient & day (l)	1.30	0.95
Patients with supplements	1 (4.35%)	175 (13.9%)
Supplements per patient & day (l)	0.02	0.08

Results referring to the total number of completed questionnaires

Hospital food intake:

Your unit results (referring to the total number of completed questionnaires=23)					
n (%)	all	1/2	1/4	nothing	no answer
Breakfast	9 (39.1%)	5 (21.7%)	2 (8.70%)	6 (26.1%)	1 (4.35%)
Lunch	7 (30.4%)	5 (21.7%)	7 (30.4%)	4 (17.4%)	-
Dinner	11 (47.8%)	4 (17.4%)	4 (17.4%)	4 (17.4%)	-

Reference results ND-06 (referring to the total number of completed questionnaires=1257)					
n (%)	all	1/2	1/4	nothing	no answer
Breakfast	510 (40.6%)	201 (16.0%)	108 (8.59%)	290 (23.1%)	148 (11.8%)
Lunch	433 (34.4%)	288 (22.9%)	154 (12.3%)	213 (16.9%)	169 (13.4%)
Dinner	465 (37.0%)	262 (20.8%)	141 (11.2%)	200 (15.9%)	189 (15.0%)

Your unit results (referring to the total number of completed questionnaires=23)			
n (%)	SNACK 1	SNACK 2	SNACK 3
Cakes, sweets, biscuits	-	4 (17.4%)	3 (13.0%)
Fresh fruits	-	3 (13.0%)	1 (4.35%)
Sandwiches	-	-	-
Dairy products	-	-	-
Others	2 (8.70%)	1 (4.35%)	-
Nothing	17 (73.9%)	13 (56.5%)	16 (69.6%)
Missing	4 (17.4%)	3 (13.0%)	3 (13.0%)

Reference results ND-06 (referring to the total number of completed questionnaires=1257)			
n (%)	SNACK 1	SNACK 2	SNACK 3
Cakes, sweets, biscuits	81 (6.44%)	198 (15.8%)	90 (7.16%)
Fresh fruits	151 (12.0%)	136 (10.8%)	131 (10.4%)
Sandwiches	30 (2.39%)	47 (3.74%)	25 (1.99%)
Dairy products	-	-	-
Others	-	-	-
Nothing	627 (49.9%)	457 (36.4%)	551 (43.8%)
Missing	364 (29.0%)	420 (33.4%)	464 (36.9%)