



nutritionDay  
IN EUROPE

*Final unit report*

## nutritionDay in Nursing Homes 2009

Center: 117  
Unit: 2866

Dear participant,

October 2009

we highly appreciate your efforts and time invested in participating in the 2009 run of the nutritionDay in nursing homes. We are now able to present you the final unit report.

In the report your results are presented as compared to the mean results of all participating units.

The report consists of five parts:

1. General data of the unit and its residents
2. Nutritional screening and malnutrition
3. Artificial nutritional support
4. Nutritional intake on nutritionDay
5. Weight and outcome evaluation after 6 months

You will find some explanatory help on how to read and interpret your data on the next page.

**Next year's nutritionDay will take place in January 2010. Again, we will very much appreciate your participation. You will be provided with further information on a regular basis.**

Best regards from the nutritionDay-Team!

Dr. Karin Schindler

Dr. Luzia Valentini

Mag. Johanna Tripamer

## How to read the results

Your report is configured as three-columned table. The first column describes the result, the second column contains your unit's results and the third column encloses the mean values of all participating units in 2009.

You will find "(n)" in brackets indicating that results are referring to a certain number of residents. Generally the residents' results are based on the number of residents participating at your unit.

**For example:** *care-causing diagnosis (n(%))*  
*brain, nerves: e.g. dementia 15 (61%)*

**Explanation:** 15 of the participating residents suffer from disease of *brain or nerves*. These compose 61% of residents of your unit.

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:** How often do you weigh your residents? (n(%))\*

Mean and standard deviation are displayed as follows:

**For example:** Weight (kg)      75 ± 15

Median and range (lowest values – highest value) are displayed that way:

**For example:** Age (years)      75 [66-104]

Explanations and definitions are available online [www.nutritionday.org](http://www.nutritionday.org).

See → questionnaires → nutritionDay in nursing homes → questionnaires in available languages → explanations and definitions.

## 1. GENERAL DATA OF THE UNIT AND ITS RESIDENTS

Nursing homes total cohort		(148 units, 5104 residents)
	<b>YOUR RESULTS</b>	<b>REFERENCE VALUES</b>
<b>Number of participating residents (n)</b>		
Actual/Maximum	18 / 20	9884 / 10243
Participating residents (sheet 2)	18	5104
Residents interviewed (sheet 3a)	18	4869
Residents interviewed (sheet 3b)	18	4834
<b>Staff (n)</b>		
Permanent physicians (total)	2	1.3 ± 1.4
Permanent physicians per resident	0.10	0.03 ± 0.04
External physicians (total)	9	3.9 ± 5.1
External physicians per resident	0.45	0.12 ± 0.19
Director of nurses (total)	1	1.1 ± 0.6
Nurses (total)	19	12.0 ± 15.7
Nurses per resident	0.95	0.24 ± 0.26
Staff assistants (total)	10	11.2 ± 15.8
Staff assistants per residents	0.50	0.23 ± 0.33
Dieticians, dietetic assistants (total)	-	0.7 ± 1.5
Dieticians, dietetic assistants per residents	-	0.02 ± 0.05
Physiotherapists/ergotherapists (total)	21	1.4 ± 1.4
Physiotherapists/ergotherapists per resident	1.05	0.03 ± 0.04
Musictherapists/animators (total)	-	0.8 ± 1.3
Musictherapists/animators per resident	-	0.02 ± 0.05
Community service (total)	1	1.4 ± 3.4
Community service per resident	0.05	0.04 ± 0.08
<b>Demographic and anthropometric data</b>		
Age (years)	83 [61-99]	81 [19-107]
Female gender (n(%))	18 (100%)	3475 (68.1%)
Weight (kg)	62.0 ± 19.1	65.8 ± 16.1
Height (cm)	139.9 ± 33.0	161.1 ± 9.9
BMI (kg/m <sup>2</sup> )	28.3 ± 6.3	25.3 ± 5.5
<b>Time needed for basal care per day (n(%))</b>		
< 45 min/day	13 (72.2%)	1480 (29.0%)
45 - 119 min/day	4 (22.2%)	1419 (27.8%)
120 - 239 min/day	1 (5.56%)	854 (16.7%)
> 240 min/day	-	1202 (23.6%)
Missing	-	149 (2.92%)

<b>Specific resident´s characteristics (n(%))*</b>		
Exsiccation	7 (38.9%)	221 (4.33%)
Contractures	2 (11.1%)	1220 (23.9%)
Pressure scores: max. degree 1	1 (5.56%)	583 (11.4%)
max. degree 2	1 (5.56%)	90 (1.76%)
max. degree 3	-	71 (1.39%)
max. degree 4	-	34 (0.67%)
Dysphagia	5 (27.8%)	642 (12.6%)
Chewing problems	9 (50.0%)	1892 (37.1%)
Light to moderate cognitive impairments	10 (55.6%)	2053 (40.2%)
Severe cognitive impairments	-	1270 (24.9%)
Partially ambulatory	6 (33.3%)	1579 (30.9%)
Immobile	2 (11.1%)	995 (19.5%)
<b>Medical drug therapy (n(%))*</b>		
Antidepressants	15 (83.3%)	1672 (32.8%)
Antibiotics	5 (27.8%)	156 (3.06%)
Opiates	-	1122 (22.0%)
Number of different drugs per resident per day	6.4 ± 3.3	6.0 ± 3.6
<b>Care-causing diagnoses (n(%))*</b>		
Brain, nerves (e.g. dementia, apoplexy)	14 (77.8%)	2974 (58.3%)
Cancer	-	216 (4.23%)
Skeleton, bone, muscle	11 (61.1%)	1389 (27.2%)
Heart, circulation, lung (e.g. myocardial infarction, cardiac insufficiency, COPD)	6 (33.3%)	2366 (46.4%)
Endocrine system (e.g. diabetes I/II)	4 (22.2%)	899 (17.6%)
Digestive organs	-	588 (11.5%)
Intoxication, injury: e.g. alcoholism, cerebral injury	1 (5.56%)	317 (6.21%)
Others	5 (27.8%)	1323 (25.9%)

## 2. NUTRITIONAL SCREENING AND MALNUTRITION

Nursing homes total cohort (148 units, 5104 residents)

### YOUR RESULTS REFERENCE VALUES

#### Frequency of routine malnutrition screening (n(%))

Only at admission	-	5 units (03.4%)	Yes
Approx. once a month	-	64 units (43.2%)	Yes
Approx. 4 - 6 times a year	-	23 units (15.5%)	Yes
Approx. 1 - 2 times a year	-	44 units (29.7%)	Yes
Never	Yes	11 units (07.4%)	Yes
Missing	-	1 units (00.7%)	???

#### Written procedures for nutritional care (n(%))\*

National guidelines	-	44 units (29.7%)	Yes
Local standards	-	64 units (43.2%)	Yes
Individual nutritional care plans	-	63 units (42.6%)	Yes

#### Frequency of body weight assessment (n(%))

Only at admission	-	1 units (00.7%)	Yes
Approx. once a month	-	87 units (58.8%)	Yes
Approx. 4 - 6 times a year	-	22 units (14.9%)	Yes
Approx. 1 - 2 times a year	-	33 units (22.3%)	Yes
Never	Yes	4 units (02.7%)	Yes
Missing	-	1 units (00.7%)	???

#### Resident's weight change within the last year (n(%))

Weight lost	6 (33.3%)	1592 (32.7%)
Weight unchanged	3 (16.7%)	1619 (33.3%)
Weight gained	3 (16.7%)	885 (18.2%)
Weight course not known	6 (33.3%)	649 (13.3%)
Missing	-	124 (2.55%)

#### Prevalence of malnutrition (n(%))

Estimated malnourished by staff	1 (5.56%)	307 (6.01%)
Estimated at risk of malnutrition by staff	7 (38.9%)	818 (16.0%)
Malnourished according to BMI (< 20 kg/m <sup>2</sup> )	1 (5.56%)	758 (14.9%)
At risk of malnutrition according to BMI (20-21,99 kg/m <sup>2</sup> )	1 (5.56%)	635 (12.4%)
Malnourished according to weight loss (> 6 kg in the last year)	3 (16.7%)	595 (11.7%)
Residents estimated well-nourished by unit but malnourished accord. to BMI	-	244 (4.78%)
Residents estimated well-nourished by unit but malnourished accord. to weight loss	1 (5.56%)	394 (7.72%)

### 3. ARTIFICIAL NUTRITIONAL SUPPORT

Nursing homes total cohort		(148 units, 5104 residents)
	YOUR RESULTS	REFERENCE VALUES
<b>Proportion of residents receiving (n(%))*</b>		
Oral nutritional supplements	-	428 (8.39%)
Tube feeding	-	113 (2.21%)
Parenteral nutrition	-	41 (0.80%)
Combined enteral/parenteral therapies	-	25 (0.49%)
Other nutritional therapies	-	-
<b>Access for tube feeding (n(%))</b>		
Nasogastric tube	-	26 (0.51%)
PEG	-	89 (1.74%)
PEJ	-	-
<b>Access for parenteral nutrition (n(%))</b>		
Central venous	-	9 (0.18%)
Peripheral venous	-	8 (0.16%)
<b>Target group for oral nutritional supplements (n(%))*</b>		
Light to moderate cognitive impairments	-	160 (35.2%)
Severe cognitive impairments	-	232 (51.1%)
Dysphagia	-	136 (30.0%)
Chewing problems	-	262 (57.7%)
Partially ambulatory	-	125 (27.5%)
Immobile	-	220 (48.5%)
<b>Target group for tube feeding (n(%))*</b>		
Light to moderate cognitive impairments	-	40 (31.7%)
Severe cognitive impairments	-	76 (60.3%)
Dysphagia	-	97 (77.0%)
Chewing problems	-	103 (81.7%)
Partially ambulatory	-	10 (7.94%)
Immobile	-	97 (77.0%)

#### 4. NUTRITIONAL INTAKE ON NUTRITIONDAY

Nursing homes total cohort		(148 units, 5104 residents)
	YOUR RESULTS	REFERENCE VALUES
<b>Nutritional intake on nutritionDay (lunch) (n(%))</b>		
Eaten all	12 (66.7%)	3009 (62.2%)
Eaten less than half	6 (33.3%)	1306 (27.0%)
Eaten less than a quarter	-	346 (7.16%)
Eaten nothing	-	88 (1.82%)
Missing	-	85 (1.76%)

#### EATING ASSISTANCE

How many percent of residents need help with nutrition? (n(%))

Estimation: > 70%	-	21 units (14.2%)
51-70%	Yes	36 units (24.3%)
30-50%	-	49 units (33.1%)
< 30%	-	39 units (26.4%)

Did the resident receive help with the lunch meal on nutritionDay? (n(%))\*

No, because he/she does not need any help	16 (88.9%)	3131 (64.8%)
No, because there was no time to do so	-	6 (0.12%)
Yes, he/she was helped eating	2 (11.1%)	1284 (26.6%)
Missing	-	417 (8.63%)

If the resident received eating assistance, how much of your time was demanded (n(%))

Less than 10 min	1 (50.0%)	398 (31.0%)
Between 10 and 20 min	1 (50.0%)	497 (38.7%)
More than 20 min	-	210 (16.4%)

#### 5. WEIGHT AND OUTCOME EVALUATION AFTER 6 MONTHS

Outcome data available from 26.6% of residents (=reference population)

	YOUR RESULTS	REFERENCE VALUES
Outcome reference population	1357 (26.6%) residents	
Your unit outcome data	18 (100%) residents	
n(%)	YOUR RESULTS	REFERENCE VALUES
Residents with weight loss $\geq$ 6kg	1 (5.56%)	120 (8.84%)
Residents with hospital stays	-	180 (13.3%)
Still in nursing home	13 (72.2%)	1146 (84.5%)
Transferred to another nursing home	2 (11.1%)	21 (1.55%)
Discharged home	-	16 (1.18%)
Dead	3 (16.7%)	172 (12.7%)
Other	-	2 (0.15%)