



nutritionDay November 2012 in GREECE

Dear participant,

Mai 2013

Thank you for your participation in nutritionDay worldwide in November 2012 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	51
Number of patients on nutritionDay:	716
Number of patients completing Sheet 3a:	661
Number of patients completing Sheet 3b:	643

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 November 7th 2013. 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

Sigrid Kosak

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 2012 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2012.

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 2012 = 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"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of beds (n):		
Actual	18 ± 10	30 ± 30
Maximum	24 ± 10	33 ± 20
Number of patients on the nutritionDay (n):		
Total	716	14093
Did not give consent	29 (4.05%)	1118 (7.93%)
Needed help completing form	361 (50.4%)	7592 (53.9%)
Terminally ill	48 (6.70%)	962 (6.83%)
Specialities (n):		
Internal medicine / general	8 (15.7%)	125 (19.0%)
Internal medicine / gastroenterology and hepatology	1 (1.96%)	39 (5.93%)
Internal medicine / oncology (incl. radiotherapy)	2 (3.92%)	82 (12.5%)
Internal medicine / cardiology	7 (13.7%)	32 (4.86%)
Internal medicine / infectious diseases	-	10 (1.52%)
Internal medicine / geriatrics	-	51 (7.75%)
Internal medicine / nephrology	2 (3.92%)	14 (2.13%)
Pediatrics	-	4 (0.61%)
Neurology	2 (3.92%)	14 (2.13%)
Psychiatry	-	7 (1.06%)
Ear Nose Throat (ENT)	-	11 (1.67%)
General surgery	8 (15.7%)	99 (15.0%)
Cardiothoracic surgery	2 (3.92%)	7 (1.06%)
Orthopedic surgery	7 (13.7%)	41 (6.23%)
Trauma	-	11 (1.67%)
Neurosurgery	1 (1.96%)	11 (1.67%)
Gynecology	-	7 (1.06%)
Long-term-care	-	8 (1.22%)
Others	11 (21.6%)	85 (12.9%)
Staff /Staff per patient (n):		
Physicians	12.86 ± 8.40	6.65 ± 9.35
Physicians per patient	0.59 ± 0.40	0.21 ± 0.27
Consultants	0.02 ± 0.14	2.70 ± 4.89
Consultants per patient	0.00 ± 0.00	0.09 ± 0.16
Registrars	0.74 ± 1.08	2.65 ± 4.92
Registrars per patient	0.04 ± 0.07	0.09 ± 0.16
Nurses	4.82 ± 3.84	8.33 ± 9.99
Nurses per patient	0.22 ± 0.18	0.27 ± 0.26
Nursing aides	2.76 ± 2.78	3.46 ± 7.88

Nursing aides per patient	0.16 ± 0.20	0.10 ± 0.12
Dieticians and dietetic assistants	0.45 ± 0.73	1.32 ± 2.07
Dieticians and dietetic assistants per pat.	0.02 ± 0.04	0.04 ± 0.05

Nutrition Care:

Nutrition Team	16 units (31%) Yes	477 units (72%) Yes
Written procedures		
- individual	26 units (51%) Yes	430 units (65%) Yes
- local	5 units (10%) Yes	276 units (42%) Yes
- national	11 units (22%) Yes	270 units (41%) Yes
- other	2 units (04%) Yes	74 units (11%) Yes

Patients' weight assessed:

On admission	5 units (10%) Yes	462 units (70%) Yes
When requested	38 units (75%) Yes	341 units (52%) Yes
Once a week	1 units (02%) Yes	243 units (37%) Yes
Occasionally	5 units (10%) Yes	86 units (13%) Yes
Never	7 units (14%) Yes	23 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	658 units, 14093 patients	
	YOUR RESULTS	REFERENCE ND-12
Number of patients (n):		
Total	716	14093
Patients who completed sheet 3a	661 (92.3%)	12396 (88.0%)
Patients who completed sheet 3b	643 (89.8%)	12050 (85.5%)
Demographic data:		
Age (years)	68 [9-108]	66 [3-113]
Female gender	381 (53.2%)	6843 (48.6%)
Weight (kg)	74.1 ± 15.5	70.7 ± 19.3
Height (cm)	167.9 ± 9.8	165.4 ± 11.8
BMI (kg/m ²)	26.3 ± 5.2	25.7 ± 6.3
ICU-stay:		
Any ICU-stay	46 (6.42%)	1433 (10.2%)
Surgery (n):		
Preoperative patients	86 (12.0%)	1329 (9.43%)
Postoperative patients	179 (25.0%)	3478 (24.7%)
Length of stay in Hospital (days):	11 [2-82]	13 [2-107]
Outcome after 30 days (n):		
Still in hospital	53 (7.40%)	1430 (10.1%)
Transferred to another hospital	4 (0.56%)	315 (2.24%)
Transferred to long-term care	3 (0.42%)	720 (5.11%)
Rehabilitation	25 (3.49%)	417 (2.96%)
Discharge home	481 (67.2%)	9797 (69.5%)
Death	26 (3.63%)	614 (4.36%)
Others	10 (1.40%)	191 (1.36%)
Missing	114 (15.9%)	609 (4.32%)
Readmitted (n):	33 (4.61%)	1341 (9.52%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Nutrition therapy (n)*:		
Enteral nutrition	28 (3.91%)	1007 (7.15%)
Parenteral nutrition	7 (0.98%)	504 (3.58%)
Enteral + parenteral nutrition	1 (0.14%)	164 (1.16%)
Special diet	265 (37.0%)	3511 (24.9%)
Protein supplement	1 (0.14%)	1606 (11.4%)
Hospital food	357 (49.9%)	7651 (54.3%)
Others	33 (4.61%)	775 (5.50%)
Missing	35 (4.89%)	760 (5.39%)
Lines & tubes (n)*:		
None	567 (79.2%)	8953 (63.5%)
Centralvenous	10 (1.40%)	977 (6.93%)
Nasogastric tube	13 (1.82%)	353 (2.50%)
Any other (PEG, PEJ, ...)	126 (17.6%)	3810 (27.0%)
Affected organs (n)*:		
Brain, nerves	75 (10.5%)	1754 (12.4%)
Eye, ear	5 (0.70%)	215 (1.53%)
Nose, throat	5 (0.70%)	337 (2.39%)
Heart, circulation	110 (15.4%)	2339 (16.6%)
Lung	73 (10.2%)	2014 (14.3%)
Liver	30 (4.19%)	645 (4.58%)
Gastrointestinal tract	93 (13.0%)	2652 (18.8%)
Kidney, urinary tract, female genital tract	76 (10.6%)	1812 (12.9%)
Endocrine system	17 (2.37%)	801 (5.68%)
Skeleton, bone, muscle	198 (27.7%)	2123 (15.1%)
Blood, bone marrow	43 (6.01%)	695 (4.93%)
Skin	19 (2.65%)	499 (3.54%)
Ischaemia	6 (0.84%)	172 (1.22%)
Cancer	60 (8.38%)	2464 (17.5%)
Infection	54 (7.54%)	941 (6.68%)
Pregnancy	-	92 (0.65%)
Others	17 (2.37%)	904 (6.41%)
No affected organ	27 (3.77%)	840 (5.96%)
Comorbidities (n)*:		
Diabetes I/II	149 (20.8%)	2631 (18.7%)
Stroke	26 (3.63%)	694 (4.92%)
COPD	28 (3.91%)	876 (6.22%)
Myocardial infarction	28 (3.91%)	436 (3.09%)
Cardiac insufficiency	54 (7.54%)	1477 (10.5%)
Others	248 (34.6%)	6137 (43.5%)
No comorbidity	319 (44.6%)	5101 (36.2%)

Results in percent referring to the total number of patients

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

658 units, 14093 patients

	YOUR RESULTS	REFERENCE ND-12
Weight loss within the last 3 months (n):		
Total of patients answering	634 (95.9%)	11983 (96.7%)
Yes	300 (45.4%)	5671 (45.7%)
No	266 (40.2%)	4600 (37.1%)
No, I've gained weight	39 (5.90%)	930 (7.50%)
I don't know	29 (4.39%)	782 (6.31%)
Category of weight decrease (n):		
Patients reporting weight loss	300 (45.4%)	5671 (45.7%)
0-4 kg	154 (23.3%)	2488 (20.1%)
5-8 kg	52 (7.87%)	1057 (8.53%)
> 8 kg	80 (12.1%)	1455 (11.7%)
Not sure	6 (0.91%)	581 (4.69%)
Missing	8 (1.21%)	90 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	315 (47.7%)	5813 (46.9%)
A bit less than normal	148 (22.4%)	2701 (21.8%)
Less than half of normal	89 (13.5%)	1765 (14.2%)
Less than a quarter to nearly nothing	81 (12.3%)	1645 (13.3%)
Missing	28 (4.24%)	472 (3.81%)
"I ate less because"(n)*:		
Total of patients answering	289 (43.7%)	6130 (49.5%)
Loss of appetite	183 (27.7%)	3309 (26.7%)
Problems with swallowing, mastication	22 (3.33%)	612 (4.94%)
Nausea	28 (4.24%)	1019 (8.22%)
Other reasons	97 (14.7%)	2337 (18.9%)
"Can you walk without assistance?"(n):		
Yes	308 (46.6%)	7152 (57.7%)
No, only with assistance	195 (29.5%)	3308 (26.7%)
No, I stay in bed	130 (19.7%)	1514 (12.2%)
Missing	28 (4.24%)	422 (3.40%)
"In general would you say your health is" (n):		
Excellent	58 (8.77%)	452 (3.65%)
Good	98 (14.8%)	1001 (8.08%)
Very good	166 (25.1%)	3855 (31.1%)
Fair	179 (27.1%)	4253 (34.3%)
Poor	140 (21.2%)	2351 (19.0%)
Missing	20 (3.03%)	484 (3.90%)
Results in percent referring to the total number of patients answering		

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

658 units, 14093 patients

YOUR RESULTS REFERENCE ND-12

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	390 (59.0%)	7231 (58.3%)
No	213 (32.2%)	4009 (32.3%)
- I was not hungry	116 (54.5%)	1882 (46.9%)
- Problems with swallowing / mastication	15 (7.04%)	345 (8.61%)
- Nausea	20 (9.39%)	660 (16.5%)
- Others	56 (26.3%)	1147 (28.6%)
no answer	40 (6.05%)	810 (6.53%)

Fluid and supplement intake (n):

Patients with fluid intake	486 (75.6%)	9000 (74.7%)
Drinks per patient & day (l)	0.71	0.39
Patients with supplements	7 (1.09%)	1292 (10.7%)
Supplements per patient & day (l)	0.00	0.03

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

Water	513 (79.8%)	7568 (62.8%)
Milk	256 (39.8%)	2220 (18.4%)
Fruit juice	191 (29.7%)	3083 (25.6%)
Tea, coffee	304 (47.3%)	4258 (35.3%)
Soft drinks	84 (13.1%)	1010 (8.38%)

Lunch intake (n):

 All	243 (37.8%)	4890 (40.6%)
 1/2	168 (26.1%)	3106 (25.8%)
 1/4	104 (16.2%)	1863 (15.5%)
 Nothing	119 (18.5%)	1866 (15.5%)
? No answer	9 (1.40%)	325 (2.70%)

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

I was not hungry	84 (21.0%)	2028 (28.3%)
I had nausea / vomiting	15 (3.75%)	559 (7.81%)
I was not allowed to eat	28 (7.00%)	741 (10.3%)
I kann not eat without help	6 (1.50%)	89 (1.24%)
I had an examination / surgery	31 (7.75%)	506 (7.07%)
I ordered a smaller portion	1 (0.25%)	166 (2.32%)
I was tired	12 (3.00%)	408 (5.70%)
I normaly eat less	4 (1.00%)	475 (6.63%)
I did not like the smell	43 (10.8%)	238 (3.32%)
I did not like the taste	86 (21.5%)	930 (13.0%)

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

Yes	261 (39.5%)	4287 (34.6%)
No	330 (49.9%)	7009 (56.5%)
No answer	52 (7.87%)	754 (6.08%)

„What do you eat?“ (n)*:

Cakes, biscuits	80 (30.7%)	1239 (28.9%)
Fresh fruits	48 (18.4%)	1825 (42.6%)
Sandwiches	32 (12.3%)	354 (8.26%)
Dairy products	26 (9.96%)	592 (13.8%)
Preferred dish	36 (13.8%)	425 (9.91%)
Sweets	57 (21.8%)	626 (14.6%)
Fruit Juice	49 (18.8%)	711 (16.6%)
Others	91 (34.9%)	842 (19.6%)

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

Yes	383 (57.9%)	8563 (69.1%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires