



nutritionDay November 2011 in JAPAN

Dear participant,

June 2012

Thank you for your participation in nutritionDay worldwide in November 2011 and for your effort. We can finally present you your preliminary country report of the following sample size:

Number of units on nutritionDay:	74
Number of patients on nutritionDay:	1700
Number of patients completing Sheet 3a:	1525
Number of patients completing Sheet 3b:	1359

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 November 8th 2012. 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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Karin Schindler

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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 2011 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2011.

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 2011 = 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"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of beds (n):		
Actual	91 ± 172	37 ± 50
Maximum	53 ± 44	38 ± 31
Number of patients on the nutritionDay (n):		
Total	1700	14207
Did not give consent	275 (16.2%)	1205 (8.48%)
Needed help completing form	560 (32.9%)	8324 (58.6%)
Terminally ill	141 (8.29%)	988 (6.95%)
Specialities (n):		
Internal medicine / general	16 (21.6%)	115 (17.0%)
Internal medicine / gastroenterology and hepatology	7 (9.46%)	46 (6.78%)
Internal medicine / oncology (incl. radiotherapy)	3 (4.05%)	76 (11.2%)
Internal medicine / cardiology	1 (1.35%)	38 (5.60%)
Internal medicine / infectious diseases	-	8 (1.18%)
Internal medicine / geriatrics	-	54 (7.96%)
Internal medicine / nephrology	1 (1.35%)	11 (1.62%)
Pediatrics	-	2 (0.29%)
Neurology	2 (2.70%)	26 (3.83%)
Psychiatry	2 (2.70%)	4 (0.59%)
Ear Nose Throat (ENT)	1 (1.35%)	18 (2.65%)
General surgery	17 (23.0%)	111 (16.4%)
Cardiothoracic surgery	1 (1.35%)	17 (2.51%)
Orthopedic surgery	8 (10.8%)	39 (5.75%)
Trauma	1 (1.35%)	7 (1.03%)
Neurosurgery	2 (2.70%)	11 (1.62%)
Gynecology	4 (5.41%)	8 (1.18%)
Long-term-care	-	6 (0.88%)
Others	8 (10.8%)	81 (11.9%)
Staff /Staff per patient (n):		
Physicians	8.50 ± 13.09	6.98 ± 10.34
Physicians per patient	0.17 ± 0.22	0.21 ± 0.27
Consultants	2.61 ± 3.91	3.16 ± 6.27
Consultants per patient	0.05 ± 0.04	0.10 ± 0.21
Registrars	2.68 ± 5.83	2.59 ± 4.52
Registrars per patient	0.06 ± 0.12	0.08 ± 0.17
Nurses	21.56 ± 33.00	9.92 ± 15.04
Nurses per patient	0.39 ± 0.23	0.27 ± 0.22
Nursing aides	2.76 ± 2.86	2.78 ± 4.15

Nursing aides per patient	0.06 ± 0.06	0.08 ± 0.14
Dieticians and dietetic assistants	1.10 ± 3.87	1.20 ± 2.07
Dieticians and dietetic assistants per pat.	0.02 ± 0.06	0.06 ± 0.57

Nutrition Care:

Nutrition Team	73 units (99%) Yes	476 units (70%) Yes
Written procedures		
- individual	40 units (54%) Yes	421 units (62%) Yes
- local	17 units (23%) Yes	261 units (38%) Yes
- national	8 units (11%) Yes	234 units (35%) Yes
- other	8 units (11%) Yes	105 units (15%) Yes

Patients' weight assessed:

On admission	70 units (95%) Yes	484 units (71%) Yes
When requested	42 units (57%) Yes	385 units (57%) Yes
Once a week	51 units (69%) Yes	249 units (37%) Yes
Occasionally	21 units (28%) Yes	59 units (09%) Yes
Never	- units (00%) Yes	18 units (03%) Yes

II. YOUR PATIENTS ("Sheet 2"):

	678 units, 14207 patients	
	YOUR RESULTS	REFERENCE ND-11
Number of patients (n):		
Total	1700	14207
Patients who completed sheet 3a	1525 (89.7%)	12770 (89.9%)
Patients who completed sheet 3b	1359 (79.9%)	12319 (86.7%)
Demographic data:		
Age (years)	70 [13-101]	67 [2-105]
Female gender	763 (44.9%)	6921 (48.7%)
Weight (kg)	55.9 ± 26.7	69.6 ± 21.0
Height (cm)	159.1 ± 23.1	165.2 ± 14.5
BMI (kg/m ²)	21.9 ± 4.3	25.4 ± 6.1
ICU-stay:		
Any ICU-stay	203 (11.9%)	1412 (9.94%)
Surgery (n):		
Preoperative patients	106 (6.24%)	1251 (8.81%)
Postoperative patients	515 (30.3%)	3671 (25.8%)
Length of stay in Hospital (days):	27 [3-1127]	14 [1-1846]
Outcome after 30 days (n):		
Still in hospital	422 (24.8%)	1726 (12.1%)
Transferred to another hospital	83 (4.88%)	390 (2.75%)
Transferred to long-term care	24 (1.41%)	578 (4.07%)
Rehabilitation	18 (1.06%)	366 (2.58%)
Discharge home	888 (52.2%)	9755 (68.7%)
Death	84 (4.94%)	576 (4.05%)
Others	8 (0.47%)	204 (1.44%)
Missing	173 (10.2%)	612 (4.31%)
Readmitted (n):	106 (6.24%)	1497 (10.5%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
Nutrition therapy (n)*:		
Enteral nutrition	82 (4.82%)	1136 (8.00%)
Parenteral nutrition	259 (15.2%)	640 (4.50%)
Enteral + parenteral nutrition	22 (1.29%)	140 (0.99%)
Special diet	185 (10.9%)	3640 (25.6%)
Protein supplement	193 (11.4%)	1363 (9.59%)
Hospital food	1040 (61.2%)	8154 (57.4%)
Others	47 (2.76%)	778 (5.48%)
Missing	49 (2.88%)	587 (4.13%)
Lines & tubes (n)*:		
None	1054 (62.0%)	9416 (66.3%)
Centralvenous	106 (6.24%)	1055 (7.43%)
Nasogastric tube	41 (2.41%)	326 (2.29%)
Any other (PEG, PEJ, ...)	499 (29.4%)	3410 (24.0%)
Affected organs (n)*:		
Brain, nerves	179 (10.5%)	1926 (13.6%)
Eye, ear	79 (4.65%)	304 (2.14%)
Nose, throat	28 (1.65%)	388 (2.73%)
Heart, circulation	239 (14.1%)	2647 (18.6%)
Lung	205 (12.1%)	1961 (13.8%)
Liver	194 (11.4%)	913 (6.43%)
Gastrointestinal tract	445 (26.2%)	3161 (22.2%)
Kidney, urinary tract, female genital tract	211 (12.4%)	1689 (11.9%)
Endocrine system	151 (8.88%)	1059 (7.45%)
Skeleton, bone, muscle	335 (19.7%)	2359 (16.6%)
Blood, bone marrow	110 (6.47%)	851 (5.99%)
Skin	44 (2.59%)	466 (3.28%)
Ischaemia	26 (1.53%)	180 (1.27%)
Cancer	603 (35.5%)	3064 (21.6%)
Infection	69 (4.06%)	1078 (7.59%)
Pregnancy	14 (0.82%)	36 (0.25%)
Others	173 (10.2%)	1007 (7.09%)
No affected organ	27 (1.59%)	590 (4.15%)
Comorbidities (n)*:		
Diabetes I/II	269 (15.8%)	2566 (18.1%)
Stroke	55 (3.24%)	798 (5.62%)
COPD	29 (1.71%)	883 (6.22%)
Myocardial infarction	30 (1.76%)	591 (4.16%)
Cardiac insufficiency	70 (4.12%)	1735 (12.2%)
Others	540 (31.8%)	5325 (37.5%)
No comorbidity	828 (48.7%)	5505 (38.7%)

Results in percent referring to the total number of patients

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

678 units, 14207 patients

	YOUR RESULTS	REFERENCE ND-11
Weight loss within the last 3 months (n):		
Total of patients answering	1360 (89.2%)	12269 (96.1%)
Yes	587 (38.5%)	5661 (44.3%)
No	487 (31.9%)	4638 (36.3%)
No, I've gained weight	122 (8.00%)	1067 (8.36%)
I don't know	164 (10.8%)	903 (7.07%)
Category of weight decrease (n):		
Patients reporting weight loss	587 (38.5%)	5661 (44.3%)
0-4 kg	304 (19.9%)	2538 (19.9%)
5-8 kg	118 (7.74%)	1045 (8.18%)
> 8 kg	105 (6.89%)	1423 (11.1%)
Not sure	46 (3.02%)	576 (4.51%)
Missing	14 (0.92%)	79 (0.62%)
"How well have you eaten during the last week?"(n):		
Normal	869 (57.0%)	6081 (47.6%)
A bit less than normal	205 (13.4%)	2575 (20.2%)
Less than half of normal	131 (8.59%)	1838 (14.4%)
Less than a quarter to nearly nothing	138 (9.05%)	1716 (13.4%)
Missing	182 (11.9%)	560 (4.39%)
"I ate less because"(n)*:		
Total of patients answering	475 (31.1%)	6075 (47.6%)
Loss of appetite	267 (17.5%)	3243 (25.4%)
Problems with swallowing, mastication	49 (3.21%)	609 (4.77%)
Nausea	79 (5.18%)	1074 (8.41%)
Other reasons	142 (9.31%)	2325 (18.2%)
"Can you walk without assistance?"(n):		
Yes	927 (60.8%)	7570 (59.3%)
No, only with assistance	284 (18.6%)	3323 (26.0%)
No, I stay in bed	144 (9.44%)	1417 (11.1%)
Missing	170 (11.1%)	460 (3.60%)
"In general would you say your health is" (n):		
Excellent	16 (1.05%)	341 (2.67%)
Good	55 (3.61%)	852 (6.67%)
Very good	256 (16.8%)	3898 (30.5%)
Fair	516 (33.8%)	4501 (35.2%)
Poor	495 (32.5%)	2543 (19.9%)
Missing	187 (12.3%)	635 (4.97%)
Results in percent referring to the total number of patients answering		

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

678 units, 14207 patients

YOUR RESULTS REFERENCE ND-11

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	905 (59.3%)	7557 (59.2%)
No	345 (22.6%)	3941 (30.9%)
- I was not hungry	140 (40.6%)	1936 (49.1%)
- Problems with swallowing / mastication	29 (8.41%)	326 (8.27%)
- Nausea	49 (14.2%)	671 (17.0%)
- Others	112 (32.5%)	969 (24.6%)
no answer	109 (7.15%)	821 (6.43%)


Fluid and supplement intake (n):

Patients with fluid intake	909 (66.9%)	9318 (75.6%)
Drinks per patient & day (l)	0.28	0.55
Patients with supplements	161 (11.8%)	1147 (9.31%)
Supplements per patient & day (l)	0.03	0.04

„What kind of drinks did you consume?“ (n)*:

Water	498 (36.6%)	7925 (64.3%)
Milk	275 (20.2%)	2062 (16.7%)
Fruit juice	104 (7.65%)	3006 (24.4%)
Tea, coffee	813 (59.8%)	4583 (37.2%)
Soft drinks	90 (6.62%)	746 (6.06%)

Lunch intake (n):

 All	732 (53.9%)	5174 (42.0%)
 1/2	293 (21.6%)	3053 (24.8%)
 1/4	112 (8.24%)	1890 (15.3%)
 Nothing	182 (13.4%)	1954 (15.9%)
? No answer	40 (2.94%)	248 (2.01%)

„I did not eat everything because“ (n)*:

I was not hungry	137 (21.9%)	2066 (28.9%)
I had nausea / vomiting	62 (9.89%)	685 (9.59%)
I was not allowed to eat	62 (9.89%)	702 (9.83%)
I kann not eat without help	8 (1.28%)	104 (1.46%)
I had an examination / surgery	82 (13.1%)	553 (7.74%)
I ordered a smaller portion	14 (2.23%)	136 (1.90%)
I was tired	35 (5.58%)	434 (6.07%)
I normaly eat less	86 (13.7%)	584 (8.17%)
I did not like the smell	17 (2.71%)	275 (3.85%)
I did not like the taste	57 (9.09%)	945 (13.2%)

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

Yes	469 (30.8%)	4578 (35.8%)
No	823 (54.0%)	7056 (55.3%)
No answer	67 (4.39%)	685 (5.36%)

„What do you eat?“ (n)*:

Cakes, biscuits	102 (21.7%)	1312 (28.7%)
Fresh fruits	165 (35.2%)	1918 (41.9%)
Sandwiches	46 (9.81%)	396 (8.65%)
Dairy products	83 (17.7%)	650 (14.2%)
Preferred dish	43 (9.17%)	522 (11.4%)
Sweets	72 (15.4%)	699 (15.3%)
Fruit Juice	44 (9.38%)	870 (19.0%)
Others	102 (21.7%)	901 (19.7%)

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

Yes	612 (40.1%)	8581 (67.2%)
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Results referring to the total number of completed questionnaires