



**nutritionDay**  
WORLDWIDE

*Preliminary unit report*

## **nutritionDay 2010**

**Centre:** 117 (IT)  
**Unit:** 597  
**Main Speciality:** Internal medicine / cardiology

Dear participant,

April 2010

Thank you for your participation in nutritionDay worldwide 2010 and for your effort. We are now able to present you your preliminary unit report of the following sample size:

Number of patients on nutritionDay:	19
Number of patients completing Sheet 3a:	19
Number of patients completing Sheet 3b:	19

Your unit report reference group is based on data of your main speciality (Internal medicine / cardiology) from nutritionDay 2010.

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 4<sup>th</sup> November 2010. 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

Johanna Tripamer

## 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 2010 = 20*

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

...

**Explanation:** 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2010.

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 2010 = 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 / cardiology **(20 units, 407 patients)**

	YOUR RESULTS	REFERENCE ND-10
<b>Number of beds (n):</b>		
Actual	19	25 [16-52]
Maximum	23	30 [16-50]
<b>Number of patients on the nutritionDay (n):</b>		
Total	19	407
Did not give consent	-	58 (14.3%)
Needed help completing form	5 (26.3%)	181 (44.5%)
Terminally ill	-	27 (6.63%)
<b>Staff /Staff per patient (n):</b>		
Physicians	2	4.70 ± 4.57
Physicians per patient	0.09	0.14 ± 0.13
Consultants	1	1.16 ± 1.21
Consultants per patient	0.04	0.04 ± 0.04
Registrars	-	1.39 ± 1.58
Registrars per patient	-	0.06 ± 0.08
Nurses	2	8.40 ± 5.50
Nurses per patient	0.09	0.25 ± 0.12
Nursing aides	2	2.20 ± 1.99
Nursing aides per patient	0.09	0.09 ± 0.10
Dieticians and dietetic assistants	1	0.58 ± 0.77
Dieticians and dietetic assistants per pat.	0.04	0.02 ± 0.02
<b>Nutrition Care:</b>		
Nutrition Team	YES	15 units (75%) YES
Written procedures		
- individual	?	11 units (55%) YES
- local	?	5 units (25%) YES
- national	?	5 units (25%) YES
- other	?	2 units (10%) YES
<b>Patients' weight assessed:</b>		
On admission	YES	13 units (65%) YES
When requested	NO	8 units (40%) YES
Once a week	YES	7 units (35%) YES
Occasionally	NO	4 units (20%) YES
Never	NO	- units (00%) YES

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

Main patient group admitted: Internal  
medicine / cardiology

(20 units, 407 patients)

YOUR RESULTS

REFERENCE ND-10

### Number of patients (n):

Total	19	407
Patients who completed sheet 3a	19 (100%)	330 (81.1%)
Patients who completed sheet 3b	19 (100%)	329 (80.8%)

### Demographic data:

Age (years)	75 [56-85]	73 [22-101]
Female gender	14 (73.7%)	179 (44.0%)

Weight (kg)	69.3 ± 14.8	71.8 ± 18.8
Height (cm)	163.7 ± 7.2	166.7 ± 10.6
BMI (kg/m <sup>2</sup> )	25.8 ± 4.8	25.6 ± 5.7

### ICU-stay:

Any ICU-stay	17 (89.5%)	96 (23.6%)
--------------	------------	------------

### Surgery (n):

Preoperative patients	-	29 (7.13%)
Postoperative patients	15 (78.9%)	71 (17.4%)

### Length of stay in Hospital (days):

37 [20-63]	14 [2-153]
------------	------------

### Outcome after 30 days (n):

Still in hospital	6 (31.6%)	34 (8.35%)
Transferred to another hospital	-	16 (3.93%)
Transferred to long-term care Rehabilitation	1 (5.26%)	21 (5.16%)
Discharge home	-	10 (2.46%)
Death	10 (52.6%)	283 (69.5%)
Others	1 (5.26%)	19 (4.67%)
Missing	1 (5.26%)	6 (1.47%)
	-	18 (4.42%)

### Readmitted (n):

-	20 (4.91%)
---	------------

Results in percent referring to the total number of patients

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

Main patient group admitted: Internal medicine / cardiology

(20 units, 407 patients)

	YOUR RESULTS	REFERENCE ND-10
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	1 (5.26%)	4 (0.98%)
Parenteral nutrition	-	4 (0.98%)
Enteral + parenteral nutrition	-	2 (0.49%)
Special diet	2 (10.5%)	123 (30.2%)
Protein supplement	-	20 (4.91%)
Hospital food	16 (84.2%)	250 (61.4%)
Others	-	1 (0.25%)
Missing	-	32 (7.86%)
<b>Lines &amp; tubes (n)*:</b>		
None	1 (5.26%)	287 (70.5%)
Centralvenous	-	21 (5.16%)
Nasogastric tube	1 (5.26%)	6 (1.47%)
Any other (PEG, PEJ, ...)	17 (89.5%)	93 (22.9%)
<b>Affected organs (n)*:</b>		
Brain, nerves	1 (5.26%)	22 (5.41%)
Eye, ear	7 (36.8%)	9 (2.21%)
Nose, throat	-	3 (0.74%)
Heart, circulation	19 (100%)	303 (74.4%)
Lung	10 (52.6%)	59 (14.5%)
Liver	2 (10.5%)	9 (2.21%)
Gastrointestinal tract	4 (21.1%)	37 (9.09%)
Kidney, urinary tract, female genital tract	8 (42.1%)	41 (10.1%)
Endocrine system	11 (57.9%)	34 (8.35%)
Skeleton, bone, muscle	7 (36.8%)	17 (4.18%)
Blood, bone marrow	5 (26.3%)	18 (4.42%)
Skin	-	10 (2.46%)
Ischaemia	-	9 (2.21%)
Cancer	1 (5.26%)	31 (7.62%)
Infection	-	35 (8.60%)
Pregnancy	-	1 (0.25%)
Others	-	11 (2.70%)
No affected organ	-	36 (8.85%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	8 (42.1%)	88 (21.6%)
Stroke	-	11 (2.70%)
COPD	5 (26.3%)	29 (7.13%)
Myocardial infarction	9 (47.4%)	43 (10.6%)
Cardiac insufficiency	12 (63.2%)	60 (14.7%)
Others	10 (52.6%)	118 (29.0%)
No comorbidity	-	169 (41.5%)

Results in percent referring to the total number of patients

### III. YOUR PATIENTS (“Sheet 3a”):

Main patient group admitted: Internal  
medicine / cardiology

(20 units, 407 patients)

**YOUR RESULTS**

**REFERENCE ND-10**

#### **Weight loss within the last 3 months (n):**

Total of patients answering	18 (94.7%)	326 (98.8%)
Yes	9 (47.4%)	129 (39.1%)
No	8 (42.1%)	147 (44.5%)
No, I've gained weight	-	32 (9.70%)
I don't know	1 (5.26%)	18 (5.45%)

#### **Category of weight decrease (n):**

Patients reporting weight loss	9 (47.4%)	129 (39.1%)
0-4 kg	4 (21.1%)	64 (19.4%)
5-8 kg	2 (10.5%)	27 (8.18%)
> 8 kg	2 (10.5%)	26 (7.88%)
Not sure	1 (5.26%)	11 (3.33%)
Missing	-	1 (0.30%)

#### **“How well have you eaten during the last week?”(n):**

Normal	5 (26.3%)	170 (51.5%)
A bit less than normal	5 (26.3%)	90 (27.3%)
Less than half of normal	5 (26.3%)	44 (13.3%)
Less than a quarter to nearly nothing	3 (15.8%)	24 (7.27%)
Missing	1 (5.26%)	2 (0.61%)

#### **“I ate less because”(n)\*:**

Total of patients answering	13 (68.4%)	152 (46.1%)
Loss of appetite	5 (26.3%)	84 (25.5%)
Problems with swallowing, mastication	-	9 (2.73%)
Nausea	1 (5.26%)	16 (4.85%)
Other reasons	7 (36.8%)	58 (17.6%)

#### **“Can you walk without assistance?”(n):**

Yes	11 (57.9%)	232 (70.3%)
No, only with assistance	4 (21.1%)	75 (22.7%)
No, I stay in bed	4 (21.1%)	20 (6.06%)
Missing	-	3 (0.91%)

#### **“In general would you say your health is“(n):**

Excellent	-	4 (1.21%)
Good	-	17 (5.15%)
Very good	-	100 (30.3%)
Fair	16 (84.2%)	120 (36.4%)
Poor	3 (15.8%)	82 (24.8%)
Missing	-	5 (1.52%)

Results in percent referring to the total number of patients answering

### III. YOUR PATIENTS (“Sheet 3b”):

Main patient group admitted: Internal medicine / cardiology

(20 units, 407 patients)

YOUR RESULTS REFERENCE ND-10

#### Hospital food intake:

##### „Is your appetite normal?” (n):

Yes	10 (52.6%)	221 (67.0%)
No	9 (47.4%)	88 (26.7%)
- I was not hungry	8 (88.9%)	59 (67.0%)
- Problems with swallowing / mastication	2 (22.2%)	9 (10.2%)
- Nausea	-	14 (15.9%)
- Others	-	9 (10.2%)
no answer	-	20 (6.06%)

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

Patients with fluid intake	18 (94.7%)	267 (81.2%)
Drinks per patient & day (l)	1.14	0.54
Patients with supplements	-	27 (8.21%)
Supplements per patient & day (l)	-	0.02

##### „What kind of drinks did you consume?”

###### (n)\*:

Water	18 (94.7%)	259 (78.7%)
Milk	7 (36.8%)	51 (15.5%)
Fruit juice	4 (21.1%)	63 (19.1%)
Tea, coffee	6 (31.6%)	159 (48.3%)
Soft drinks	-	11 (3.34%)

##### Lunch intake (n):

 All	10 (52.6%)	174 (52.9%)
 1/2	6 (31.6%)	81 (24.6%)
 1/4	2 (10.5%)	49 (14.9%)
 Nothing	-	23 (6.99%)
? No answer	1 (5.26%)	2 (0.61%)

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

I was not hungry	2 (22.2%)	44 (28.4%)
I had nausea / vomiting	-	12 (7.74%)
I was not allowed to eat	-	5 (3.23%)
I kann not eat without help	-	1 (0.65%)
I had an examination / surgery	-	9 (5.81%)
I ordered a smaller portion	-	4 (2.58%)
I was tired	-	11 (7.10%)
I normaly eat less	-	16 (10.3%)
I did not like the smell	4 (44.4%)	6 (3.87%)
I did not like the taste	6 (66.7%)	18 (11.6%)

---

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

Yes	10 (52.6%)	125 (37.9%)
No	9 (47.4%)	191 (57.9%)
No answer	-	13 (3.94%)

**„What do you eat?” (n)\*:**

Cakes, biscuits	2 (20.0%)	45 (36.0%)
Fresh fruits	3 (30.0%)	68 (54.4%)
Sandwiches	-	7 (5.60%)
Dairy products	-	20 (16.0%)
Preferred dish	-	6 (4.80%)
Sweets	1 (10.0%)	10 (8.00%)
Fruit Juice	2 (20.0%)	30 (24.0%)
Others	1 (10.0%)	14 (11.2%)

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

Yes	7 (36.8%)	202 (61.2%)
-----	-----------	-------------

Results referring to the total number of completed questionnaires