



nutritionDay
WORLDWIDE

nutritionDay 2010 in
Norway
22 units, 401 patients



NATIONAL REPORT

A snapshot
on nutrition care

an initiative to improve healthcare

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nutritionDay 2010 / **General Idea**

Aim and methods

- Aim
 - Increase awareness
 - Decrease barriers
 - Increase knowledge
 - Allow comparison of individual units with national and international reference bases

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nutritionDay 2010 / **General Idea**

Aim and methods

- Methods
 - One day cross-sectional audit
 - Get information from caregiver & patients
 - Hospital outcome evaluation
 - Unit report for participating units for comparison with specialty

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nutritionDay 2010 / **General Idea**

Questionnaires harmonisation in 30 languages

**One functional unit
an individual ward**

caregiver
environment
patient

unit structures

1 page

caregiver's view

1 line/patient:

patient's view

1page double sided

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nutritionDay 2010 / **Perspectives**

Unit ... Caregiver ... Patient

- Unit's perspective
 - Manpower
 - Resources
 - Patient population characteristics
 - How do similar units work and perform?

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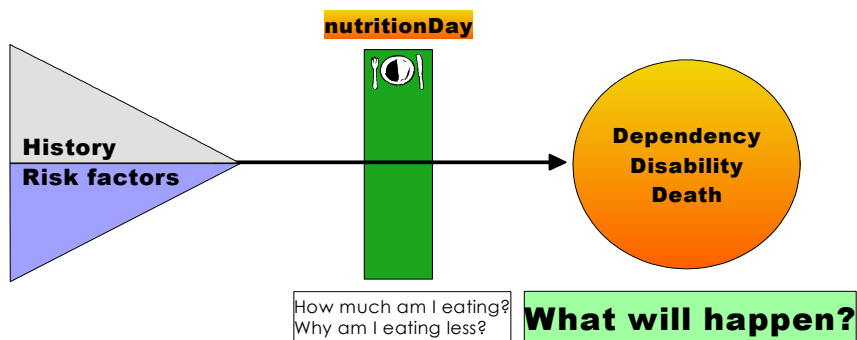
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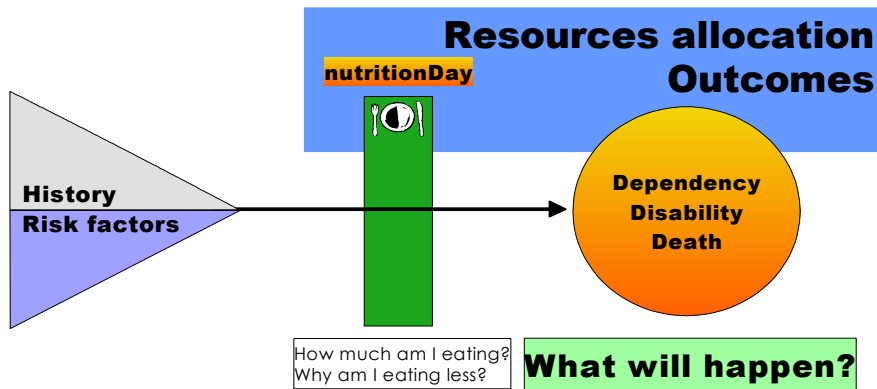
Unit ... Caregiver ... Patient

- Patients interests
 - Will I recover?
 - When will I recover?
 - What enhances recovery?
 - How long will I have to stay in hospital?

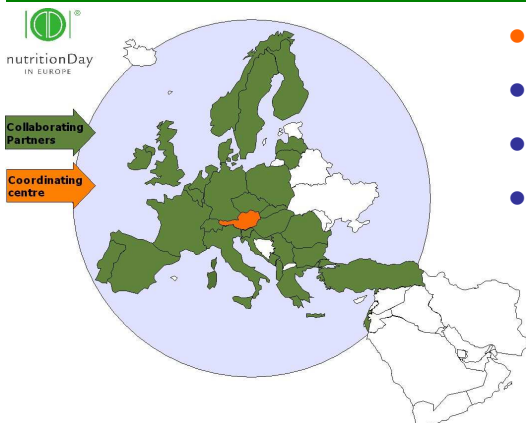
Patient's interests



Worldwide's public health view: economic & social progress



Worldwide participation 2006/2007/2008/2009/2010



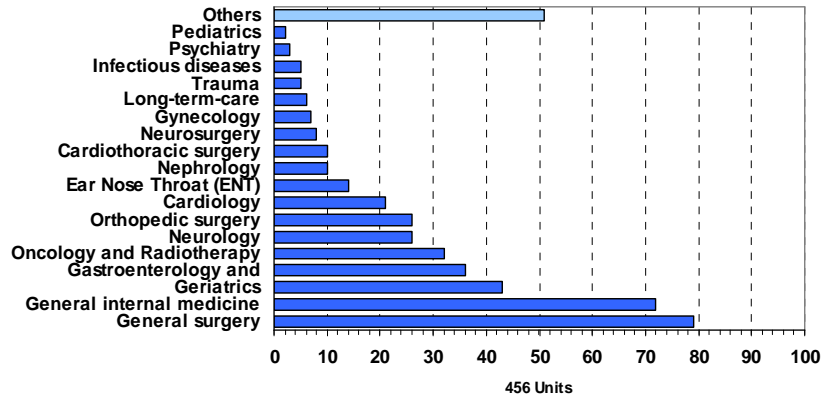
- 30 languages
- 40 countries
- 2441 units/wards
- 74903 patients



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nutritionDay 2010 / **Worldwide nutrntionDay participation**

Specialities of participating units



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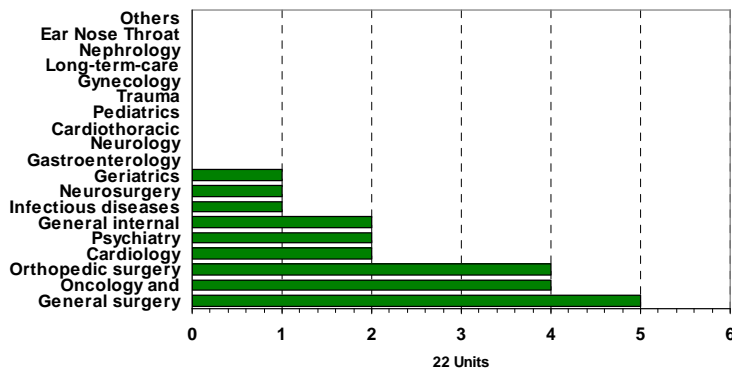
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nutritionDay 2010 / **Participation in your country**

Specialities of participating units

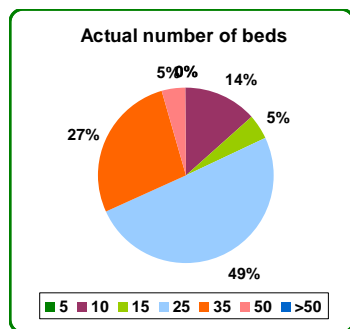


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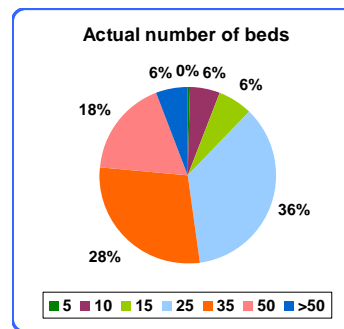
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Unit Size & unit manpower

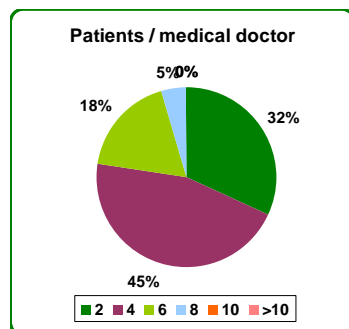


Your country

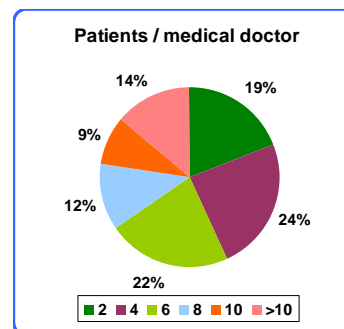


Worldwide

Unit Size & unit manpower

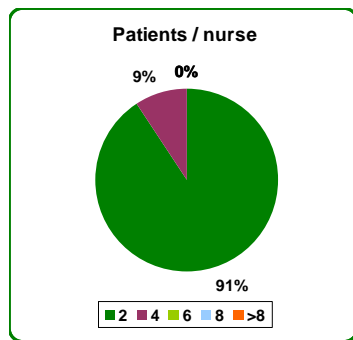


Your country

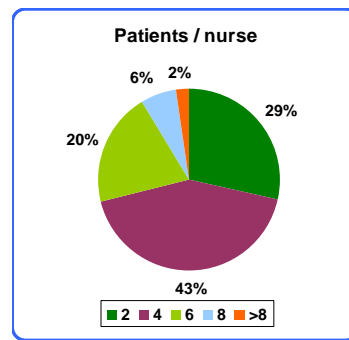


Worldwide

Unit Size & unit manpower

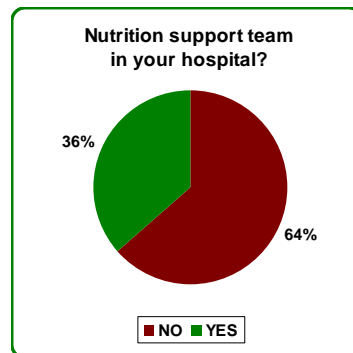


Your country

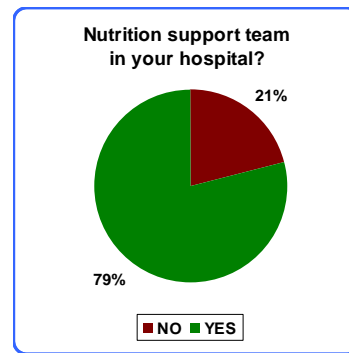


Worldwide

Nutrition team & guidelines

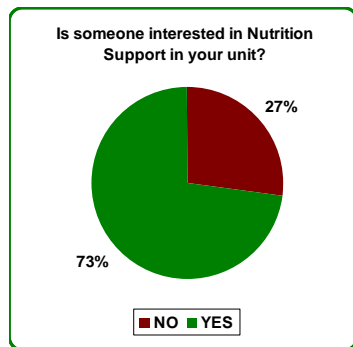


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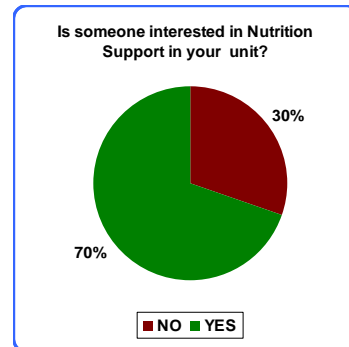


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Nutrition team & guidelines

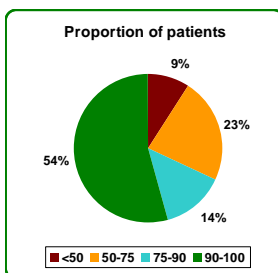


Your country

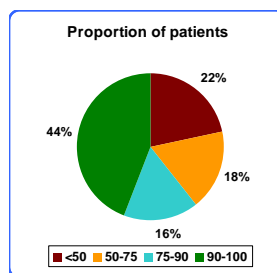


Worldwide

Recruitment



Your country

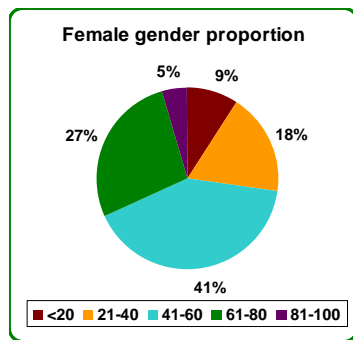


Worldwide

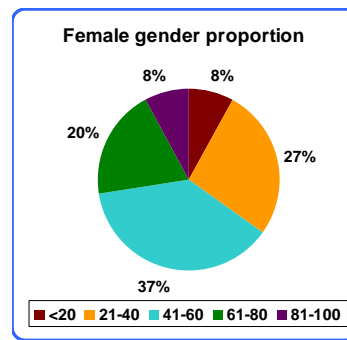
The recruitment proportion is calculated as number of patients participating divided by number of actual beds. In most units nearly all patients present were recruited and this increases the validity of the results for this unit.

nutritionDay 2010 / Demographics

Gender



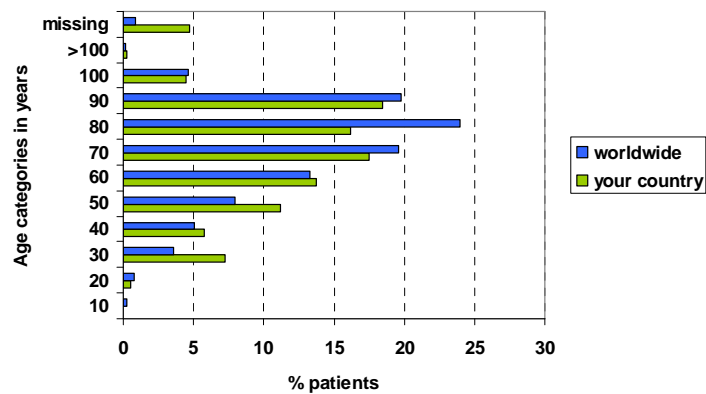
Your country



Worldwide

nutritionDay 2010 / Demographics (worldwide vs your country)

Age distribution

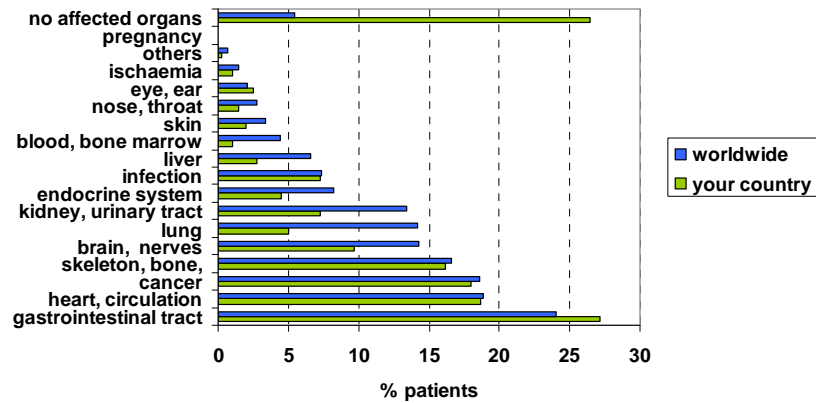




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Affected organs



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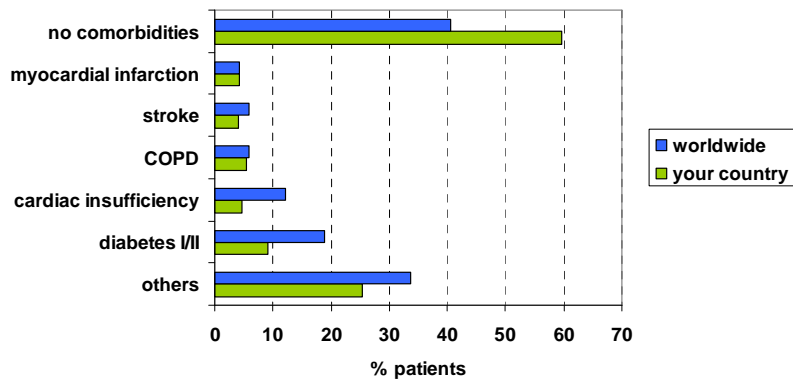
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Comorbidities



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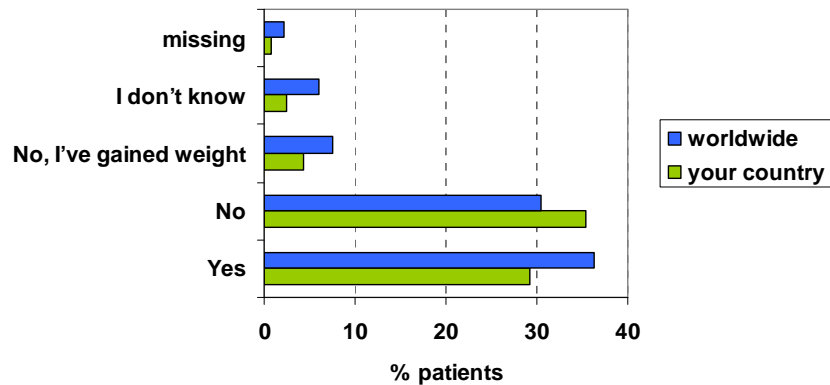




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nutritionDay 2010 / **Worldwide vs your country**

Weight loss before admission



289/401 patients (72%) answered this question in your country, worldwide (83%)

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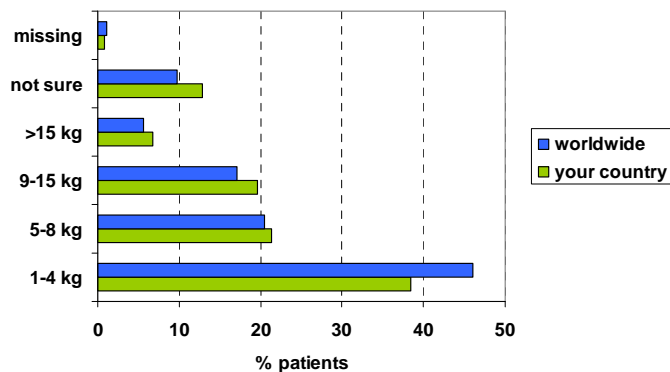
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nutritionDay 2010 / **Worldwide vs your country**

Weight loss before admission



100% = all patients with weight loss

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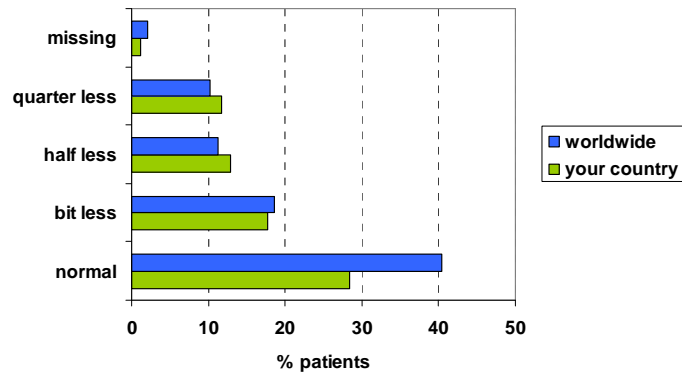




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nutritionDay 2010 / Worldwide vs your country

Last weeks eating



289/401 patients (72%) answered this question in your country, worldwide (83%)

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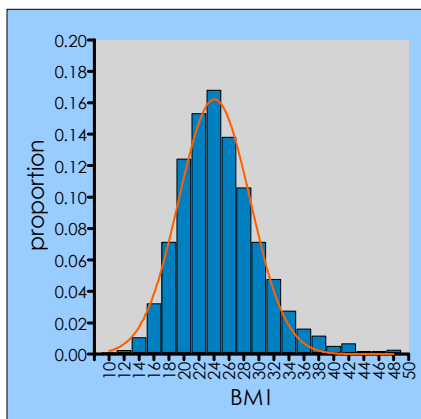
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Body Mass Index



Worldwide:

- BMI (Med) 24.4
- BMI ≤ 20 14.6%
- BMI > 30 14.7%

Your country:

- BMI (Med) 25.2
- BMI ≤ 20 7.2%
- BMI > 30 9.5%

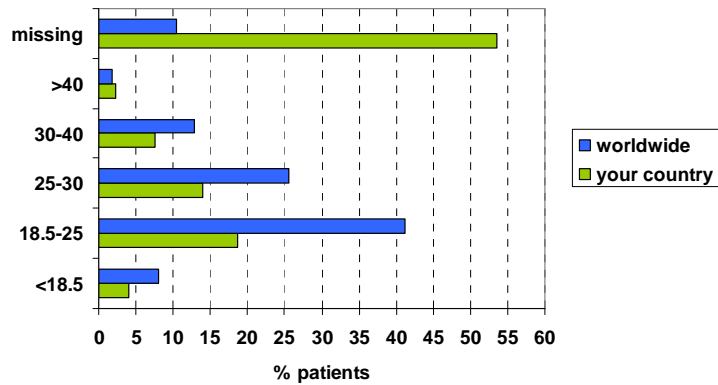
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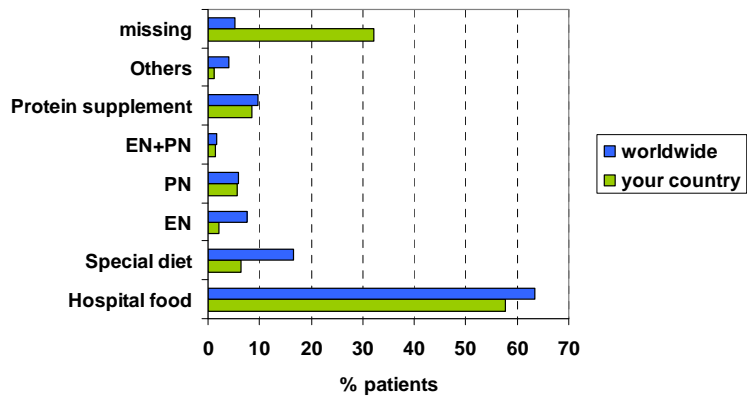
nutritionDay 2010 / **Worldwide vs your country**

BMI



nutritionDay 2010 / **Nutrition Care (worldwide vs your country)**

Nutrition given to patients



Patient Sheet 3b Pat.N°: [] [] [] [] [] [] [] [] Initials: [] [] [] [] [] [] [] [] Center: [] [] [] [] [] [] [] [] Unit: [] [] [] [] [] [] [] [] Date: _/ _/ _

Please tick a circle for each meal to indicate how much you ate and drank today (see example):

Example ~ 200ml

all 1/2 1/4 nothing

I did not eat everything because: (please tick)

- I was not hungry
- I had nausea/vomiting
- I was not allowed to eat
- I cannot eat without help
- I had an examination/surgery and missed my meal
- I ordered a smaller portion
- I was tired
- I normally eat less
- I did not like the smell
- I did not like the taste

31 Number of

Drinks Supplements

Please indicate for one meal³¹

all 1/2 1/4 nothing

I did not eat everything because³² (please tick):

- I was not hungry
- I had nausea/vomiting
- I was not allowed to eat
- I cannot eat without help
- I had an examination/surgery and missed my meal
- I ordered a smaller portion
- I was tired
- I normally eat less
- I did not like the smell
- I did not like the taste

This meal was³³ Lunch Dinner

Do you think you have your usual appetite today?³⁴ YES NO

If NO³⁴, I am not hungry nausea others _____
 I have problems with chewing/swallowing others _____

Do you eat any food apart from hospital food?³⁵ YES NO

If YES, what do you eat?³⁶

- cakes, biscuits
- fresh fruits
- sandwich
- dairy products
- my favorite dish
- sweets
- fruit juice
- others _____

³¹Each exponent corresponds to the numbers of the explanations. © M. Krawinkel, B. H. H. (BSP) N. A. H. (Austria) nutritionDay worldwide. A registered trademark. nutritionDay 2010

Please tick a circle for each meal to indicate how

Example

all 1/2 1/4 nothing

much you ate and drank today (see example):

I did not eat everything because: (please tick)

- I was not hungry
- I had nausea/vomiting
- I was not allowed to eat
- I cannot eat without help
- I did not like the taste
- I had an examination/surgery and missed my meal
- I was tired
- I normally eat less
- I am clumsy
- I do not like to eat
- I did not like the smell

Number

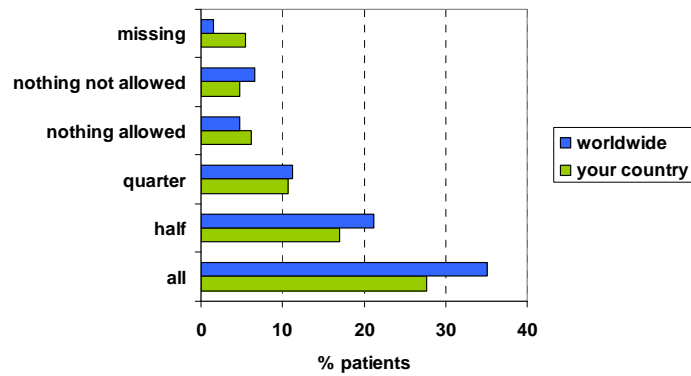
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nutritionDay 2010 / Nutrition (worldwide vs your country)

Lunch eaten on nutritionDay



288/401 patients (72%) answered this question in your country, worldwide (81%)

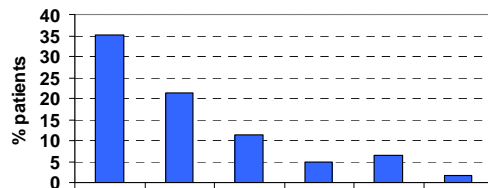
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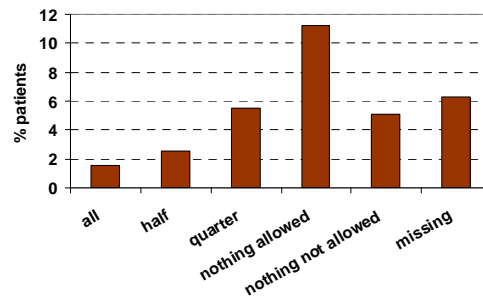


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Lunch eaten on nutritionDay worldwide



Death in hospital before 30 days following ND worldwide



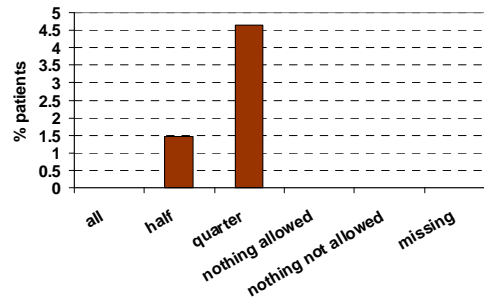
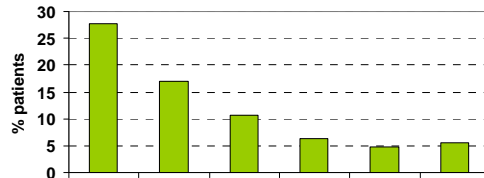
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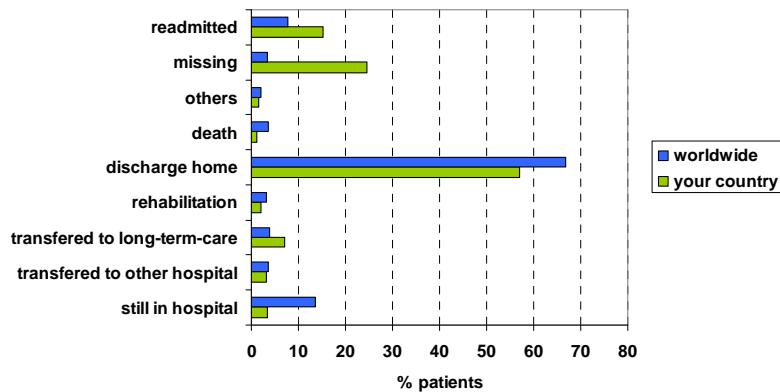
**Lunch eaten on
nutritionDay
Your country**

**Death in hospital
before 30 days
following ND
Your country**



nutritionDay 2010 / **Outcome (Worldwide vs your country)**

Hospital discharge?

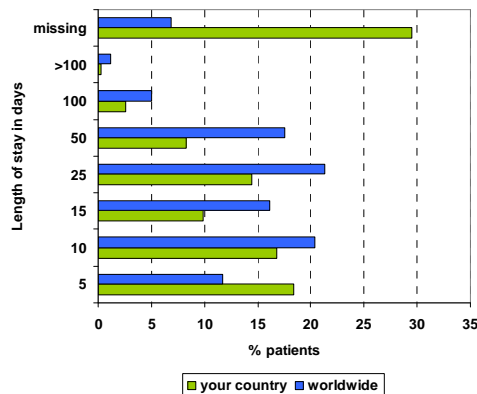




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nutritionDay 2010 / Outcome (Worldwide vs your country)

Length of stay



Remark:

Length of stay (LOS) calculated from ND relates only to the patients actually present in the unit and thus **does not match** mean LOS as known by the hospital administrators for all their patients.

Please **use only** to determine which group of patients predominates within your patient population compared with the Worldwide reference.

Patients still in hospital are excluded.

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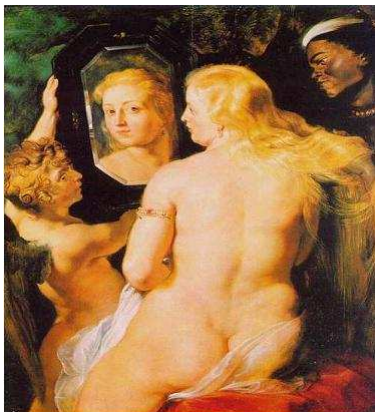
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nutritionDay 2010 / Conclusion

nutritionDay 2010 in worldwide Hospitals



- ND increases awareness
- ND information:
 - High prevalence of weight loss & reduced intake before admission in hospitalised patients
 - Large effect on hospital resource utilisation
 - High variability between units
- Please use this information to review and, perhaps, change practice in your unit

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Publications (in Clinical Nutrition)

Decreased food intake is a risk factor for mortality in hospitalised patients: The nutritionDay survey 2006 (Clin Nutr 2010 28 (4))

Hiesmayr M., Schindler K., Pernicka E., Schuh C., Schoeniger-Hekele A., Bauer P., Laviano A., Lovell A.D., Mouhieddine M., Schuetz T., Schneider S.M., Singer P., Pichard C., Howard P., Jonkers C., Grecu I., Ljungqvist O. and The NutritionDay Audit Team

The first nutritionDay in nursing homes: Participation may improve malnutrition awareness (Clin Nutr 2010 28 (2), 109-116)

Valentini L., Schindler K., Schlaffer R., Bucher H., Mouhieddine M., Steining K., Tripamer J., Handschuh M., Schuh C., Volkert D., Lochs H., Sieber CC., Hiesmayr M.

nutritionDay 2010 / **Future**

nutritionDay 2010 in worldwide Hospitals

- Consider repeating nutritionDay data collection on a regular basis (every year) to monitor changes or stability in your practice
- or changes in your speciality

More information about nutritionDay on:

<http://www.nutritionday.org>

[email:office@nutritionday.org](mailto:office@nutritionday.org)