nutritionDay 2010 in JAPAN

Dear participant,   June 2010

Thank you for your partcipation 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:	66
Number of patients on nutritionDay:	1662
Number of patients completing Sheet 3a:	1279
Number of patients completing Sheet 3b:	1269

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 4th 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!

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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]

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

	456 units, 9506 patients	
	YOUR RESULTS	**REFERENCE ND-10**
Number of beds (n):		
Actual	49 ± 49	30 ± 24
Maximum	53 ± 49	34 ± 24
Number of patients on the nutritionDay (n):		
Total	1662	9506
Did not give consent	339 (20.4%)	1236 (13.0%)
Needed help completing form	431 (25.9%)	4329 (45.5%)
Terminally ill	154 (9.27%)	982 (10.3%)
Specialities (n):		
Internal medicine / general	14 (21.2%)	72 (15.8%)
Internal medicine / gastroenterology and hepatology	7 (10.6%)	36 (7.89%)
Internal medicine / oncology (incl. radiotherapy)	4 (6.06%)	32 (7.02%)
Internal medicine / cardiology	3 (4.55%)	21 (4.61%)
Internal medicine / infectious diseases	-	5 (1.10%)
Internal medicine / geriatrics	1 (1.52%)	43 (9.43%)
Internal medicine / nephrology	2 (3.03%)	10 (2.19%)
Pediatrics	-	2 (0.44%)
Neurology	1 (1.52%)	26 (5.70%)
Psychiatry	-	3 (0.66%)
Ear Nose Throat (ENT)	2 (3.03%)	14 (3.07%)
General surgery	14 (21.2%)	79 (17.3%)
Cardiothoracic surgery	1 (1.52%)	10 (2.19%)
Orthopedic surgery	7 (10.6%)	26 (5.70%)
Trauma	-	5 (1.10%)
Neurosurgery	3 (4.55%)	8 (1.75%)
Gynecology	2 (3.03%)	7 (1.54%)
Long-term-care	-	6 (1.32%)
Others	5 (7.58%)	51 (11.2%)
Staff /Staff per patient (n):		
Physicians	7.09 ± 11.64	4.63 ± 6.14
Physicians per patient	0.14 ± 0.13	0.14 ± 0.14
Consultants	1.96 ± 3.86	2.20 ± 4.14
Consultants per patient	0.04 ± 0.04	0.07 ± 0.11
Registrars	2.15 ± 4.32	2.30 ± 5.06
Registrars per patient	0.05 ± 0.10	0.07 ± 0.10
Nurses	18.98 ± 36.31	9.11 ± 15.32
Nurses per patient	0.30 ± 0.18	0.27 ± 0.20
Nursing aides	2.45 ± 4.07	2.60 ± 4.03
Nursing aides per patient	0.05 ± 0.04	0.09 ± 0.09

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Dieticians and dietetic assistants	1.19 ± 2.03	0.99 ± 1.14
Dieticians and dietetic assistants per pat.	0.03 ± 0.06	0.03 ± 0.04

Nutrition Care:

Nutrition Team	65 units (98%) Yes	360 units (79%) Yes
Written procedures		
- individual	35 units (53%) Yes	311 units (68%) Yes
- local	27 units (41%) Yes	212 units (46%) Yes
- national	9 units (14%) Yes	215 units (47%) Yes
- other	13 units (20%) Yes	50 units (11%) Yes

Patients' weight assessed:

On admission	61 units (92%) Yes	327 units (72%) Yes
When requested	35 units (53%) Yes	261 units (57%) Yes
Once a week	47 units (71%) Yes	178 units (39%) Yes
Occasionally	10 units (15%) Yes	61 units (13%) Yes
Never	- units (00%) Yes	9 units (02%) Yes

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II. YOUR PATIENTS ("Sheet 2"):

	456 units, 9506 patients	
	YOUR RESULTS	**REFERENCE ND-10**
Number of patients (n):		
Total	1662	9506
Patients who completed sheet 3a	1279 (77.0%)	7846 (82.5%)
Patients who completed sheet 3b	1269 (76.4%)	7657 (80.5%)
Demographic data:		
Age (years)	70 [15-104]	70 [3-111]
Female gender	732 (44.0%)	4656 (49.0%)
Weight (kg)	55.7 ± 13.6	69.3 ± 18.7
Height (cm)	158.7 ± 9.6	165.4 ± 11.1
BMI (kg/m^2)	22.0 ± 4.5	25.1 ± 5.8
ICU-stay:		
Any ICU-stay	155 (9.33%)	906 (9.53%)
Surgery (n):		
Preoperative patients	93 (5.60%)	664 (6.99%)
Postoperative patients	423 (25.5%)	2396 (25.2%)
Length of stay in Hospital (days):	25 [2-338]	15 [1-338]
Outcome after 30 days (n):		
Still in hospital	406 (24.4%)	1296 (13.6%)
Transferred to another hospital	56 (3.37%)	337 (3.55%)
Transferred to long-term care	23 (1.38%)	365 (3.84%)
Rehabilitation	8 (0.48%)	295 (3.10%)
Discharge home	953 (57.3%)	6345 (66.7%)
Death	63 (3.79%)	354 (3.72%)
Others	58 (3.49%)	184 (1.94%)
Missing	95 (5.72%)	330 (3.47%)
Readmitted (n):	76 (4.57%)	735 (7.73%)

Results in percent referring to the total number of patients

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II. YOUR PATIENTS ("Sheet 2"):

	456 units, 9506 patients	
	YOUR RESULTS	**REFERENCE ND-10**
Nutrition therapy (n)*:		
Enteral nutrition	45 (2.71%)	711 (7.48%)
Parenteral nutrition	219 (13.2%)	571 (6.01%)
Enteral + parenteral nutrition	31 (1.87%)	143 (1.50%)
Special diet	254 (15.3%)	1583 (16.7%)
Protein supplement	136 (8.18%)	915 (9.63%)
Hospital food	1007 (60.6%)	6024 (63.4%)
Others	35 (2.11%)	377 (3.97%)
Missing	15 (0.90%)	498 (5.24%)
Lines & tubes (n)*:		
None	929 (55.9%)	6114 (64.3%)
Centralvenous	121 (7.28%)	685 (7.21%)
Nasogastric tube	34 (2.05%)	185 (1.95%)
Any other (PEG, PEJ, ...)	578 (34.8%)	2522 (26.5%)
Affected organs (n)*:		
Brain, nerves	235 (14.1%)	1355 (14.3%)
Eye, ear	62 (3.73%)	201 (2.11%)
Nose, throat	58 (3.49%)	262 (2.76%)
Heart, circulation	306 (18.4%)	1794 (18.9%)
Lung	218 (13.1%)	1351 (14.2%)
Liver	226 (13.6%)	622 (6.54%)
Gastrointestinal tract	450 (27.1%)	2282 (24.0%)
Kidney, urinary tract, female genital tract	232 (14.0%)	1272 (13.4%)
Endocrine system	191 (11.5%)	783 (8.24%)
Skeleton, bone, muscle	255 (15.3%)	1579 (16.6%)
Blood, bone marrow	83 (4.99%)	418 (4.40%)
Skin	33 (1.99%)	318 (3.35%)
Ischaemia	35 (2.11%)	138 (1.45%)
Cancer	582 (35.0%)	1763 (18.5%)
Infection	79 (4.75%)	700 (7.36%)
Pregnancy	30 (1.81%)	64 (0.67%)
Others	96 (5.78%)	588 (6.19%)
No affected organ	8 (0.48%)	518 (5.45%)
Comorbidities (n)*:		
Diabetes I/II	298 (17.9%)	1785 (18.8%)
Stroke	107 (6.44%)	558 (5.87%)
COPD	37 (2.23%)	565 (5.94%)
Myocardial infarction	30 (1.81%)	408 (4.29%)
Cardiac insufficiency	71 (4.27%)	1158 (12.2%)
Others	447 (26.9%)	3208 (33.7%)
No comorbidity	820 (49.3%)	3858 (40.6%)

Results in percent referring to the total number of patients

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	456 units, 9506 patients	
	YOUR RESULTS	REFERENCE ND-10
Weight loss within the last 3 months (n):		
Total of patients answering	1256 (98.2%)	7635 (97.3%)
Yes	502 (39.2%)	3446 (43.9%)
No	500 (39.1%)	2900 (37.0%)
No, I've gained weight	124 (9.70%)	715 (9.11%)
I don't know	130 (10.2%)	574 (7.32%)
Category of weight decrease (n):		
Patients reporting weight loss	502 (39.2%)	3446 (43.9%)
0-4 kg	313 (24.5%)	1587 (20.2%)
5-8 kg	89 (6.96%)	705 (8.99%)
> 8 kg	66 (5.16%)	780 (9.94%)
Not sure	27 (2.11%)	335 (4.27%)
Missing	7 (0.55%)	39 (0.50%)
"How well have you eaten during the last week?"(n):		
Normal	881 (68.9%)	3843 (49.0%)
A bit less than normal	168 (13.1%)	1767 (22.5%)
Less than half of normal	90 (7.04%)	1066 (13.6%)
Less than a quarter to nearly nothing	122 (9.54%)	970 (12.4%)
Missing	18 (1.41%)	200 (2.55%)
"I ate less because"(n)*:		
Total of patients answering	385 (30.1%)	3730 (47.5%)
Loss of appetite	212 (16.6%)	2001 (25.5%)
Problems with swallowing, mastication	37 (2.89%)	392 (5.00%)
Nausea	51 (3.99%)	604 (7.70%)
Other reasons	129 (10.1%)	1317 (16.8%)
"Can you walk without assistance?"(n):		
Yes	945 (73.9%)	4871 (62.1%)
No, only with assistance	210 (16.4%)	1903 (24.3%)
No, I stay in bed	106 (8.29%)	886 (11.3%)
Missing	18 (1.41%)	186 (2.37%)
"In general would you say your health is"(n):		
Excellent	14 (1.09%)	170 (2.17%)
Good	50 (3.91%)	524 (6.68%)
Very good	276 (21.6%)	2214 (28.2%)
Fair	526 (41.1%)	2839 (36.2%)
Poor	370 (28.9%)	1815 (23.1%)
Missing	43 (3.36%)	284 (3.62%)

Results in percent referring to the total number of patients answering

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	456 units, 9506 patients	
	YOUR RESULTS	**REFERENCE ND-10**
Hospital food intake:		
„Is your appetite normal?" (n):		
Yes	908 (71.0%)	4574 (58.3%)
No	275 (21.5%)	2491 (31.7%)
- I was not hungry	113 (41.1%)	1286 (51.6%)
- Problems with swallowing / mastication	16 (5.82%)	244 (9.80%)
- Nausea	42 (15.3%)	464 (18.6%)
- Others	87 (31.6%)	573 (23.0%)
no answer	86 (6.72%)	592 (7.55%)
Fluid and supplement intake (n):		
Patients with fluid intake	791 (62.3%)	5459 (71.3%)
Drinks per patient & day (l)	0.26	0.41
Patients with supplements	151 (11.9%)	905 (11.8%)
Supplements per patient & day (l)	0.03	0.03
„What kind of drinks did you consume?" (n)*:		
Water	477 (37.6%)	5313 (69.4%)
Milk	253 (19.9%)	1280 (16.7%)
Fruit juice	65 (5.12%)	1244 (16.2%)
Tea, coffee	811 (63.9%)	3600 (47.0%)
Soft drinks	106 (8.35%)	658 (8.59%)
Lunch intake (n):		
All	738 (58.2%)	3341 (43.6%)
1/2	243 (19.1%)	2019 (26.4%)
1/4	103 (8.12%)	1072 (14.0%)
Nothing	169 (13.3%)	1082 (14.1%)
No answer	16 (1.26%)	143 (1.87%)
„I did not eat everything because" (n)*:		
I was not hungry	81 (15.3%)	1272 (29.5%)
I had nausea / vomiting	48 (9.04%)	441 (10.2%)
I was not allowed to eat	85 (16.0%)	511 (11.8%)
I kann not eat without help	1 (0.19%)	55 (1.27%)
I had an examination / surgery	63 (11.9%)	277 (6.42%)
I ordered a smaller portion	8 (1.51%)	122 (2.83%)
I was tired	21 (3.95%)	217 (5.03%)
I normaly eat less	73 (13.7%)	328 (7.60%)
I did not like the smell	19 (3.58%)	169 (3.92%)
I did not like the taste	46 (8.66%)	593 (13.7%)

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

Yes	446 (34.9%)	3008 (38.3%)
No	763 (59.7%)	4209 (53.6%)
No answer	60 (4.69%)	440 (5.61%)

„What do you eat?" (n)*:

Cakes, biscuits	108 (24.2%)	961 (31.9%)
Fresh fruits	149 (33.4%)	1464 (48.7%)
Sandwiches	39 (8.74%)	227 (7.55%)
Dairy products	90 (20.2%)	489 (16.3%)
Preferred dish	45 (10.1%)	268 (8.91%)
Sweets	60 (13.5%)	564 (18.8%)
Fruit Juice	52 (11.7%)	575 (19.1%)
Others	74 (16.6%)	395 (13.1%)

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

Yes	502 (39.2%)	4808 (61.3%)

Results referring to the total number of completed questionnaires

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