



nutritionDay
WORLDWIDE

Country Report

nutritionDay November 2014 in JAPAN

Dear participant,

June 2015

Thank you for your participation in nutritionDay worldwide in November 2014 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:	1313
Number of patients completing Sheet 3a:	1145
Number of patients completing Sheet 3b:	1101

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 19th November 2015. 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 2014 = 20*

Fluid status (n):
dehydrated 4

Explanation: 4 of 20 patients participating are reported to be dehydrated on nutritionDay 2014.

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 2014 = 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"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of beds (n):		
Actual	42 ± 30	32 ± 33
Maximum	64 ± 113	39 ± 51
Number of patients on the nutritionDay (n):		
Total	1313	14603
Did not give consent	119 (9.06%)	1038 (7.11%)
Needed help completing form	402 (30.6%)	8417 (57.6%)
Terminally ill	49 (3.73%)	826 (5.66%)
Specialities (n):		
Internal medicine / general	12 (16.2%)	184 (25.8%)
Internal medicine / gastroenterology and hepatology	10 (13.5%)	37 (5.20%)
Internal medicine / oncology (incl. radiotherapy)	4 (5.41%)	70 (9.83%)
Internal medicine / cardiology	2 (2.70%)	44 (6.18%)
Internal medicine / infectious diseases	-	4 (0.56%)
Internal medicine / geriatrics	1 (1.35%)	53 (7.44%)
Internal medicine / nephrology	3 (4.05%)	11 (1.54%)
Pediatrics	-	27 (3.79%)
Neurology	2 (2.70%)	19 (2.67%)
Psychiatry	3 (4.05%)	8 (1.12%)
Ear Nose Throat (ENT)	1 (1.35%)	13 (1.83%)
General surgery	14 (18.9%)	90 (12.6%)
Cardiothoracic surgery	-	9 (1.26%)
Orthopedic surgery	8 (10.8%)	45 (6.32%)
Trauma	-	7 (0.98%)
Neurosurgery	2 (2.70%)	10 (1.40%)
Gynecology	3 (4.05%)	10 (1.40%)
Long-term-care	1 (1.35%)	11 (1.54%)
Others	8 (10.8%)	60 (8.43%)
Staff /Staff per patient (n):		
Physicians	8.54 ± 7.41	5.99 ± 7.60
Physicians per patient	0.20 ± 0.16	0.19 ± 0.22
Consultants	1.47 ± 2.04	2.80 ± 5.81
Consultants per patient	0.03 ± 0.05	0.08 ± 0.16
Registrars	1.96 ± 5.07	2.77 ± 10.24
Registrars per patient	0.04 ± 0.09	0.06 ± 0.13
Nurses	15.96 ± 9.10	9.02 ± 9.73
Nurses per patient	0.37 ± 0.22	0.27 ± 0.27
Nursing aides	2.51 ± 1.51	4.76 ± 13.73

Nursing aides per patient	0.06 ± 0.05	0.11 ± 0.20
Dieticians and dietetic assistants	0.62 ± 1.56	1.38 ± 1.95
Dieticians and dietetic assistants per pat.	0.02 ± 0.05	0.04 ± 0.04

Nutrition Care:

Nutrition Team	73 units (99%) Yes	556 units (78%) Yes
Written procedures		
- individual	27 units (36%) Yes	439 units (62%) Yes
- local	18 units (24%) Yes	287 units (40%) Yes
- national	14 units (19%) Yes	314 units (44%) Yes
- other	14 units (19%) Yes	103 units (14%) Yes

Patients' weight assessed:

On admission	66 units (89%) Yes	534 units (75%) Yes
When requested	45 units (61%) Yes	377 units (53%) Yes
Once a week	39 units (53%) Yes	278 units (39%) Yes
Occasionally	14 units (19%) Yes	77 units (11%) Yes
Never	- units (00%) Yes	16 units (02%) Yes

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Number of patients (n):		
Total	1313	14603
Patients who completed sheet 3a	1145 (87.2%)	12993 (89.0%)
Patients who completed sheet 3b	1101 (83.9%)	12603 (86.3%)
Demographic data:		
Age (years)	71 [2-105]	67 [1-110]
Female gender	640 (48.7%)	7396 (50.6%)
Weight (kg)	55.3 ± 13.3	70.1 ± 20.6
Height (cm)	157.8 ± 10.7	164.4 ± 12.9
BMI (kg/m ²)	22.1 ± 4.3	25.7 ± 6.4
ICU-stay:		
Any ICU-stay	91 (6.93%)	1638 (11.2%)
Surgery (n):		
Preoperative patients	76 (5.79%)	1198 (8.20%)
Postoperative patients	343 (26.1%)	3544 (24.3%)
Length of stay in Hospital (days):	23 [1-281]	11 [1-666]
Outcome after 30 days (n):		
Still in hospital	276 (21.0%)	1571 (10.8%)
Transferred to another hospital	76 (5.79%)	400 (2.74%)
Transferred to long-term care	26 (1.98%)	774 (5.30%)
Rehabilitation	2 (0.15%)	535 (3.66%)
Discharge home	830 (63.2%)	10301 (70.5%)
Death	37 (2.82%)	505 (3.46%)
Others	6 (0.46%)	218 (1.49%)
Missing	60 (4.57%)	299 (2.05%)
Readmitted (n):	54 (4.11%)	1255 (8.59%)

Results in percent referring to the total number of patients

II. YOUR PATIENTS ("Sheet 2"):

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Nutrition therapy (n)*:		
Enteral nutrition	32 (2.44%)	861 (5.90%)
Parenteral nutrition	184 (14.0%)	467 (3.20%)
Enteral + parenteral nutrition	17 (1.29%)	91 (0.62%)
Special diet	211 (16.1%)	4371 (29.9%)
Protein supplement	108 (8.23%)	1555 (10.6%)
Hospital food	795 (60.5%)	8212 (56.2%)
Others	48 (3.66%)	774 (5.30%)
Missing	16 (1.22%)	517 (3.54%)
Lines & tubes (n)*:		
None	851 (64.8%)	9592 (65.7%)
Centralvenous	62 (4.72%)	1025 (7.02%)
Nasogastric tube	9 (0.69%)	386 (2.64%)
Any other (PEG, PEJ, ...)	391 (29.8%)	3600 (24.7%)
Affected organs (n)*:		
Brain, nerves	148 (11.3%)	1961 (13.4%)
Eye, ear	85 (6.47%)	265 (1.81%)
Nose, throat	58 (4.42%)	296 (2.03%)
Heart, circulation	183 (13.9%)	2966 (20.3%)
Lung	167 (12.7%)	2175 (14.9%)
Liver	117 (8.91%)	674 (4.62%)
Gastrointestinal tract	339 (25.8%)	2685 (18.4%)
Kidney, urinary tract, female genital tract	173 (13.2%)	2151 (14.7%)
Endocrine system	109 (8.30%)	1109 (7.59%)
Skeleton, bone, muscle	246 (18.7%)	2645 (18.1%)
Blood, bone marrow	47 (3.58%)	631 (4.32%)
Skin	46 (3.50%)	576 (3.94%)
Ischaemia	12 (0.91%)	116 (0.79%)
Cancer	311 (23.7%)	1957 (13.4%)
Infection	30 (2.28%)	934 (6.40%)
Pregnancy	26 (1.98%)	106 (0.73%)
Others	162 (12.3%)	914 (6.26%)
No affected organ	33 (2.51%)	613 (4.20%)
Comorbidities (n)*:		
Diabetes I/II	235 (17.9%)	3064 (21.0%)
Stroke	78 (5.94%)	907 (6.21%)
COPD	16 (1.22%)	1117 (7.65%)
Myocardial infarction	24 (1.83%)	537 (3.68%)
Cardiac insufficiency	69 (5.26%)	1757 (12.0%)
Others	370 (28.2%)	5885 (40.3%)
No comorbidity	668 (50.9%)	5127 (35.1%)

Results in percent referring to the total number of patients

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

712 units, 14603 patients

	YOUR RESULTS	REFERENCE ND-14
Weight loss within the last 3 months (n):		
Total of patients answering	1093 (95.5%)	12546 (96.6%)
Yes	392 (34.2%)	5548 (42.7%)
No	462 (40.3%)	4958 (38.2%)
No, I've gained weight	115 (10.0%)	1013 (7.80%)
I don't know	124 (10.8%)	1027 (7.90%)
Category of weight decrease (n):		
Patients reporting weight loss	392 (34.2%)	5548 (42.7%)
0-4 kg	204 (17.8%)	2434 (18.7%)
5-8 kg	67 (5.85%)	1007 (7.75%)
> 8 kg	65 (5.68%)	1378 (10.6%)
Not sure	43 (3.76%)	634 (4.88%)
Missing	13 (1.14%)	95 (0.73%)
"How well have you eaten during the last week?"(n):		
Normal	754 (65.9%)	6236 (48.0%)
A bit less than normal	161 (14.1%)	2728 (21.0%)
Less than half of normal	76 (6.64%)	1935 (14.9%)
Less than a quarter to nearly nothing	95 (8.30%)	1606 (12.4%)
Missing	59 (5.15%)	488 (3.76%)
"I ate less because"(n)*:		
Total of patients answering	348 (30.4%)	6184 (47.6%)
Loss of appetite	198 (17.3%)	3308 (25.5%)
Problems with swallowing, mastication	37 (3.23%)	611 (4.70%)
Nausea	36 (3.14%)	985 (7.58%)
Other reasons	109 (9.52%)	2377 (18.3%)
"Can you walk without assistance?"(n):		
Yes	803 (70.1%)	7370 (56.7%)
No, only with assistance	234 (20.4%)	3695 (28.4%)
No, I stay in bed	57 (4.98%)	1530 (11.8%)
Missing	51 (4.45%)	398 (3.06%)
"In general would you say your health is" (n):		
Excellent	14 (1.22%)	477 (3.67%)
Very good	53 (4.63%)	1178 (9.07%)
Good	215 (18.8%)	4089 (31.5%)
Fair	482 (42.1%)	4393 (33.8%)
Poor	323 (28.2%)	2288 (17.6%)
Missing	58 (5.07%)	568 (4.37%)
Results in percent referring to the total number of patients answering		

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

712 units, 14603 patients

YOUR RESULTS

REFERENCE ND-14

Hospital food intake:

„Is your appetite normal?“ (n):

Yes	800 (69.9%)	7656 (58.9%)
No	238 (20.8%)	4168 (32.1%)
- I was not hungry	97 (40.8%)	2155 (51.7%)
- Problems with swallowing / mastication	19 (7.98%)	328 (7.87%)
- Nausea	23 (9.66%)	616 (14.8%)
- Others	68 (28.6%)	1062 (25.5%)
no answer	63 (5.50%)	779 (6.00%)

Fluid and supplement intake (n):

Patients with fluid intake	707 (64.2%)	9694 (76.9%)
Drinks per patient & day (l)	0.27	0.36
Patients with supplements	89 (8.08%)	1320 (10.5%)
Supplements per patient & day (l)	0.02	0.03

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

Water	460 (41.8%)	7866 (62.4%)
Milk	188 (17.1%)	2359 (18.7%)
Fruit juice	73 (6.63%)	3495 (27.7%)
Tea, coffee	646 (58.7%)	4645 (36.9%)
Soft drinks	57 (5.18%)	1270 (10.1%)

Lunch intake (n):

 All	603 (54.8%)	5279 (41.9%)
 1/2	238 (21.6%)	3261 (25.9%)
 1/4	79 (7.18%)	1911 (15.2%)
 Nothing	128 (11.6%)	1878 (14.9%)
? No answer	53 (4.81%)	274 (2.17%)

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

I was not hungry	114 (22.9%)	2255 (30.8%)
I had nausea / vomiting	23 (4.62%)	587 (8.01%)
I was not allowed to eat	62 (12.4%)	660 (9.01%)
I can not eat without help	8 (1.61%)	110 (1.50%)
I had an examination / surgery	44 (8.84%)	458 (6.25%)
I ordered a smaller portion	14 (2.81%)	146 (1.99%)
I was tired	20 (4.02%)	349 (4.77%)
I normally eat less	88 (17.7%)	544 (7.43%)
I did not like the smell	20 (4.02%)	242 (3.30%)
I did not like the taste	44 (8.84%)	936 (12.8%)

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

Yes	330 (28.8%)	4047 (31.1%)
No	710 (62.0%)	7833 (60.3%)
No answer	61 (5.33%)	723 (5.56%)

„What do you eat?“ (n)*:

Cakes, biscuits	51 (15.5%)	1241 (30.7%)
Fresh fruits	105 (31.8%)	1527 (37.7%)
Sandwiches	37 (11.2%)	369 (9.12%)
Dairy products	72 (21.8%)	583 (14.4%)
Preferred dish	9 (2.73%)	406 (10.0%)
Sweets	67 (20.3%)	659 (16.3%)
Fruit Juice	38 (11.5%)	675 (16.7%)
Others	67 (20.3%)	885 (21.9%)

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

Yes	381 (33.3%)	8720 (67.1%)
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Results referring to the total number of completed questionnaires