



## **nutritionDay 2010 in POLAND**

Dear participant,

June 2010

Thank you for your participation in nutritionDay 2010 and for your effort. We can finally present you your country report of the following sample size:

Number of units on nutritionDay:	20
Number of patients on nutritionDay:	365
Number of patients completing Sheet 3a:	323
Number of patients completing Sheet 3b:	321

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"):

**456 units, 9506 patients**

	<b>YOUR RESULTS</b>	<b>REFERENCE ND-10</b>
<b>Number of beds (n):</b>		
Actual	24 ± 14	30 ± 24
Maximum	30 ± 19	34 ± 24
<b>Number of patients on the nutritionDay (n):</b>		
Total	365	9506
Did not give consent	38 (10.4%)	1236 (13.0%)
Needed help completing form	138 (37.8%)	4329 (45.5%)
Terminally ill	85 (23.3%)	982 (10.3%)
<b>Specialities (n):</b>		
Internal medicine / general	2 (10.0%)	72 (15.8%)
Internal medicine / gastroenterology and hepatology	3 (15.0%)	36 (7.89%)
Internal medicine / oncology (incl. radiotherapy)	1 (5.00%)	32 (7.02%)
Internal medicine / cardiology	1 (5.00%)	21 (4.61%)
Internal medicine / infectious diseases	-	5 (1.10%)
Internal medicine / geriatrics	-	43 (9.43%)
Internal medicine / nephrology	1 (5.00%)	10 (2.19%)
Pediatrics	-	2 (0.44%)
Neurology	-	26 (5.70%)
Psychiatry	-	3 (0.66%)
Ear Nose Throat (ENT)	1 (5.00%)	14 (3.07%)
General surgery	9 (45.0%)	79 (17.3%)
Cardiothoracic surgery	-	10 (2.19%)
Orthopedic surgery	-	26 (5.70%)
Trauma	-	5 (1.10%)
Neurosurgery	-	8 (1.75%)
Gynecology	-	7 (1.54%)
Long-term-care	-	6 (1.32%)
Others	2 (10.0%)	51 (11.2%)
<b>Staff /Staff per patient (n):</b>		
Physicians	10.00 ± 9.89	4.63 ± 6.14
Physicians per patient	0.52 ± 0.54	0.14 ± 0.14
Consultants	3.15 ± 2.06	2.20 ± 4.14
Consultants per patient	0.32 ± 0.58	0.07 ± 0.11
Registrars	3.20 ± 2.76	2.30 ± 5.06
Registrars per patient	0.81 ± 2.67	0.07 ± 0.10
Nurses	10.10 ± 11.20	9.11 ± 15.32
Nurses per patient	0.56 ± 0.60	0.27 ± 0.20
Nursing aides	1.55 ± 1.79	2.60 ± 4.03
Nursing aides per patient	0.26 ± 0.60	0.09 ± 0.09

Dieticians and dietetic assistants	2.11 ± 2.79	0.99 ± 1.14
Dieticians and dietetic assistants per pat.	0.51 ± 1.24	0.03 ± 0.04

**Nutrition Care:**

Nutrition Team	17 units (85%) Yes	360 units (79%) Yes
Written procedures		
- individual	14 units (70%) Yes	311 units (68%) Yes
- local	12 units (60%) Yes	212 units (46%) Yes
- national	8 units (40%) Yes	215 units (47%) Yes
- other	8 units (40%) Yes	50 units (11%) Yes

**Patients' weight assessed:**

On admission	17 units (85%) Yes	327 units (72%) Yes
When requested	5 units (25%) Yes	261 units (57%) Yes
Once a week	2 units (10%) Yes	178 units (39%) Yes
Occasionally	2 units (10%) Yes	61 units (13%) Yes
Never	- units (00%) Yes	9 units (02%) Yes

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

	456 units, 9506 patients	
	YOUR RESULTS	REFERENCE ND-10
<b>Number of patients (n):</b>		
Total	365	9506
Patients who completed sheet 3a	323 (88.5%)	7846 (82.5%)
Patients who completed sheet 3b	321 (87.9%)	7657 (80.5%)
<b>Demographic data:</b>		
Age (years)	63 [23-96]	70 [3-111]
Female gender	179 (49.0%)	4656 (49.0%)
Weight (kg)	70.3 ± 16.6	69.3 ± 18.7
Height (cm)	168.3 ± 9.2	165.4 ± 11.1
BMI (kg/m <sup>2</sup> )	24.8 ± 4.9	25.1 ± 5.8
<b>ICU-stay:</b>		
Any ICU-stay	20 (5.48%)	906 (9.53%)
<b>Surgery (n):</b>		
Preoperative patients	41 (11.2%)	664 (6.99%)
Postoperative patients	83 (22.7%)	2396 (25.2%)
<b>Length of stay in Hospital (days):</b>	11 [3-54]	15 [1-338]
<b>Outcome after 30 days (n):</b>		
Still in hospital	3 (0.82%)	1296 (13.6%)
Transferred to another hospital	4 (1.10%)	337 (3.55%)
Transferred to long-term care	-	365 (3.84%)
Rehabilitation	-	295 (3.10%)
Discharge home	32 (8.77%)	6345 (66.7%)
Death	2 (0.55%)	354 (3.72%)
Others	-	184 (1.94%)
Missing	324 (88.8%)	330 (3.47%)
<b>Readmitted (n):</b>	6 (1.64%)	735 (7.73%)

Results in percent referring to the total number of patients

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

456 units, 9506 patients

	YOUR RESULTS	REFERENCE ND-10
<b>Nutrition therapy (n)*:</b>		
Enteral nutrition	19 (5.21%)	711 (7.48%)
Parenteral nutrition	48 (13.2%)	571 (6.01%)
Enteral + parenteral nutrition	7 (1.92%)	143 (1.50%)
Special diet	30 (8.22%)	1583 (16.7%)
Protein supplement	8 (2.19%)	915 (9.63%)
Hospital food	183 (50.1%)	6024 (63.4%)
Others	5 (1.37%)	377 (3.97%)
Missing	89 (24.4%)	498 (5.24%)
<b>Lines &amp; tubes (n)*:</b>		
None	281 (77.0%)	6114 (64.3%)
Centralvenous	52 (14.2%)	685 (7.21%)
Nasogastric tube	5 (1.37%)	185 (1.95%)
Any other (PEG, PEJ, ...)	27 (7.40%)	2522 (26.5%)
<b>Affected organs (n)*:</b>		
Brain, nerves	26 (7.12%)	1355 (14.3%)
Eye, ear	6 (1.64%)	201 (2.11%)
Nose, throat	2 (0.55%)	262 (2.76%)
Heart, circulation	62 (17.0%)	1794 (18.9%)
Lung	15 (4.11%)	1351 (14.2%)
Liver	31 (8.49%)	622 (6.54%)
Gastrointestinal tract	93 (25.5%)	2282 (24.0%)
Kidney, urinary tract, female genital tract	16 (4.38%)	1272 (13.4%)
Endocrine system	29 (7.95%)	783 (8.24%)
Skeleton, bone, muscle	10 (2.74%)	1579 (16.6%)
Blood, bone marrow	9 (2.47%)	418 (4.40%)
Skin	-	318 (3.35%)
Ischaemia	3 (0.82%)	138 (1.45%)
Cancer	44 (12.1%)	1763 (18.5%)
Infection	15 (4.11%)	700 (7.36%)
Pregnancy	-	64 (0.67%)
Others	14 (3.84%)	588 (6.19%)
No affected organ	98 (26.8%)	518 (5.45%)
<b>Comorbidities (n)*:</b>		
Diabetes I/II	41 (11.2%)	1785 (18.8%)
Stroke	12 (3.29%)	558 (5.87%)
COPD	5 (1.37%)	565 (5.94%)
Myocardial infarction	27 (7.40%)	408 (4.29%)
Cardiac insufficiency	48 (13.2%)	1158 (12.2%)
Others	92 (25.2%)	3208 (33.7%)
No comorbidity	190 (52.1%)	3858 (40.6%)

Results in percent referring to the total number of patients

### III. YOUR PATIENTS (“Sheet 3a”):

456 units, 9506 patients

	YOUR RESULTS	REFERENCE ND-10
<b>Weight loss within the last 3 months (n):</b>		
Total of patients answering	317 (98.1%)	7635 (97.3%)
Yes	160 (49.5%)	3446 (43.9%)
No	124 (38.4%)	2900 (37.0%)
No, I've gained weight	24 (7.43%)	715 (9.11%)
I don't know	9 (2.79%)	574 (7.32%)
<b>Category of weight decrease (n):</b>		
Patients reporting weight loss	160 (49.5%)	3446 (43.9%)
0-4 kg	68 (21.1%)	1587 (20.2%)
5-8 kg	30 (9.29%)	705 (8.99%)
> 8 kg	52 (16.1%)	780 (9.94%)
Not sure	7 (2.17%)	335 (4.27%)
Missing	3 (0.93%)	39 (0.50%)
<b>“How well have you eaten during the last week?”(n):</b>		
Normal	144 (44.6%)	3843 (49.0%)
A bit less than normal	67 (20.7%)	1767 (22.5%)
Less than half of normal	54 (16.7%)	1066 (13.6%)
Less than a quarter to nearly nothing	50 (15.5%)	970 (12.4%)
Missing	8 (2.48%)	200 (2.55%)
<b>“I ate less because”(n)*:</b>		
Total of patients answering	154 (47.7%)	3730 (47.5%)
Loss of appetite	72 (22.3%)	2001 (25.5%)
Problems with swallowing, mastication	10 (3.10%)	392 (5.00%)
Nausea	13 (4.02%)	604 (7.70%)
Other reasons	68 (21.1%)	1317 (16.8%)
<b>“Can you walk without assistance?”(n):</b>		
Yes	247 (76.5%)	4871 (62.1%)
No, only with assistance	45 (13.9%)	1903 (24.3%)
No, I stay in bed	30 (9.29%)	886 (11.3%)
Missing	1 (0.31%)	186 (2.37%)
<b>“In general would you say your health is”(n):</b>		
Excellent	5 (1.55%)	170 (2.17%)
Good	8 (2.48%)	524 (6.68%)
Very good	66 (20.4%)	2214 (28.2%)
Fair	104 (32.2%)	2839 (36.2%)
Poor	135 (41.8%)	1815 (23.1%)
Missing	5 (1.55%)	284 (3.62%)
Results in percent referring to the total number of patients answering		

### III. YOUR PATIENTS (“Sheet 3b”):

456 units, 9506 patients

YOUR RESULTS REFERENCE ND-10

#### Hospital food intake:

##### „Is your appetite normal?” (n):

Yes	193 (59.8%)	4574 (58.3%)
No	106 (32.8%)	2491 (31.7%)
- I was not hungry	48 (45.3%)	1286 (51.6%)
- Problems with swallowing / mastication	4 (3.77%)	244 (9.80%)
- Nausea	14 (13.2%)	464 (18.6%)
- Others	17 (16.0%)	573 (23.0%)
no answer	22 (6.81%)	592 (7.55%)

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

Patients with fluid intake	258 (80.4%)	5459 (71.3%)
Drinks per patient & day (l)	0.48	0.41
Patients with supplements	18 (5.61%)	905 (11.8%)
Supplements per patient & day (l)	0.02	0.03

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

##### (n)\*:

Water	192 (59.8%)	5313 (69.4%)
Milk	14 (4.36%)	1280 (16.7%)
Fruit juice	89 (27.7%)	1244 (16.2%)
Tea, coffee	156 (48.6%)	3600 (47.0%)
Soft drinks	9 (2.80%)	658 (8.59%)

##### Lunch intake (n):

 All	123 (38.3%)	3341 (43.6%)
 1/2	84 (26.2%)	2019 (26.4%)
 1/4	38 (11.8%)	1072 (14.0%)
 Nothing	53 (16.5%)	1082 (14.1%)
? No answer	23 (7.17%)	143 (1.87%)

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

I was not hungry	46 (23.2%)	1272 (29.5%)
I had nausea / vomiting	10 (5.05%)	441 (10.2%)
I was not allowed to eat	33 (16.7%)	511 (11.8%)
I kann not eat without help	3 (1.52%)	55 (1.27%)
I had an examination / surgery	20 (10.1%)	277 (6.42%)
I ordered a smaller portion	7 (3.54%)	122 (2.83%)
I was tired	7 (3.54%)	217 (5.03%)
I normaly eat less	8 (4.04%)	328 (7.60%)
I did not like the smell	9 (4.55%)	169 (3.92%)
I did not like the taste	26 (13.1%)	593 (13.7%)



---

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

Yes	178 (55.1%)	3008 (38.3%)
No	123 (38.1%)	4209 (53.6%)
No answer	20 (6.19%)	440 (5.61%)

**„What do you eat?“ (n)\*:**

Cakes, biscuits	60 (33.7%)	961 (31.9%)
Fresh fruits	108 (60.7%)	1464 (48.7%)
Sandwiches	54 (30.3%)	227 (7.55%)
Dairy products	38 (21.3%)	489 (16.3%)
Preferred dish	5 (2.81%)	268 (8.91%)
Sweets	26 (14.6%)	564 (18.8%)
Fruit Juice	43 (24.2%)	575 (19.1%)
Others	29 (16.3%)	395 (13.1%)

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

Yes	196 (60.7%)	4808 (61.3%)
-----	-------------	--------------

Results referring to the total number of completed questionnaires