



nutritionDay  
IN EUROPE

*National report*

## nutritionDay 2008 in POLAND

Dear participant,

August 2008

Thank you for your participation in nutritionDay 2008 and for your effort. We can finally present you your country report of the following sample size:

Number of units on nutritionDay:	27
Number of patients on nutritionDay:	476
Number of patients completing Sheet 3a:	388
Number of patients completing Sheet 3b:	371

The report consists of 3 parts:

Part I reflects the organisation and the structure of the units.

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 29<sup>th</sup> January 2009. 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

Dr. Karin Schindler

Mag. 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 country results and in the third column you can see the reference values from the total cohort.

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 country.

**For example:** *number of patients on nutritionDay 2008 = 20*

Fluid status (n):  
dehydrated 4

...

**Explanation:** 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2008.

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 2008 = 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 [min - max] are displayed that way:

**For example:** LOS (days) 8 [5-15]

## I. DESCRIPTION OF THE UNIT ("Sheet 1"):

Total cohort: 830 units, 16831 patients

	<b>YOUR COUNTRY RESULTS</b>	<b>REFERENCE ND-08</b>
<b>Number of beds:</b>		
Actual	22 ± 9	31 ± 20
Maximum	28 ± 12	34 ± 22
<b>Number of patients on the nutritionDay (n):</b>		
Total	476	16831
Did not give consent	64 (13.4%)	2182 (13.0%)
Needed help	120 (25.2%)	8079 (48.0%)
<b>Specialities (n):</b>		
Internal medicine/general	3 (11.1%)	107 (12.9%)
Internal medicine/gastroenterology and hepatology	1 (3.70%)	73 (8.80%)
Internal medicine/oncology (incl. Radiotherapy)	2 (7.41%)	58 (6.99%)
Internal medicine/cardiology	1 (3.70%)	29 (3.49%)
Internal medicine/infectious diseases	-	9 (1.08%)
Internal medicine/geriatrics	-	60 (7.23%)
Internal medicine/nephrology	1 (3.70%)	14 (1.69%)
Pediatrics	-	2 (0.24%)
Neurology	-	38 (4.58%)
Psychiatry	-	12 (1.45%)
Ear Nose Throat (ENT)	1 (3.70%)	27 (3.25%)
General surgery	9 (33.3%)	135 (16.3%)
Cardiothoracic surgery	-	15 (1.81%)
Orthopedic surgery	-	31 (3.73%)
Trauma	-	18 (2.17%)
Neurosurgery	-	9 (1.08%)
Gynecology	-	31 (3.73%)
Long-term-care	-	5 (0.60%)
Others	9 (33.3%)	157 (18.9%)
<b>Staff/Staff per patient:</b>		
Physicians	6.63 ± 3.22	3.26 ± 4.75
Physicians per patient	0.27 ± 0.16	0.13 ± 0.20
Consultants	2.00 ± 2.35	1.61 ± 2.51
Consultants per patient	0.09 ± 0.10	0.05 ± 0.08
Registrars	3.14 ± 3.21	1.82 ± 3.31
Registrars per patient	0.10 ± 0.08	0.06 ± 0.12
Nurses	7.52 ± 5.03	5.46 ± 8.25
Nurses per patient	0.31 ± 0.21	0.20 ± 0.33
Nursing aides	0.62 ± 1.16	1.57 ± 1.89
Nursing aides per patient	0.03 ± 0.05	0.06 ± 0.09

Student nurses	0.70 ± 2.30	1.07 ± 1.78
Student nurses per patient	0.02 ± 0.06	0.04 ± 0.05
Dieticians and dietetic assistants	0.30 ± 0.54	0.70 ± 1.17
Dieticians and dietetic assistants per pat.	0.02 ± 0.04	0.02 ± 0.05

**Nutrition Care:**

Nutrition Team	20 units (74%) Yes	630 units (76%) Yes
Written procedures		
- individual	15 units (56%) Yes	568 units (68%) Yes
- local	12 units (44%) Yes	301 units (36%) Yes
- national	9 units (33%) Yes	286 units (34%) Yes

**Patients' weight assessed:**

On admission	21 units (78%) Yes	639 units (77%) Yes
When requested	12 units (44%) Yes	458 units (55%) Yes
Once a week	8 units (30%) Yes	334 units (40%) Yes
Occasionally	3 units (11%) Yes	95 units (11%) Yes
Never	1 units (04%) Yes	15 units (02%) Yes

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

Total cohort: 830 units, 16831 patients

	YOUR COUNTRY RESULTS	REFERENCE ND-08
<b>Number of patients (n):</b>		
Total	476	16831
Patients who completed sheet 3a	388 (81.5%)	13919 (82.7%)
Patients who completed sheet 3b	371 (77.9%)	13388 (79.5%)
<b>Demographic data:</b>		
Age (years)	63 [17-100]	67 [2-105]
Female gender	223 (46.8%)	8102 (48.1%)
Weight (kg)	72.8 ± 15.8	70.5 ± 18.3
Height (cm)	168.4 ± 8.5	166.2 ± 10.4
BMI (kg/m <sup>2</sup> )	25.6 ± 5.0	25.4 ± 5.7
<b>Fluid status (n):</b>		
Normal	348 (73.1%)	12284 (73.0%)
Dehydrated	35 (7.35%)	1189 (7.06%)
Fluid overload	68 (14.3%)	1546 (9.19%)
Missing	25 (5.25%)	1812 (10.8%)
<b>ICU-stay (n):</b>		
Any ICU-stay	55 (11.6%)	2265 (13.5%)
<b>Surgery (n):</b>		
Preoperative patients	97 (20.4%)	1452 (8.63%)
Postoperative patients	152 (31.9%)	3903 (23.2%)
<b>Length of stay (days):</b>		
Hospital	14 [1-115]	16 [1-2969]
Unit	14 [1-87]	15 [1-2969]
<b>Outcome after 30 days (n):</b>		
Still in hospital	33 (6.93%)	1596 (9.48%)
Transferred to another hospital	11 (2.31%)	365 (2.17%)
Transferred to long-term care	13 (2.73%)	432 (2.57%)
Rehabilitation	8 (1.68%)	315 (1.87%)
Discharge home	244 (51.3%)	6907 (41.0%)
Death	13 (2.73%)	372 (2.21%)
Others	9 (1.89%)	229 (1.36%)
Missing	145 (30.5%)	6615 (39.3%)
<b>Readmitted (n):</b>	1 (0.21%)	462 (2.74%)

Results in percent referring to the total number of patients

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

Total cohort: 830 units, 16831 patients

	YOUR COUNTRY RESULTS	REFERENCE ND-08
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	36 (7.56%)	1916 (11.4%)
Parenteral nutrition	62 (13.0%)	831 (4.94%)
Enteral + parenteral nutrition	13 (2.73%)	281 (1.67%)
Special diet	48 (10.1%)	2202 (13.1%)
Protein/energy supplement	5 (1.05%)	977 (5.80%)
Hospital food	285 (59.9%)	10249 (60.9%)
Others	35 (7.35%)	1019 (6.05%)
Missing	31 (6.51%)	1251 (7.43%)
<b>Lines &amp; tubes (n)*:</b>		
None	296 (62.2%)	12174 (72.3%)
One line	129 (27.1%)	3810 (22.6%)
More than one	51 (10.7%)	847 (5.03%)
Centralvenous	82 (17.2%)	1180 (7.01%)
Nasogastric tube	27 (5.67%)	356 (2.12%)
Any other (PEG, PEJ, ...)	111 (23.3%)	3436 (20.4%)
<b>Affected organs (n)*:</b>		
Brain, nerves	46 (9.66%)	2245 (13.3%)
Eye, ear	12 (2.52%)	341 (2.03%)
Nose, throat	8 (1.68%)	554 (3.29%)
Heart, circulation	137 (28.8%)	3189 (18.9%)
Lung	31 (6.51%)	1788 (10.6%)
Liver	32 (6.72%)	1098 (6.52%)
Gastrointestinal tract	154 (32.4%)	3614 (21.5%)
Kidney, urinary tract, femal genital tract	57 (12.0%)	1519 (9.03%)
Endocrine system	70 (14.7%)	1142 (6.79%)
Skeleton, bone, muscle	32 (6.72%)	2746 (16.3%)
Blood, bone marrow	12 (2.52%)	526 (3.13%)
Skin	7 (1.47%)	503 (2.99%)
Ischaemia	10 (2.10%)	230 (1.37%)
Cancer	135 (28.4%)	2833 (16.8%)
Infection	36 (7.56%)	753 (4.47%)
Pregnancy	1 (0.21%)	103 (0.61%)
Others	17 (3.57%)	1220 (7.25%)
No affected organ	63 (13.2%)	1193 (7.09%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	85 (17.9%)	2658 (15.8%)
Stroke	28 (5.88%)	715 (4.25%)
COPD	23 (4.83%)	737 (4.38%)
Myocardial infarction	13 (2.73%)	508 (3.02%)
Cardiac insufficiency	92 (19.3%)	1612 (9.58%)
Others	143 (30.0%)	5618 (33.4%)
No comorbidity	193 (40.5%)	7661 (45.5%)

Results in percent referring to the total number of patients

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

Total cohort: 830 units, 16831 patients

	YOUR COUNTRY RESULTS	REFERENCE ND-08
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	370 (95.4%)	13252 (95.2%)
Yes	175 (45.1%)	5662 (40.7%)
No	137 (35.3%)	5733 (41.2%)
No, I've gained weight	38 (9.79%)	981 (7.05%)
I don't know	20 (5.15%)	876 (6.29%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	175 (45.1%)	5662 (40.7%)
0-4 kg	71 (18.3%)	2820 (20.3%)
5-8 kg	38 (9.79%)	1078 (7.74%)
> 8 kg	54 (13.9%)	1357 (9.75%)
Not sure	7 (1.80%)	328 (2.36%)
Missing	5 (1.29%)	79 (0.57%)
<b>"How well have you eaten during the last week?"(n):</b>		
Normal	150 (38.7%)	7150 (51.4%)
A bit less than normal	78 (20.1%)	3042 (21.9%)
Less than half of normal	75 (19.3%)	1689 (12.1%)
Less than a quarter to nearly nothing	65 (16.8%)	1346 (9.67%)
Missing	20 (5.15%)	692 (4.97%)
<b>"I ate less because"(n)*:</b>		
Total of patients answering	214 (55.2%)	6033 (43.3%)
Loss of appetite	106 (27.3%)	3380 (24.3%)
Problems with swallowing/chewing	20 (5.15%)	686 (4.93%)
Nausea	31 (7.99%)	956 (6.87%)
Other reasons	100 (25.8%)	2166 (15.6%)
<b>"Can you walk without assistance?"(n):</b>		
Yes	281 (72.4%)	9308 (66.9%)
No, only with assistance	48 (12.4%)	2421 (17.4%)
No, I stay in bed	43 (11.1%)	1478 (10.6%)
Missing	16 (4.12%)	712 (5.12%)
<b>"Did you need help to complete the questionnaire?"(according to patient) (n):</b>		
Yes	177 (45.6%)	8027 (57.7%)

Results in percent referring to the total number of patients answering

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

Total cohort: 830 units, 16831 patients

	YOUR COUNTRY RESULTS	REFERENCE ND-08
<b>Fluid and supplement intake (n):</b>		
Patients with fluid intake	295 (79.5%)	11493 (85.8%)
Drinks per patient & day (l)	0.69	1.02
Patients with supplements	80 (21.6%)	2658 (19.9%)
Supplements per patient & day (l)	0.12	0.11

Results referring to the total number of completed questionnaires

#### Hospital food intake:

<b>Your country results</b> (referring to the total number of completed questionnaires=371)					
n (%)	all	1/2	1/4	nothing	no answer
Breakfast	133 (35.8%)	84 (22.6%)	34 (9.16%)	94 (25.3%)	26 (7.01%)
Lunch	138 (37.2%)	85 (22.9%)	43 (11.6%)	76 (20.5%)	29 (7.82%)
Dinner	137 (36.9%)	73 (19.7%)	32 (8.63%)	91 (24.5%)	38 (10.2%)

<b>Reference results</b> (referring to the total number of completed questionnaires=13388)					
n (%)	all	1/2	1/4	nothing	no answer
Breakfast	7133 (53.3%)	2687 (20.1%)	1020 (7.62%)	2128 (15.9%)	420 (3.14%)
Lunch	6496 (48.5%)	3366 (25.1%)	1331 (9.94%)	1638 (12.2%)	557 (4.16%)
Dinner	6558 (49.0%)	2953 (22.1%)	1340 (10.0%)	1633 (12.2%)	904 (6.75%)

<b>Your country results</b> (referring to the total number of completed questionnaires=371)			
n (%)	Snack 1	Snack 2	Snack 3
Cakes, sweets, biscuits	50 (13.5%)	59 (15.9%)	44 (11.9%)
Fresh fruits	66 (17.8%)	60 (16.2%)	55 (14.8%)
Sandwiches	23 (6.20%)	22 (5.93%)	22 (5.93%)
Dairy products	16 (4.31%)	18 (4.85%)	22 (5.93%)
Others	20 (5.39%)	19 (5.12%)	17 (4.58%)
Nothing	126 (34.0%)	109 (29.4%)	134 (36.1%)
Missing	118 (31.8%)	133 (35.8%)	123 (33.2%)

<b>Reference results</b> (referring to the total number of completed questionnaires=13388)			
n (%)	Snack 1	Snack 2	Snack 3
Cakes, sweets, biscuits	1121 (8.37%)	2166 (16.2%)	1235 (9.22%)
Fresh fruits	2095 (15.6%)	2347 (17.5%)	1546 (11.5%)
Sandwiches	417 (3.11%)	545 (4.07%)	643 (4.80%)
Dairy products	949 (7.09%)	1055 (7.88%)	866 (6.47%)
Others	421 (3.14%)	660 (4.93%)	514 (3.84%)
Nothing	5835 (43.6%)	4469 (33.4%)	5689 (42.5%)
Missing	3336 (24.9%)	3384 (25.3%)	3850 (28.8%)