



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2015 in JAPAN

Dear participant,

Mai 2016

thank you for your participation in nutritionDay worldwide in November 2015 and for your effort. We can finally present you your country report of the following sample size:

Number of units on nutritionDay:	62
Number of patients on nutritionDay:	1114
Number of patients completing Sheet 3a:	984
Number of patients completing Sheet 3b:	914

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 in November 2016. 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

Sigrid Kosak, MA

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 2015 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2015.

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 2015 = 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"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of beds (n):		
Actual	33 ± 13	26 ± 14
Maximum	40 ± 10	31 ± 15
Number of patients on the nutritionDay (n):		
Total	1114	18242
Did not give consent	81 (7.27%)	1878 (10.3%)
Needed help completing form	308 (27.6%)	9572 (52.5%)
Terminally ill	58 (5.21%)	2221 (12.2%)
Specialities (n):		
Internal medicine / general	10 (16.1%)	210 (23.8%)
Internal medicine / gastroenterology and hepatology	5 (8.06%)	71 (8.05%)
Internal medicine / oncology (incl. radiotherapy)	4 (6.45%)	72 (8.16%)
Internal medicine / cardiology	2 (3.23%)	52 (5.90%)
Internal medicine / infectious diseases	1 (1.61%)	8 (0.91%)
Internal medicine / geriatrics	-	65 (7.37%)
Internal medicine / nephrology	2 (3.23%)	18 (2.04%)
Pediatrics	-	10 (1.13%)
Neurology	3 (4.84%)	33 (3.74%)
Psychiatry	2 (3.23%)	13 (1.47%)
Ear Nose Throat (ENT)	1 (1.61%)	20 (2.27%)
General surgery	11 (17.7%)	120 (13.6%)
Cardiothoracic surgery	-	10 (1.13%)
Orthopedic surgery	8 (12.9%)	52 (5.90%)
Trauma	1 (1.61%)	14 (1.59%)
Neurosurgery	1 (1.61%)	3 (0.34%)
Gynecology	1 (1.61%)	15 (1.70%)
Long-term-care	-	11 (1.25%)
Others	10 (16.1%)	85 (9.64%)
Staff /Staff per patient (n):		
Physicians	9.63 ± 7.56	5.42 ± 5.91
Physicians per patient	0.24 ± 0.17	0.18 ± 0.18
Consultants	1.15 ± 1.16	2.49 ± 4.49
Consultants per patient	0.03 ± 0.04	0.08 ± 0.16
Registrars	1.50 ± 4.04	1.47 ± 2.99
Registrars per patient	0.03 ± 0.08	0.05 ± 0.10
Nurses		
Nurses	16.15 ± 9.69	7.55 ± 7.10
Nurses per patient	0.46 ± 0.46	0.24 ± 0.21
Nursing aides	2.48 ± 1.93	2.84 ± 3.63

Nursing aides per patient	0.07 ± 0.07	0.09 ± 0.10
Dieticians and dietetic assistants	0.53 ± 0.73	1.24 ± 1.44
Dieticians and dietetic assistants per pat.	0.01 ± 0.02	0.04 ± 0.05

Nutrition Care:

Nutrition Team	60 units (97%) Yes	724 units (82%) Yes
Written procedures		
- individual	21 units (34%) Yes	605 units (69%) Yes
- local	27 units (44%) Yes	418 units (47%) Yes
- national	8 units (13%) Yes	429 units (49%) Yes
- other	10 units (16%) Yes	124 units (14%) Yes

Patients' weight assessed:

On admission	51 units (82%) Yes	679 units (77%) Yes
When requested	34 units (55%) Yes	486 units (55%) Yes
Once a week	40 units (65%) Yes	343 units (39%) Yes
Occasionally	18 units (29%) Yes	105 units (12%) Yes
Never	- units (00%) Yes	13 units (01%) Yes

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Number of patients (n):		
Total	1114	18242
Patients who completed sheet 3a	984 (88.3%)	15848 (86.9%)
Patients who completed sheet 3b	914 (82.0%)	15415 (84.5%)
Demographic data:		
Age (years)	73 [13-104]	68 [1-116]
Female gender	544 (48.8%)	9222 (50.6%)
Weight (kg)	56.3 ± 14.8	71.9 ± 20.0
Height (cm)	158.2 ± 10.0	165.7 ± 11.7
BMI (kg/m ²)	22.3 ± 4.7	26.0 ± 6.4
ICU-stay:		
Any ICU-stay	72 (6.46%)	1880 (10.3%)
Surgery (n):		
Preoperative patients	55 (4.94%)	1385 (7.59%)
Postoperative patients	342 (30.7%)	4159 (22.8%)
Length of stay in Hospital (days):	24 [1-129]	11 [1-151]
Outcome after 30 days (n):		
Still in hospital	247 (22.2%)	1628 (8.92%)
Transferred to another hospital	53 (4.76%)	383 (2.10%)
Transferred to long-term care	25 (2.24%)	1046 (5.73%)
Rehabilitation	2 (0.18%)	730 (4.00%)
Discharge home	689 (61.8%)	12413 (68.0%)
Death	46 (4.13%)	666 (3.65%)
Others	7 (0.63%)	797 (4.37%)
Missing	45 (4.04%)	579 (3.17%)
Readmitted (n):	61 (5.48%)	2068 (11.3%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Nutrition therapy (n)*:		
Enteral nutrition	54 (4.85%)	1150 (6.30%)
Parenteral nutrition	180 (16.2%)	618 (3.39%)
Enteral + parenteral nutrition	8 (0.72%)	131 (0.72%)
Special diet	144 (12.9%)	4436 (24.3%)
Protein supplement	97 (8.71%)	1913 (10.5%)
Hospital food	649 (58.3%)	10834 (59.4%)
Others	23 (2.06%)	835 (4.58%)
Missing	38 (3.41%)	1115 (6.11%)
Lines & tubes (n)*:		
None	745 (66.9%)	11305 (62.0%)
Centralvenous	65 (5.83%)	1299 (7.12%)
Nasogastric tube	20 (1.80%)	335 (1.84%)
Any other (PEG, PEJ, ...)	284 (25.5%)	5303 (29.1%)
Affected organs (n)*:		
Brain, nerves	109 (9.78%)	2365 (13.0%)
Eye, ear	42 (3.77%)	359 (1.97%)
Nose, throat	19 (1.71%)	400 (2.19%)
Heart, circulation	151 (13.6%)	3905 (21.4%)
Lung	153 (13.7%)	2587 (14.2%)
Liver	103 (9.25%)	1061 (5.82%)
Gastrointestinal tract	288 (25.9%)	3713 (20.4%)
Kidney, urinary tract, female genital tract	124 (11.1%)	2618 (14.4%)
Endocrine system	96 (8.62%)	1561 (8.56%)
Skeleton, bone, muscle	254 (22.8%)	3235 (17.7%)
Blood, bone marrow	34 (3.05%)	842 (4.62%)
Skin	31 (2.78%)	711 (3.90%)
Ischaemia	13 (1.17%)	271 (1.49%)
Cancer	303 (27.2%)	2381 (13.1%)
Infection	40 (3.59%)	1096 (6.01%)
Pregnancy	34 (3.05%)	134 (0.73%)
Others	95 (8.53%)	1167 (6.40%)
No affected organ	35 (3.14%)	1075 (5.89%)
Comorbidities (n)*:		
Diabetes I/II	212 (19.0%)	3788 (20.8%)
Stroke	56 (5.03%)	1084 (5.94%)
COPD	29 (2.60%)	1290 (7.07%)
Myocardial infarction	23 (2.06%)	615 (3.37%)
Cardiac insufficiency	57 (5.12%)	2373 (13.0%)
Others	296 (26.6%)	7888 (43.2%)
No comorbidity	548 (49.2%)	5897 (32.3%)

Results in percent referring to the total number of patients

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

882 units, 18242 patients

	YOUR RESULTS	REFERENCE ND-15
Weight loss within the last 3 months (n):		
Total of patients answering	904 (91.9%)	15261 (96.3%)
Yes	363 (36.9%)	6612 (41.7%)
No	351 (35.7%)	6290 (39.7%)
No, I've gained weight	83 (8.43%)	1189 (7.50%)
I don't know	107 (10.9%)	1170 (7.38%)
Category of weight decrease (n):		
Patients reporting weight loss	363 (36.9%)	6612 (41.7%)
0-4 kg	207 (21.0%)	2966 (18.7%)
5-8 kg	64 (6.50%)	1210 (7.64%)
> 8 kg	55 (5.59%)	1665 (10.5%)
Not sure	32 (3.25%)	696 (4.39%)
Missing	5 (0.51%)	75 (0.47%)
"How well have you eaten during the last week?"(n):		
Normal	616 (62.6%)	7491 (47.3%)
A bit less than normal	163 (16.6%)	3584 (22.6%)
Less than half of normal	66 (6.71%)	2302 (14.5%)
Less than a quarter to nearly nothing	55 (5.59%)	1782 (11.2%)
Missing	80 (8.13%)	556 (3.51%)
"I ate less because"(n)*:		
Total of patients answering	295 (30.0%)	7679 (48.5%)
Loss of appetite	184 (18.7%)	4361 (27.5%)
Problems with swallowing, mastication	33 (3.35%)	708 (4.47%)
Nausea	24 (2.44%)	1215 (7.67%)
Other reasons	76 (7.72%)	2616 (16.5%)
"Can you walk without assistance?"(n):		
Yes	637 (64.7%)	9574 (60.4%)
No, only with assistance	201 (20.4%)	4110 (25.9%)
No, I stay in bed	56 (5.69%)	1589 (10.0%)
Missing	74 (7.52%)	504 (3.18%)
"In general would you say your health is" (n):		
Excellent	9 (0.91%)	529 (3.34%)
Very good	37 (3.76%)	1343 (8.47%)
Good	199 (20.2%)	4726 (29.8%)
Fair	404 (41.1%)	5561 (35.1%)
Poor	242 (24.6%)	2997 (18.9%)
Missing	93 (9.45%)	692 (4.37%)
Results in percent referring to the total number of patients answering		

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

882 units, 18242 patients

YOUR RESULTS

REFERENCE ND-15

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	692 (70.3%)	9474 (59.8%)
No	159 (16.2%)	4730 (29.8%)
- I was not hungry	68 (42.8%)	2568 (54.3%)
- Problems with swallowing / mastication	7 (4.40%)	346 (7.32%)
- Nausea	20 (12.6%)	722 (15.3%)
- Others	46 (28.9%)	1174 (24.8%)
No answer	63 (6.40%)	1211 (7.64%)

Fluid and supplement intake (n):

Patients with fluid intake	536 (58.6%)	11895 (77.2%)
Drinks per patient & day (l)	0.20	0.43
Patients with supplements	86 (9.41%)	1566 (10.2%)
Supplements per patient & day (l)	0.02	0.03

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

Water	297 (32.5%)	9843 (63.9%)
Milk	89 (9.74%)	2050 (13.3%)
Fruit juice	40 (4.38%)	3313 (21.5%)
Tea, coffee	516 (56.5%)	6515 (42.3%)
Soft drinks	42 (4.60%)	1406 (9.12%)

Lunch intake (n):

 All	537 (58.8%)	6329 (41.1%)
 1/2	204 (22.3%)	4364 (28.3%)
 1/4	66 (7.22%)	2363 (15.3%)
 Nothing	66 (7.22%)	1984 (12.9%)
? No answer	41 (4.49%)	375 (2.43%)

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

I was not hungry	85 (22.5%)	2743 (30.2%)
I had nausea / vomiting	27 (7.16%)	678 (7.46%)
I was not allowed to eat	26 (6.90%)	850 (9.36%)
I can not eat without help	2 (0.53%)	125 (1.38%)
I had an examination / surgery	38 (10.1%)	564 (6.21%)
I ordered a smaller portion	5 (1.33%)	201 (2.21%)
I was tired	18 (4.77%)	439 (4.83%)
I normally eat less	67 (17.8%)	853 (9.39%)
I did not like the smell	12 (3.18%)	258 (2.84%)
I did not like the taste	58 (15.4%)	1127 (12.4%)

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

Yes	295 (30.0%)	5109 (32.2%)
No	571 (58.0%)	9242 (58.3%)
No answer	48 (4.88%)	1064 (6.71%)

„What do you eat?“ (n)*:

Cakes, biscuits	48 (16.3%)	1581 (30.9%)
Fresh fruits	78 (26.4%)	2214 (43.3%)
Sandwiches	23 (7.80%)	456 (8.93%)
Dairy products	58 (19.7%)	690 (13.5%)
Preferred dish	20 (6.78%)	504 (9.86%)
Sweets	68 (23.1%)	849 (16.6%)
Fruit Juice	23 (7.80%)	691 (13.5%)
Others	77 (26.1%)	840 (16.4%)

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

Yes	343 (34.9%)	10372 (65.4%)
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Results referring to the total number of completed questionnaires