



**nutritionDay**  
WORLDWIDE

## *Country Report*

### **nutritionDay November 2014 in GREECE**

Dear participant,

June 2015

Thank you for your participation in nutritionDay worldwide in November 2014 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	30
Number of patients on nutritionDay:	471
Number of patients completing Sheet 3a:	438
Number of patients completing Sheet 3b:	430

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 19<sup>th</sup> November 2015. 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 2014 = 20*

*Fluid status (n):*  
*dehydrated 4*

**Explanation:** 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2014.

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 2014 = 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"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
<b>Number of beds (n):</b>		
Actual	21 ± 10	32 ± 33
Maximum	27 ± 12	39 ± 51
<b>Number of patients on the nutritionDay (n):</b>		
Total	471	14603
Did not give consent	16 (3.40%)	1038 (7.11%)
Needed help completing form	288 (61.1%)	8417 (57.6%)
Terminally ill	14 (2.97%)	826 (5.66%)
<b>Specialities (n):</b>		
Internal medicine / general	4 (13.3%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	-	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	2 (6.67%)	70 (9.83%)
Internal medicine / cardiology	2 (6.67%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	-	53 (7.44%)
Internal medicine / nephrology	2 (6.67%)	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	1 (3.33%)	19 (2.67%)
Psychiatry	-	8 (1.12%)
Ear Nose Throat (ENT)	-	13 (1.83%)
General surgery	3 (10.0%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	8 (26.7%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	1 (3.33%)	10 (1.40%)
Gynecology	-	10 (1.40%)
Long-term-care	-	11 (1.54%)
Others	7 (23.3%)	60 (8.43%)
<b>Staff /Staff per patient (n):</b>		
Physicians	12.73 ± 6.41	5.99 ± 7.60
Physicians per patient	0.54 ± 0.27	0.19 ± 0.22
Consultants	0.00 ± 0.00	2.80 ± 5.81
Consultants per patient	0.00 ± 0.00	0.08 ± 0.16
Registrars	1.03 ± 0.56	2.77 ± 10.24
Registrars per patient	0.05 ± 0.03	0.06 ± 0.13
Nurses	6.00 ± 3.24	9.02 ± 9.73
Nurses per patient	0.25 ± 0.15	0.27 ± 0.27
Nursing aides	4.10 ± 3.75	4.76 ± 13.73

Nursing aides per patient	0.18 ± 0.15	0.11 ± 0.20
Dieticians and dietetic assistants	1.23 ± 1.25	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.06 ± 0.07	0.04 ± 0.04

**Nutrition Care:**

Nutrition Team	21 units (70%) Yes	556 units (78%) Yes
Written procedures		
- individual	8 units (27%) Yes	439 units (62%) Yes
- local	8 units (27%) Yes	287 units (40%) Yes
- national	3 units (10%) Yes	314 units (44%) Yes
- other	- units (00%) Yes	103 units (14%) Yes

**Patients' weight assessed:**

On admission	1 units (03%) Yes	534 units (75%) Yes
When requested	28 units (93%) Yes	377 units (53%) Yes
Once a week	- units (00%) Yes	278 units (39%) Yes
Occasionally	2 units (07%) Yes	77 units (11%) Yes
Never	- units (00%) Yes	16 units (02%) Yes

## II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
<b>Number of patients (n):</b>		
Total	471	14603
Patients who completed sheet 3a	438 (93.0%)	12993 (89.0%)
Patients who completed sheet 3b	430 (91.3%)	12603 (86.3%)
<b>Demographic data:</b>		
Age (years)	69 [12-100]	67 [1-110]
Female gender	257 (54.6%)	7396 (50.6%)
Weight (kg)	75.1 ± 19.2	70.1 ± 20.6
Height (cm)	167.5 ± 9.5	164.4 ± 12.9
BMI (kg/m <sup>2</sup> )	26.7 ± 6.0	25.7 ± 6.4
<b>ICU-stay:</b>		
Any ICU-stay	14 (2.97%)	1638 (11.2%)
<b>Surgery (n):</b>		
Preoperative patients	33 (7.01%)	1198 (8.20%)
Postoperative patients	148 (31.4%)	3544 (24.3%)
<b>Length of stay in Hospital (days):</b>	10 [1-149]	11 [1-666]
<b>Outcome after 30 days (n):</b>		
Still in hospital	19 (4.03%)	1571 (10.8%)
Transferred to another hospital	7 (1.49%)	400 (2.74%)
Transferred to long-term care	-	774 (5.30%)
Rehabilitation	3 (0.64%)	535 (3.66%)
Discharge home	265 (56.3%)	10301 (70.5%)
Death	8 (1.70%)	505 (3.46%)
Others	-	218 (1.49%)
Missing	169 (35.9%)	299 (2.05%)
<b>Readmitted (n):</b>	-	1255 (8.59%)

Results in percent referring to the total number of patients

## II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	9 (1.91%)	861 (5.90%)
Parenteral nutrition	6 (1.27%)	467 (3.20%)
Enteral + parenteral nutrition	3 (0.64%)	91 (0.62%)
Special diet	178 (37.8%)	4371 (29.9%)
Protein supplement	3 (0.64%)	1555 (10.6%)
Hospital food	226 (48.0%)	8212 (56.2%)
Others	39 (8.28%)	774 (5.30%)
Missing	12 (2.55%)	517 (3.54%)
<b>Lines &amp; tubes (n)*:</b>		
None	299 (63.5%)	9592 (65.7%)
Centralvenous	60 (12.7%)	1025 (7.02%)
Nasogastric tube	11 (2.34%)	386 (2.64%)
Any other (PEG, PEJ, ...)	101 (21.4%)	3600 (24.7%)
<b>Affected organs (n)*:</b>		
Brain, nerves	42 (8.92%)	1961 (13.4%)
Eye, ear	3 (0.64%)	265 (1.81%)
Nose, throat	2 (0.42%)	296 (2.03%)
Heart, circulation	50 (10.6%)	2966 (20.3%)
Lung	39 (8.28%)	2175 (14.9%)
Liver	4 (0.85%)	674 (4.62%)
Gastrointestinal tract	25 (5.31%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	76 (16.1%)	2151 (14.7%)
Endocrine system	3 (0.64%)	1109 (7.59%)
Skeleton, bone, muscle	161 (34.2%)	2645 (18.1%)
Blood, bone marrow	19 (4.03%)	631 (4.32%)
Skin	4 (0.85%)	576 (3.94%)
Ischaemia	-	116 (0.79%)
Cancer	68 (14.4%)	1957 (13.4%)
Infection	17 (3.61%)	934 (6.40%)
Pregnancy	-	106 (0.73%)
Others	-	914 (6.26%)
No affected organ	4 (0.85%)	613 (4.20%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	100 (21.2%)	3064 (21.0%)
Stroke	3 (0.64%)	907 (6.21%)
COPD	8 (1.70%)	1117 (7.65%)
Myocardial infarction	15 (3.18%)	537 (3.68%)
Cardiac insufficiency	46 (9.77%)	1757 (12.0%)
Others	112 (23.8%)	5885 (40.3%)
No comorbidity	247 (52.4%)	5127 (35.1%)

Results in percent referring to the total number of patients

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

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	430 (98.2%)	12546 (96.6%)
Yes	196 (44.7%)	5548 (42.7%)
No	185 (42.2%)	4958 (38.2%)
No, I've gained weight	38 (8.68%)	1013 (7.80%)
I don't know	11 (2.51%)	1027 (7.90%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	196 (44.7%)	5548 (42.7%)
0-4 kg	95 (21.7%)	2434 (18.7%)
5-8 kg	31 (7.08%)	1007 (7.75%)
> 8 kg	54 (12.3%)	1378 (10.6%)
Not sure	14 (3.20%)	634 (4.88%)
Missing	2 (0.46%)	95 (0.73%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	199 (45.4%)	6236 (48.0%)
A bit less than normal	114 (26.0%)	2728 (21.0%)
Less than half of normal	62 (14.2%)	1935 (14.9%)
Less than a quarter to nearly nothing	51 (11.6%)	1606 (12.4%)
Missing	12 (2.74%)	488 (3.76%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	223 (50.9%)	6184 (47.6%)
Loss of appetite	113 (25.8%)	3308 (25.5%)
Problems with swallowing, mastication	16 (3.65%)	611 (4.70%)
Nausea	15 (3.42%)	985 (7.58%)
Other reasons	108 (24.7%)	2377 (18.3%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	217 (49.5%)	7370 (56.7%)
No, only with assistance	94 (21.5%)	3695 (28.4%)
No, I stay in bed	116 (26.5%)	1530 (11.8%)
Missing	11 (2.51%)	398 (3.06%)
<b>"In general would you say your health is" (n):</b>		
Excellent	4 (0.91%)	477 (3.67%)
Very good	45 (10.3%)	1178 (9.07%)
Good	136 (31.1%)	4089 (31.5%)
Fair	146 (33.3%)	4393 (33.8%)
Poor	86 (19.6%)	2288 (17.6%)
Missing	21 (4.79%)	568 (4.37%)
Results in percent referring to the total number of patients answering		

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

712 units, 14603 patients

YOUR RESULTS

REFERENCE ND-14

#### Hospital food intake:

##### „Is your appetite normal?“ (n):

Yes	276 (63.0%)	7656 (58.9%)
No	135 (30.8%)	4168 (32.1%)
- I was not hungry	76 (56.3%)	2155 (51.7%)
- Problems with swallowing / mastication	10 (7.41%)	328 (7.87%)
- Nausea	10 (7.41%)	616 (14.8%)
- Others	42 (31.1%)	1062 (25.5%)
no answer	19 (4.34%)	779 (6.00%)

##### Fluid and supplement intake (n):

Patients with fluid intake	288 (67.0%)	9694 (76.9%)
Drinks per patient & day (l)	0.31	0.36
Patients with supplements	45 (10.5%)	1320 (10.5%)
Supplements per patient & day (l)	0.08	0.03

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

Water	405 (94.2%)	7866 (62.4%)
Milk	202 (47.0%)	2359 (18.7%)
Fruit juice	145 (33.7%)	3495 (27.7%)
Tea, coffee	256 (59.5%)	4645 (36.9%)
Soft drinks	48 (11.2%)	1270 (10.1%)

##### Lunch intake (n):

 All	139 (32.3%)	5279 (41.9%)
 1/2	145 (33.7%)	3261 (25.9%)
 1/4	78 (18.1%)	1911 (15.2%)
 Nothing	64 (14.9%)	1878 (14.9%)
? No answer	4 (0.93%)	274 (2.17%)

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

I was not hungry	80 (27.5%)	2255 (30.8%)
I had nausea / vomiting	8 (2.75%)	587 (8.01%)
I was not allowed to eat	10 (3.44%)	660 (9.01%)
I can not eat without help	1 (0.34%)	110 (1.50%)
I had an examination / surgery	14 (4.81%)	458 (6.25%)
I ordered a smaller portion	-	146 (1.99%)
I was tired	8 (2.75%)	349 (4.77%)
I normally eat less	15 (5.15%)	544 (7.43%)
I did not like the smell	22 (7.56%)	242 (3.30%)
I did not like the taste	110 (37.8%)	936 (12.8%)



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

Yes	192 (43.8%)	4047 (31.1%)
No	217 (49.5%)	7833 (60.3%)
No answer	21 (4.79%)	723 (5.56%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	73 (38.0%)	1241 (30.7%)
Fresh fruits	75 (39.1%)	1527 (37.7%)
Sandwiches	39 (20.3%)	369 (9.12%)
Dairy products	44 (22.9%)	583 (14.4%)
Preferred dish	53 (27.6%)	406 (10.0%)
Sweets	46 (24.0%)	659 (16.3%)
Fruit Juice	52 (27.1%)	675 (16.7%)
Others	56 (29.2%)	885 (21.9%)

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

Yes	273 (62.3%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires