



nutritionDay  
IN EUROPEAN HOSPITALS

nutritionDay 2006  
unit 544/5542

General surgery



A snapshot  
on nutrition care

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an initiative to improve healthcare

supported by





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**an initiative to improve healthcare**

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## nutritionDay 2006 / **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 2006 / **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 2006 / **General Idea**

## Questionnaires harmonisation in 23 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 2006 / **Perspectives**

## Unit ... Caregiver ... Patient

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



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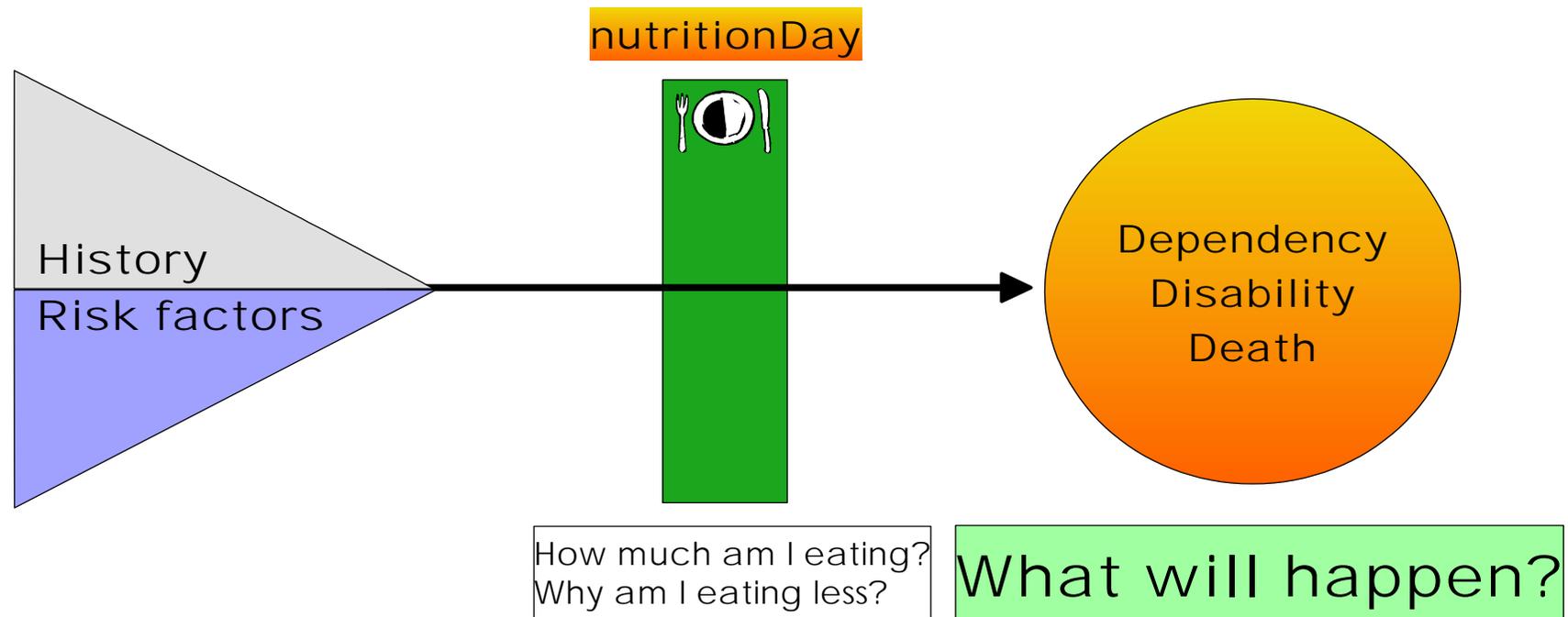
nutritionDay 2006 / **Perspectives**

## Unit ... Caregiver ... Patient

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



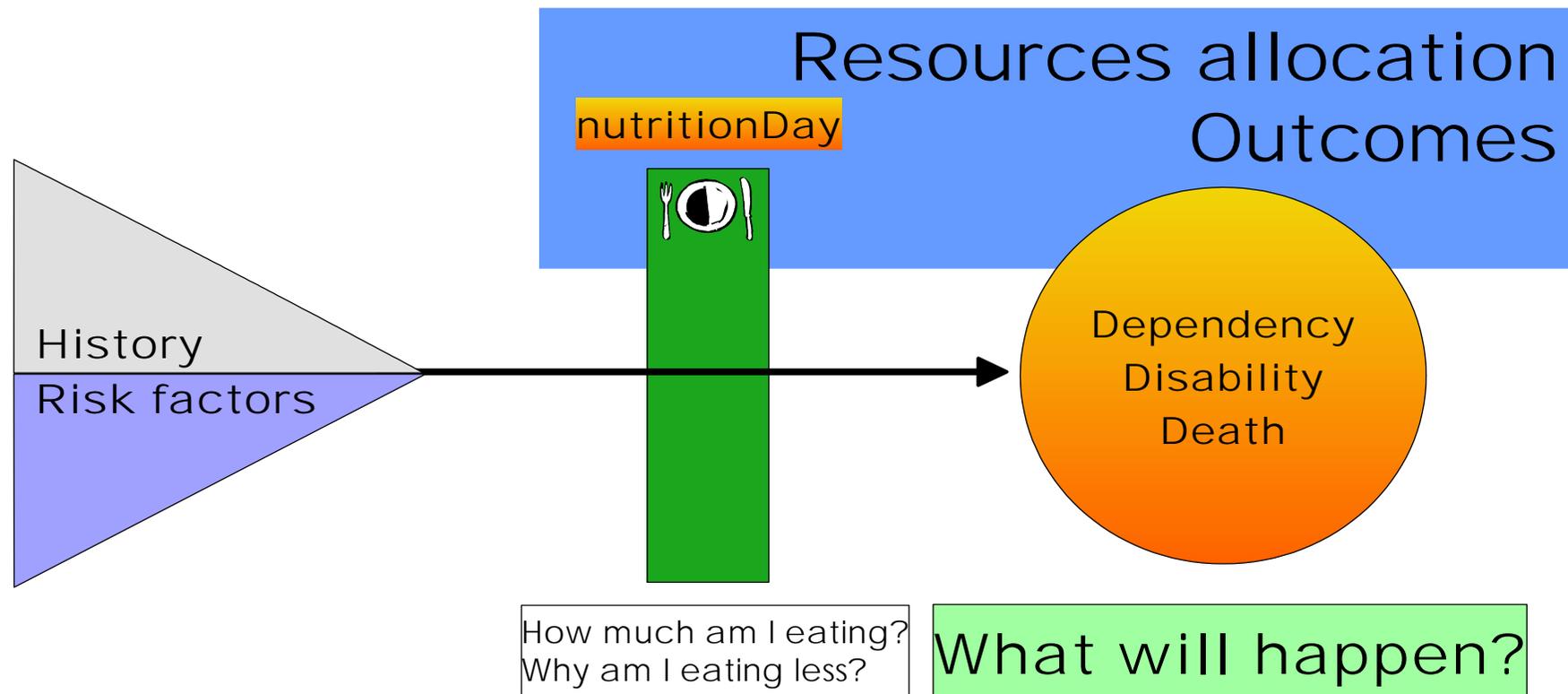
# Patient's interests





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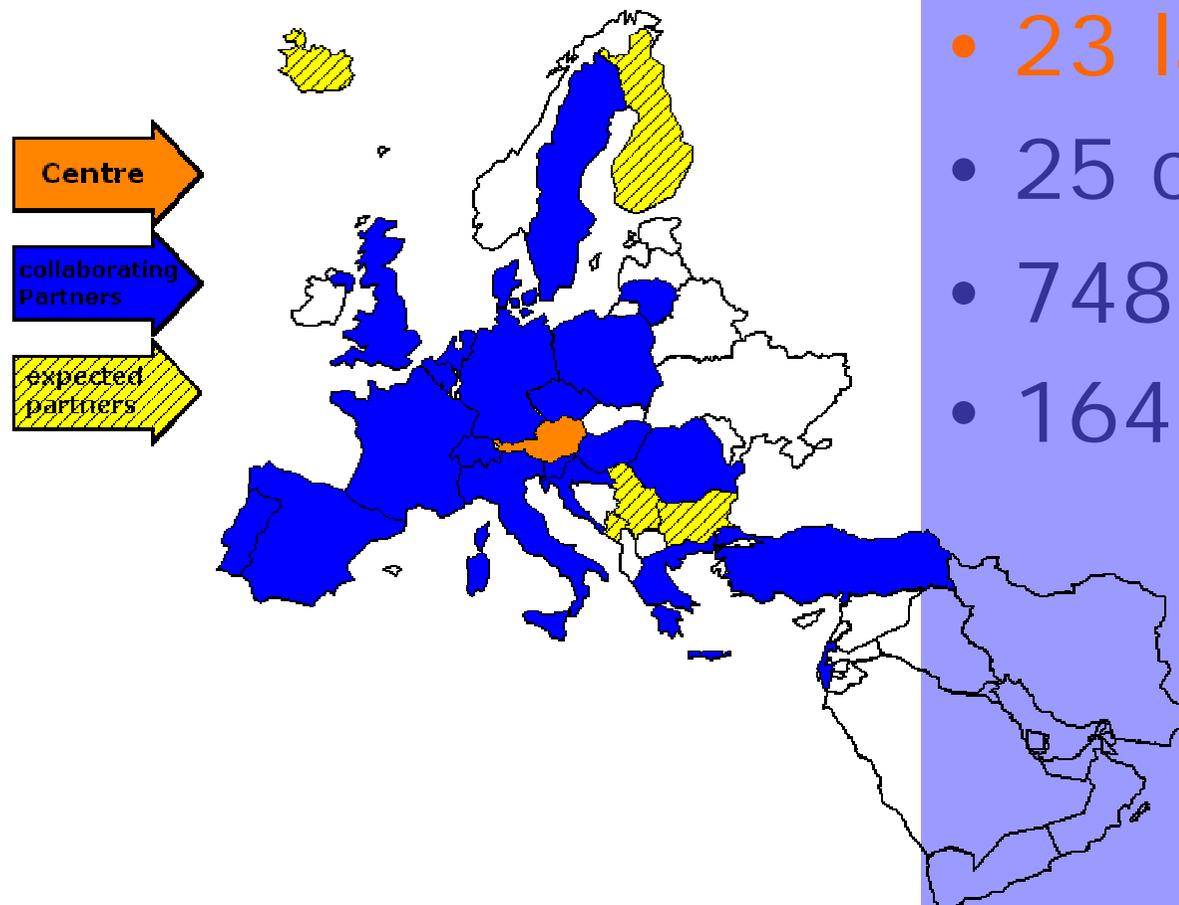
## Europe's public health view: economic & social progress





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# European participation



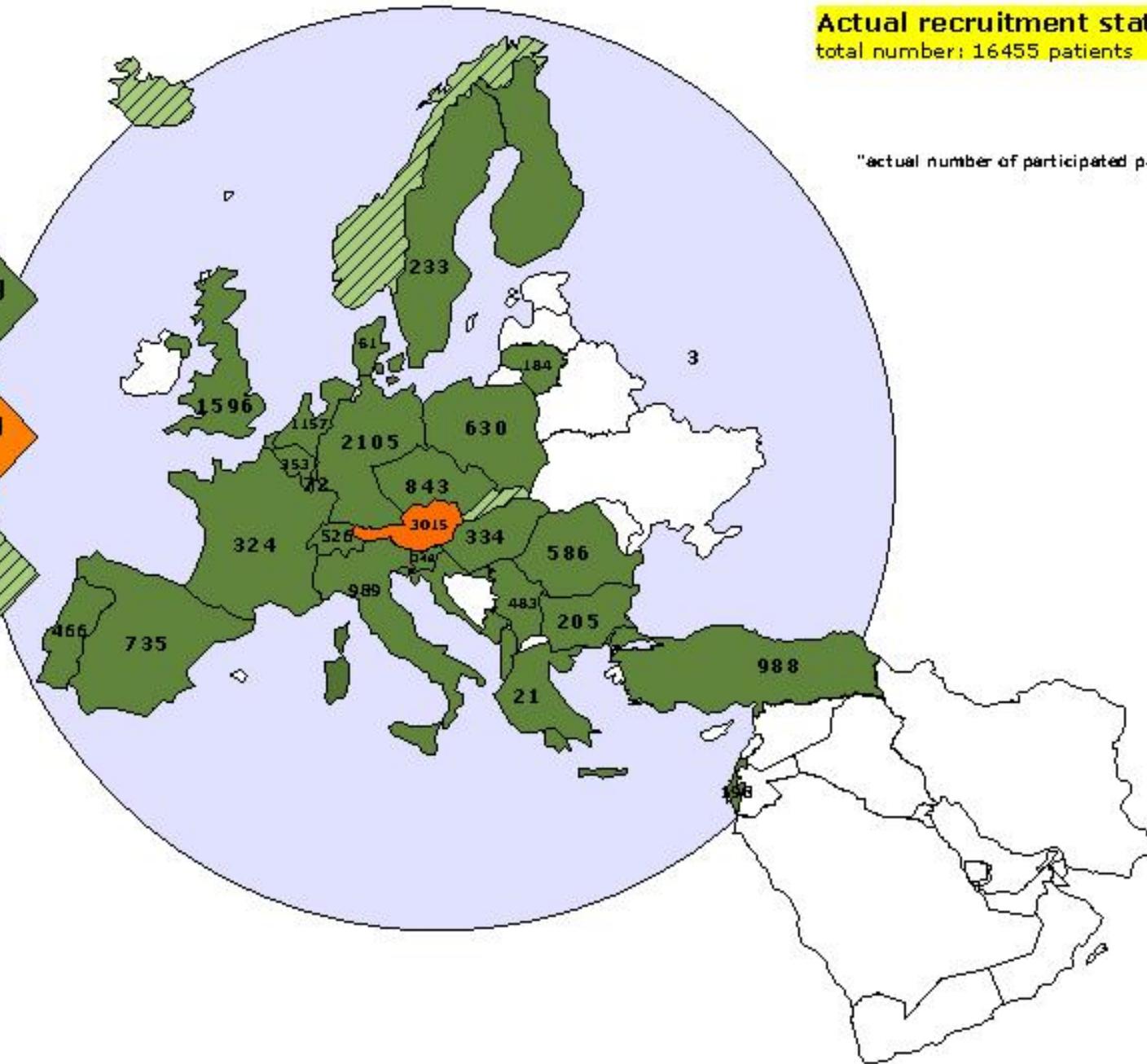
- 23 languages
- 25 countries
- 748 units/wards
- 16455 patients



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**Actual recruitment status**  
total number: 16455 patients

"actual number of participated patients"

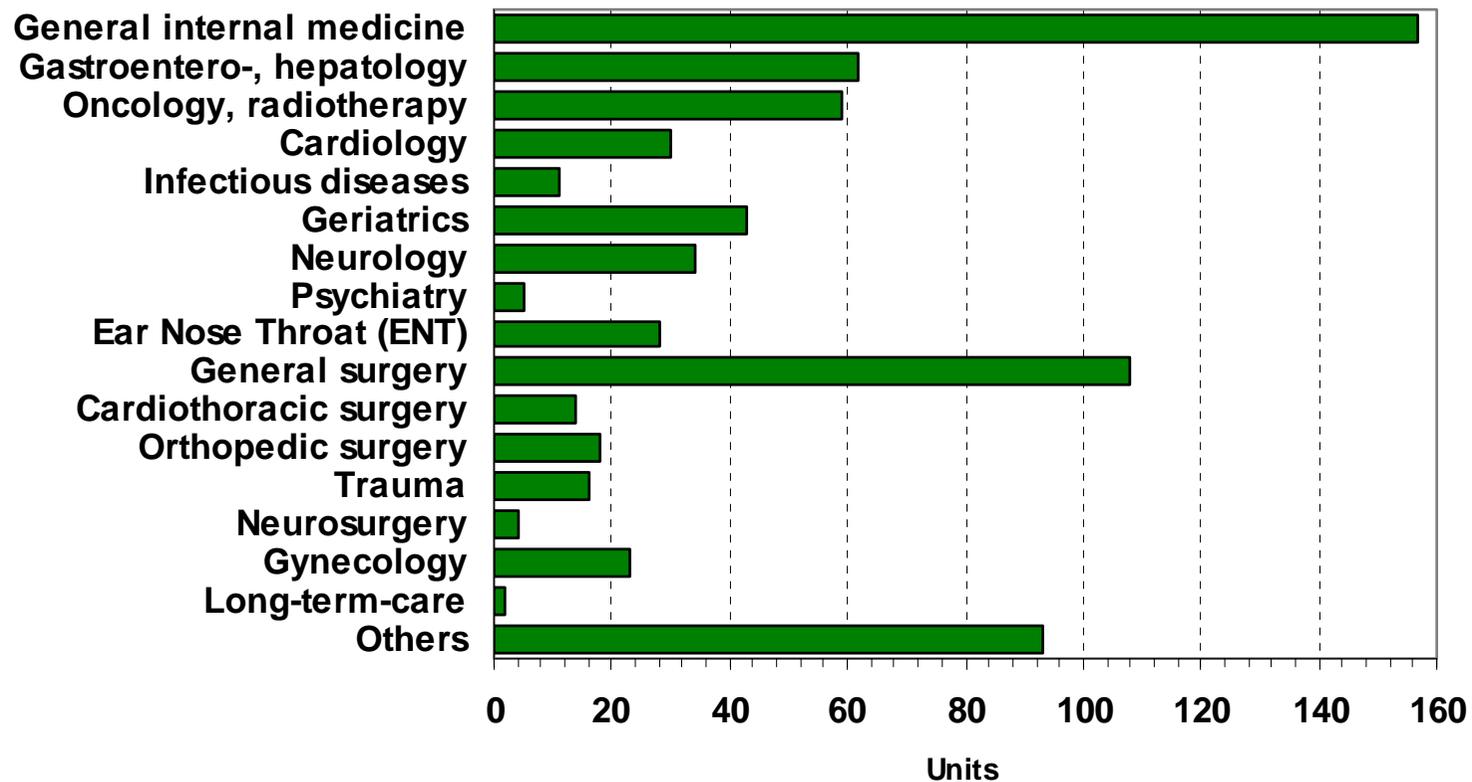




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## nutritionDay 2006 / European participation

# Specialities of participating units

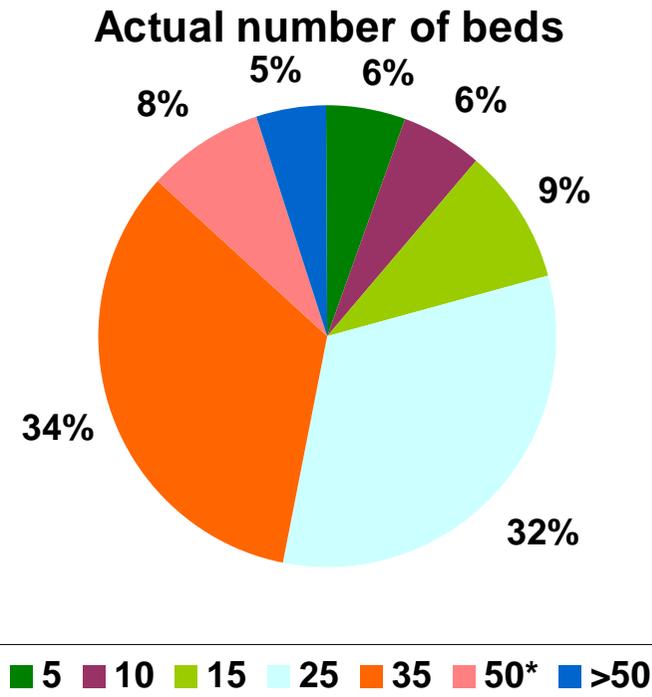




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## nutritionDay 2006 / Resources (europe vs your unit)

# Unit Size & unit manpower



\* your unit is in this category

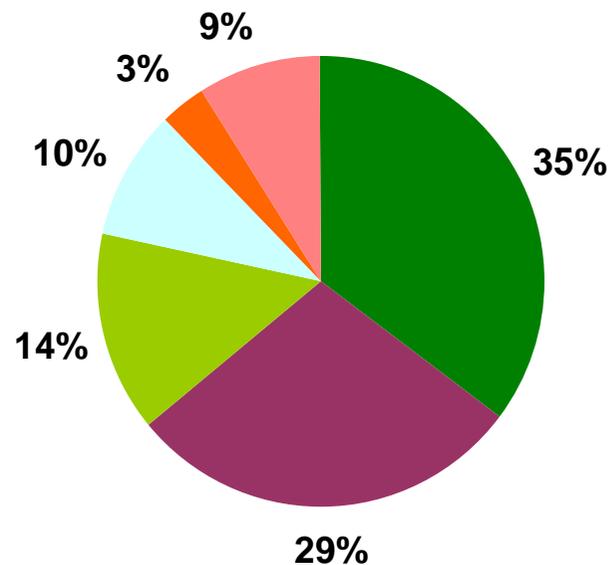


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## nutritionDay 2006 / Resources (europe vs your unit)

# Unit Size & unit manpower

Patients / medical doctor



■ 2 ■ 4 ■ 6\* ■ 8 ■ 10 ■ >10

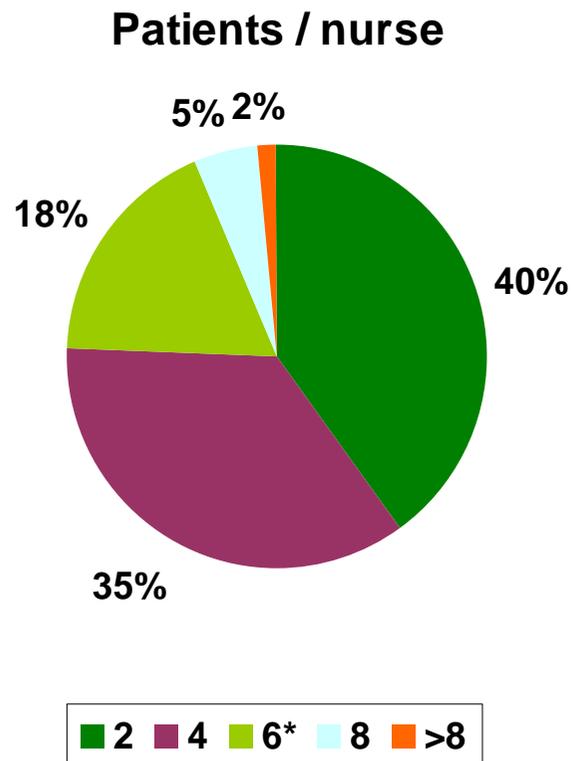
\* your unit is in this category



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## nutritionDay 2006 / Resources (europe vs your unit)

# Unit Size & unit manpower



\* your unit is in this category

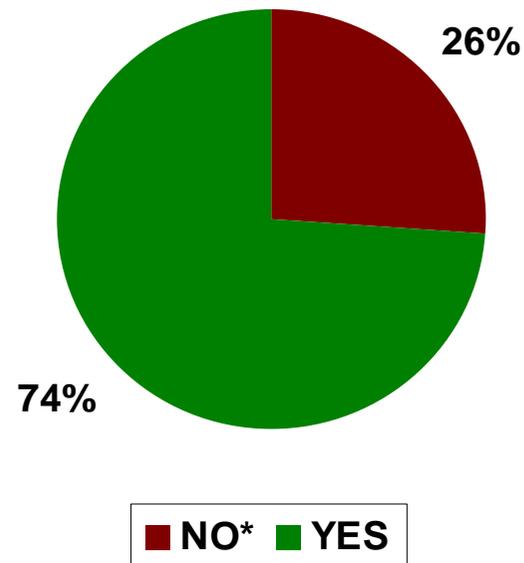


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nutritionDay 2006 / Structures (europe vs your unit)

## Nutrition team & guidelines

Nutrition support team  
in your hospital?



\* your unit is in this category

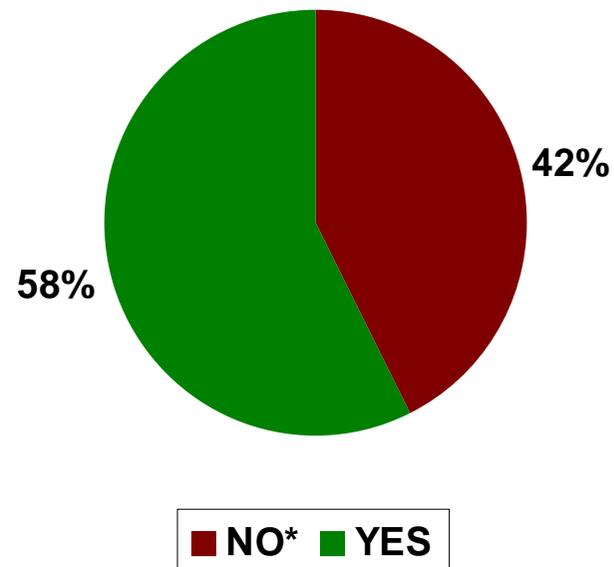


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nutritionDay 2006 / Structures (europe vs your unit)

## Nutrition team & guidelines

Is someone interested in Nutrition Support in your unit?



\* your unit is in this category

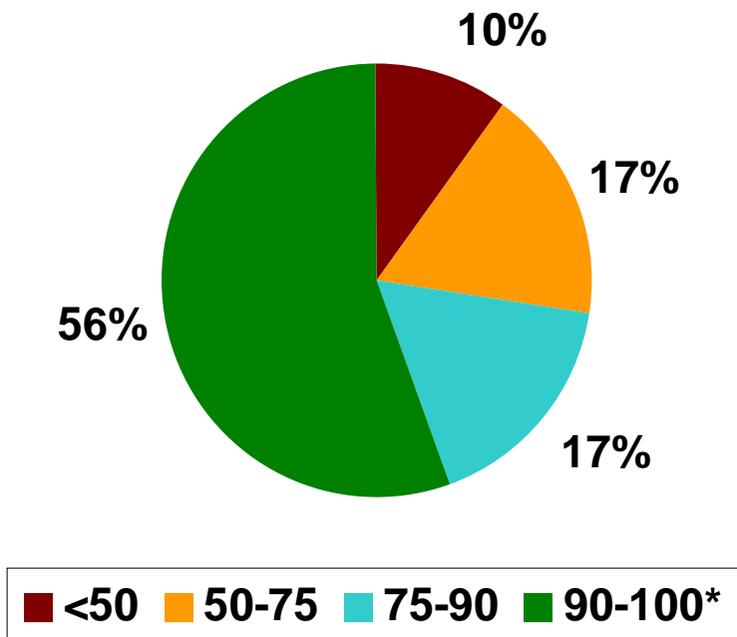


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## nutritionDay 2006 / General (europe vs your unit)

# Recruitment

### Proportion of patients



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.

\* your unit is in this category

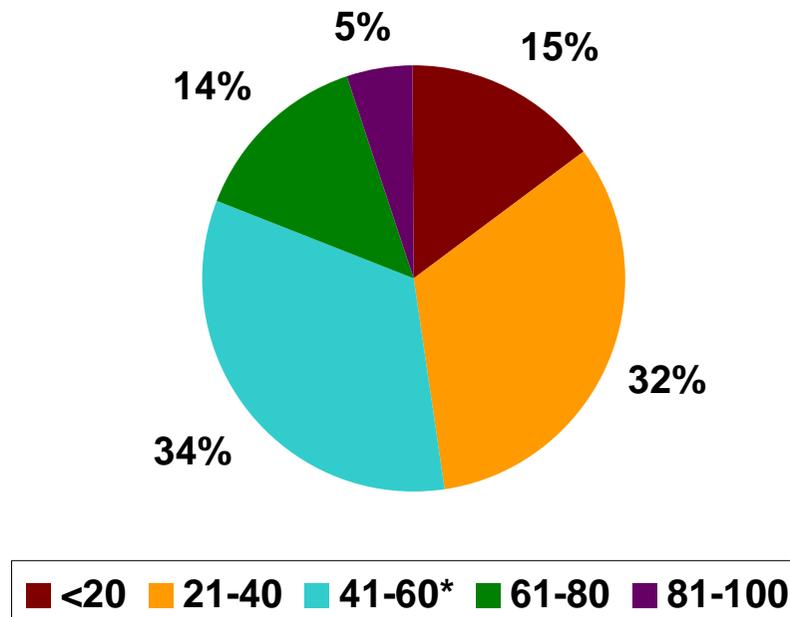


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## nutritionDay 2006 / Demographics (europe vs your unit)

### Gender

Female gender proportion



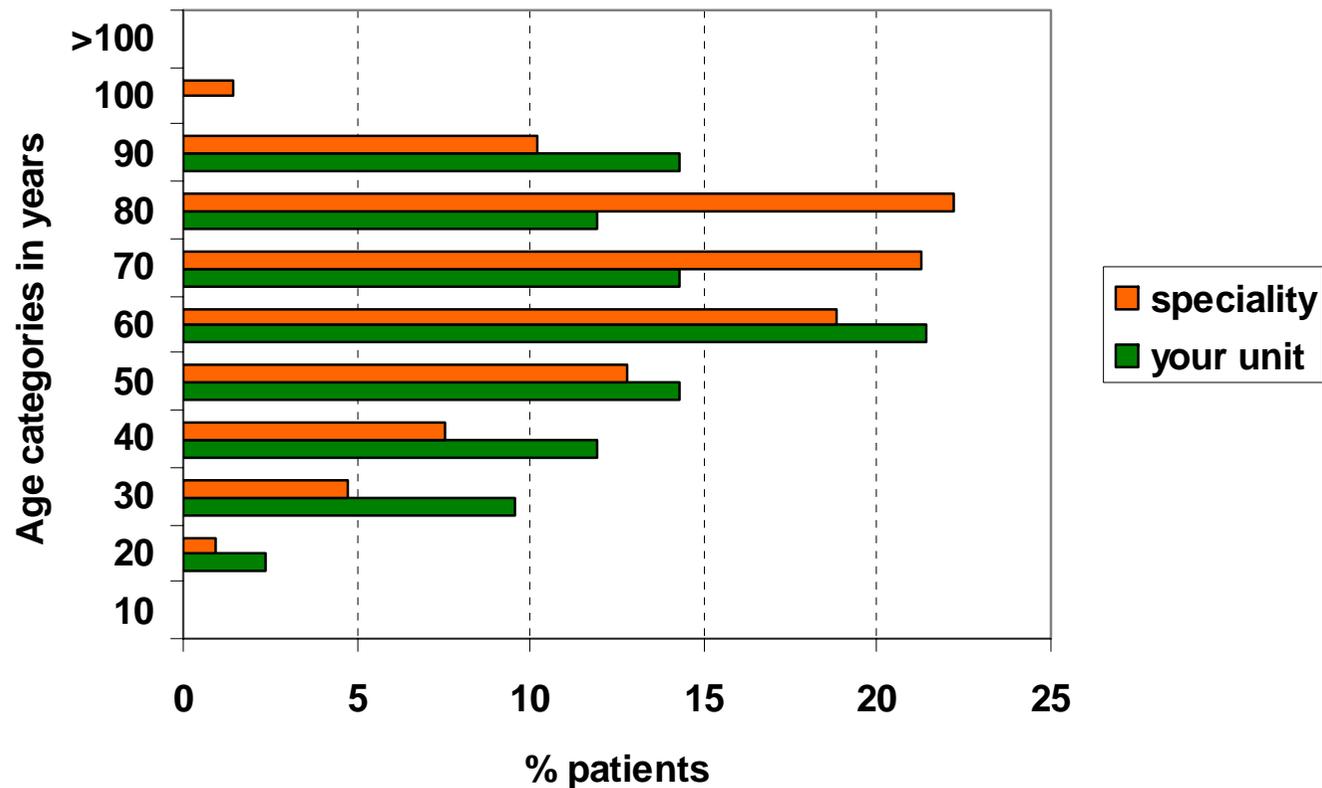
\* your unit is in this category



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## nutritionDay 2006 / Demographics (speciality vs your unit)

### Age distribution

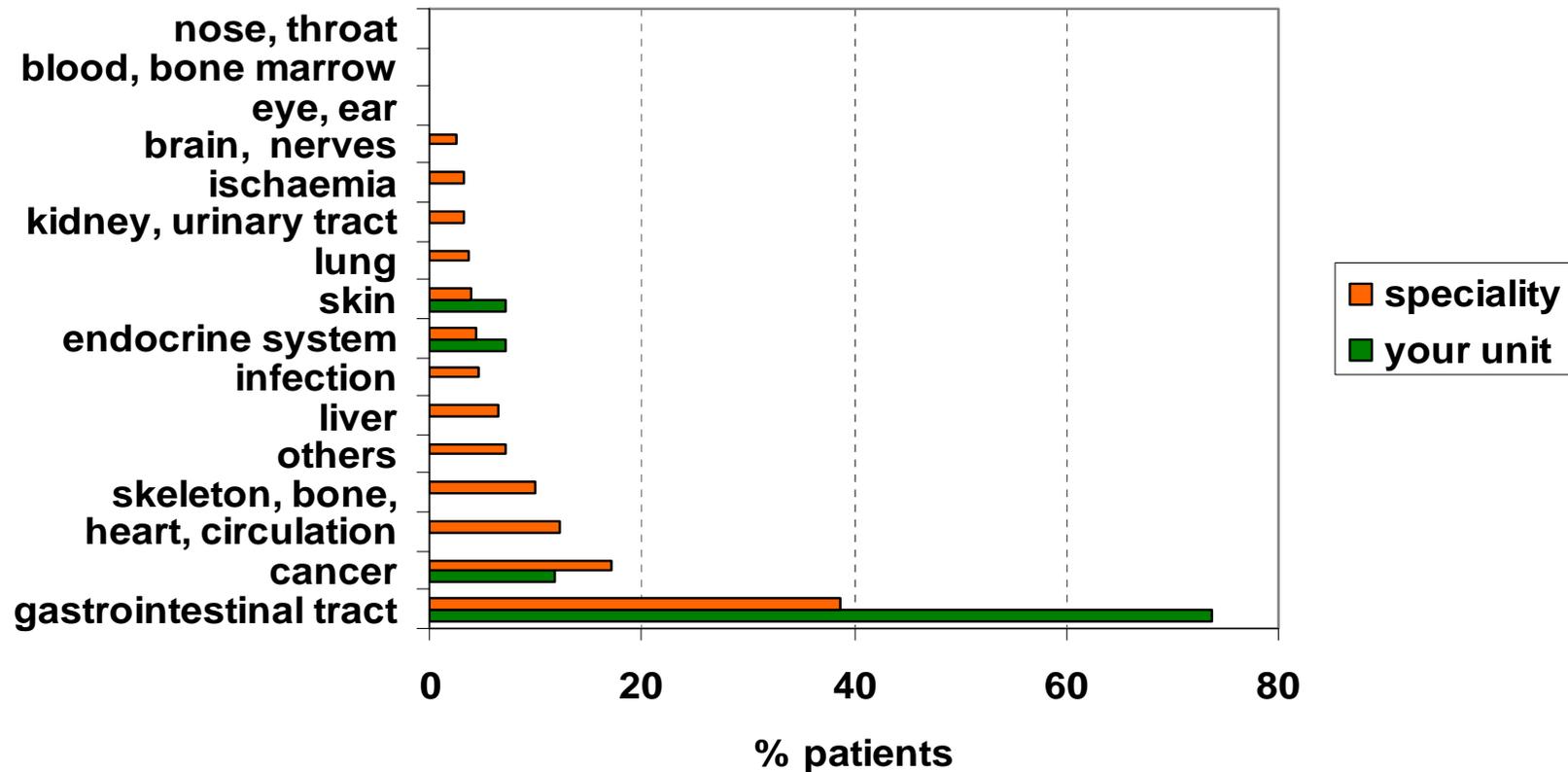




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## nutritionDay 2006 / Speciality vs your unit

### Affected organs

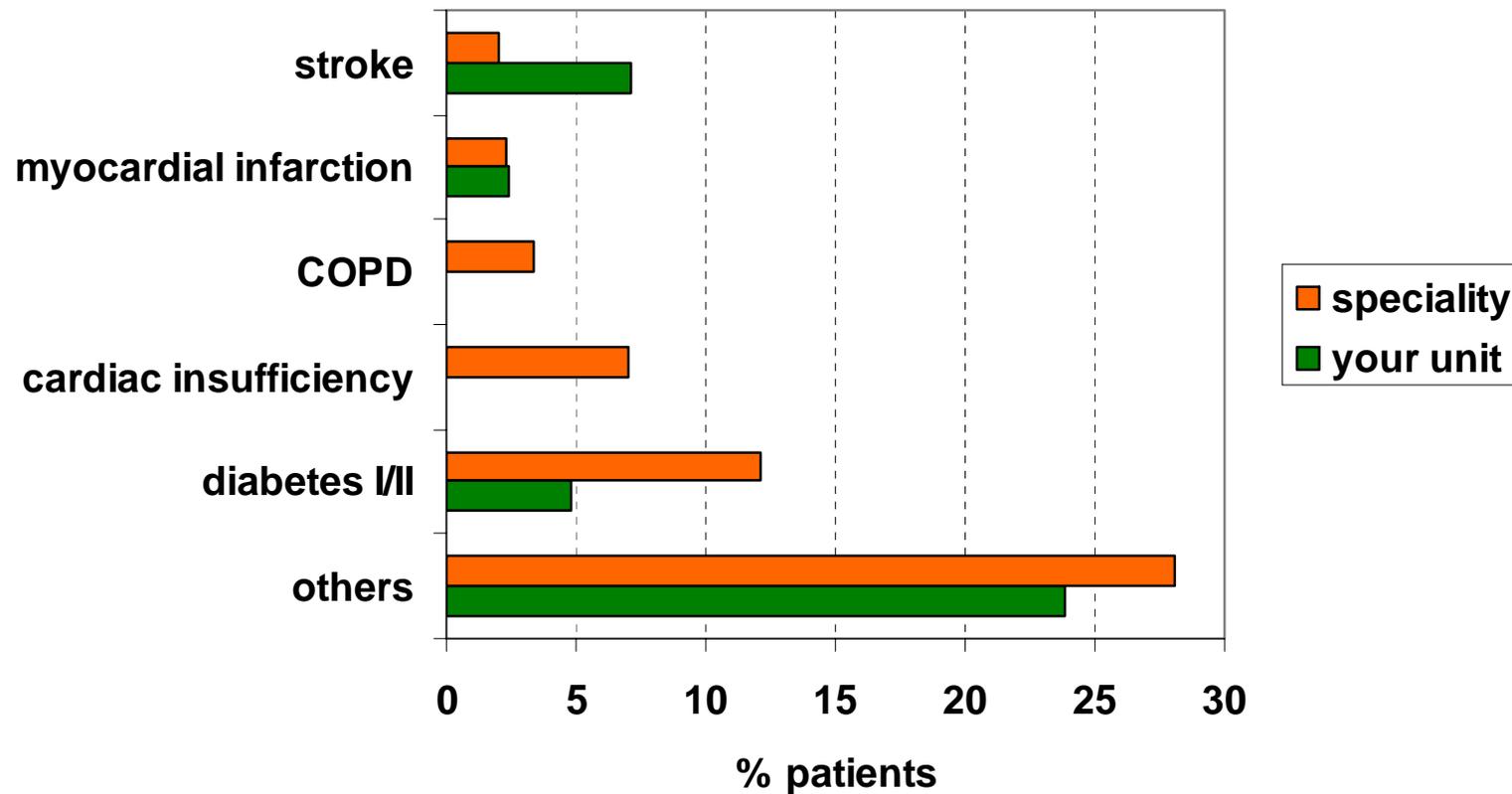




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## nutritionDay 2006 / Speciality vs your unit

### Comorbidities

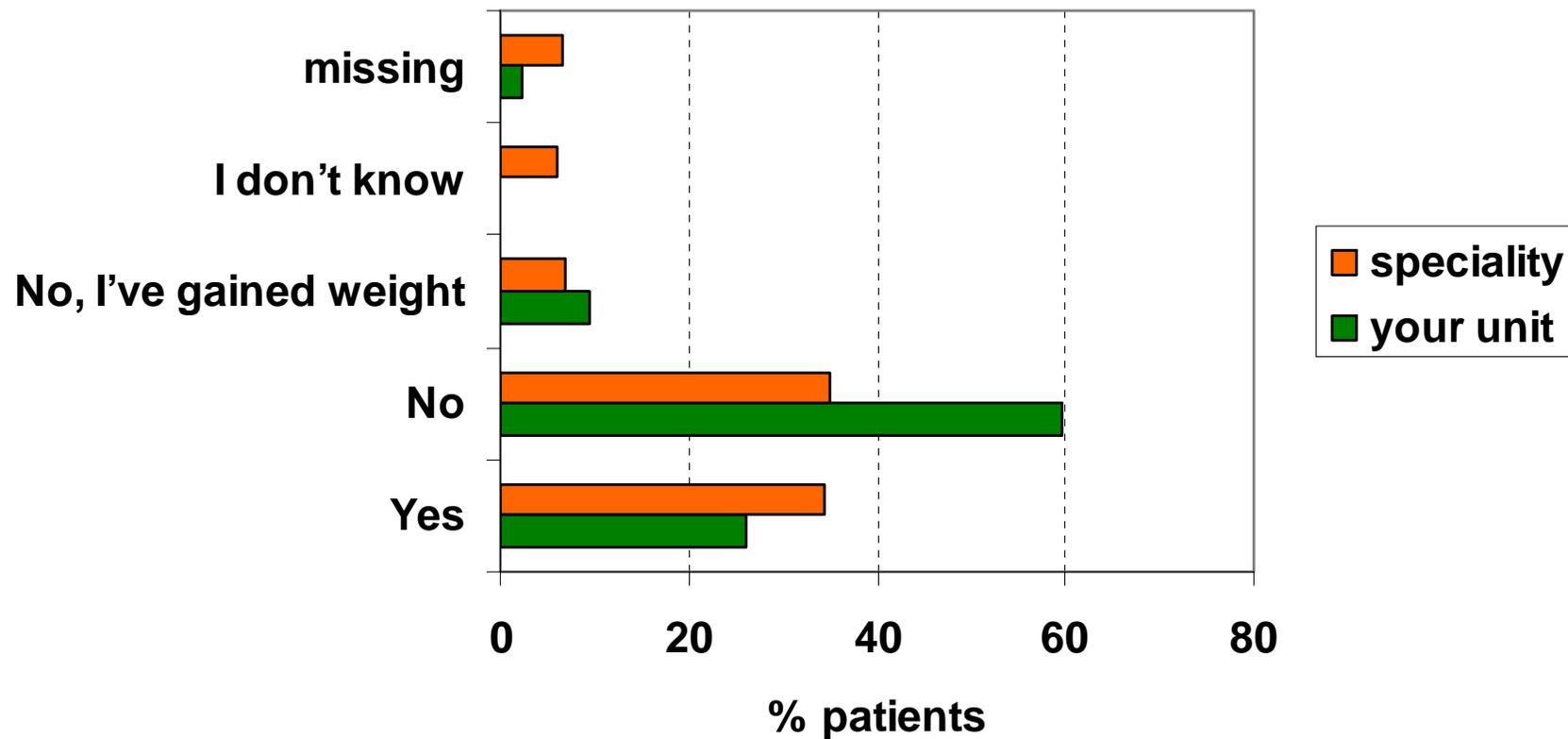




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## nutritionDay 2006 / Speciality vs your unit

# Weight loss before admission

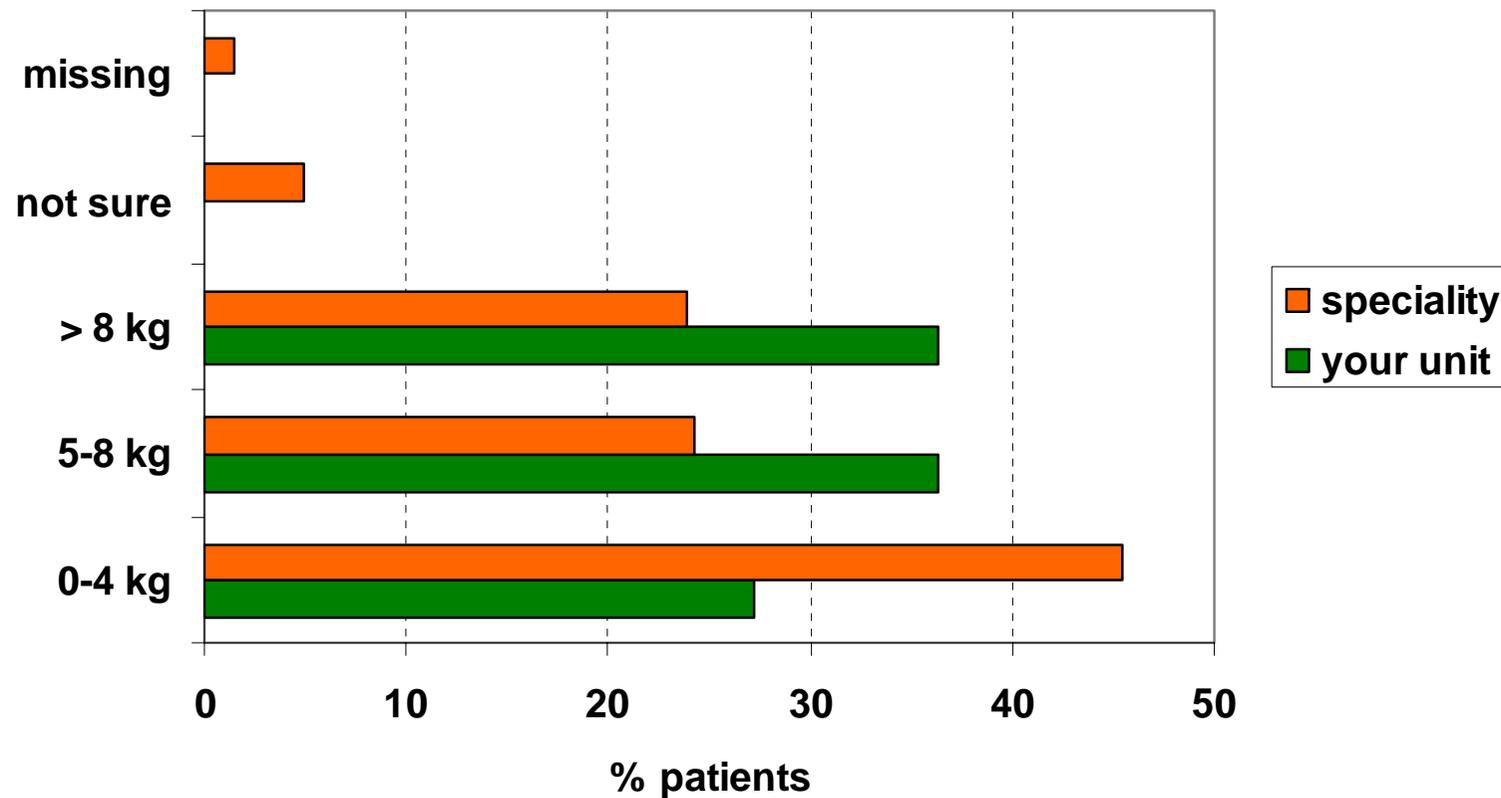




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## nutritionDay 2006 / Speciality vs your unit

# Weight loss before admission

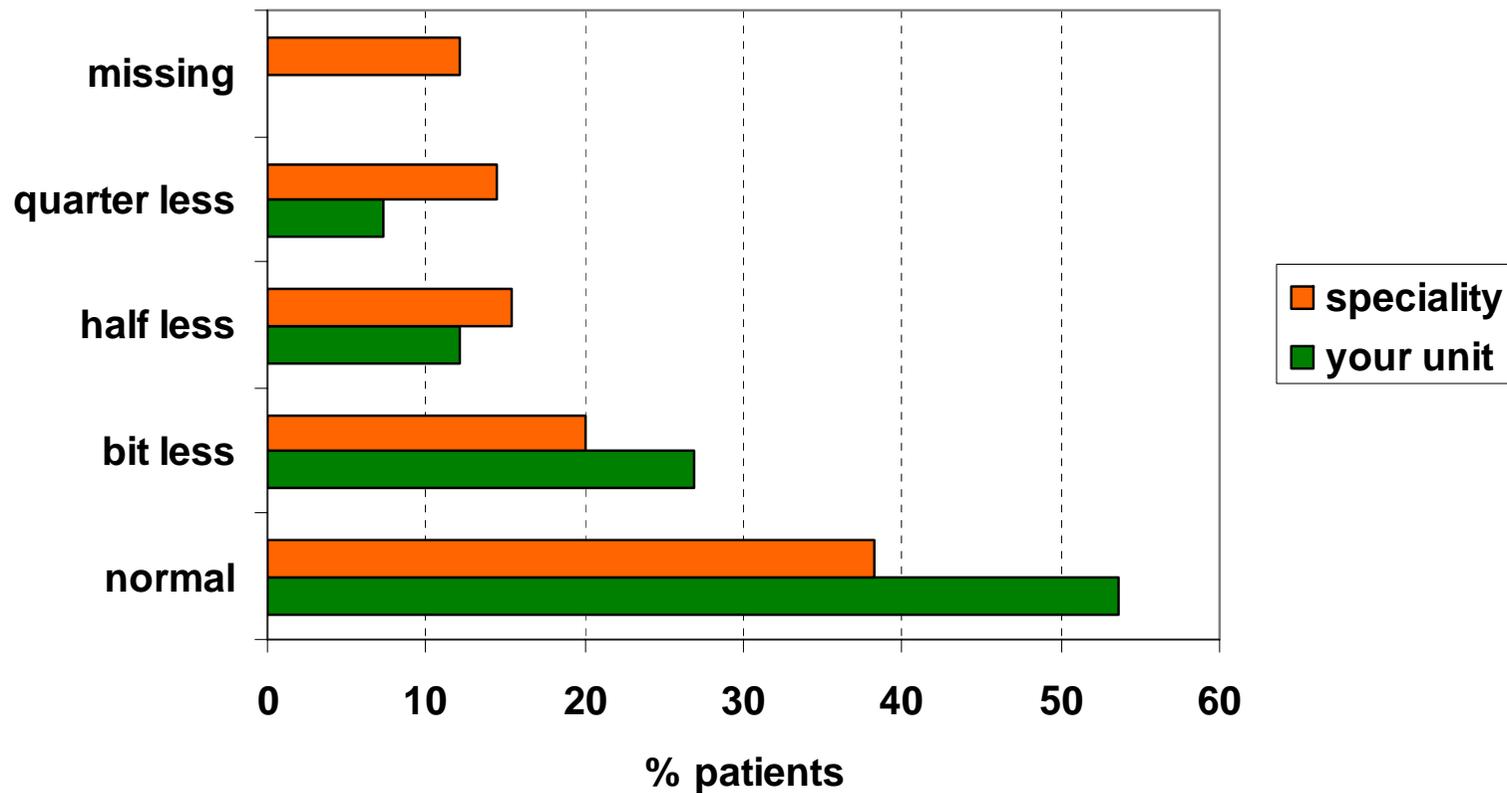




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## nutritionDay 2006 / Speciality vs your unit

### Last weeks eating

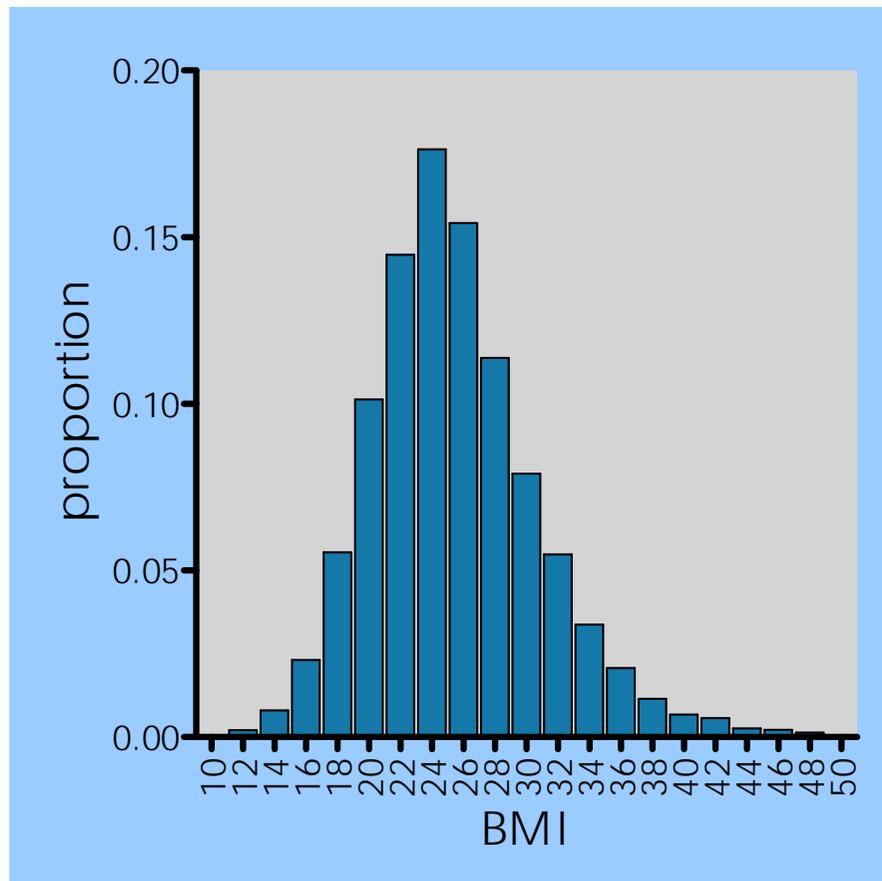




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## nutritionDay 2006 in European Hospitals

### Body Mass Index



#### Europe:

- BMI (Med) 24.9
- BMI  $\leq 20$  13.6%
- BMI  $> 30$  17.6%

#### Your unit:

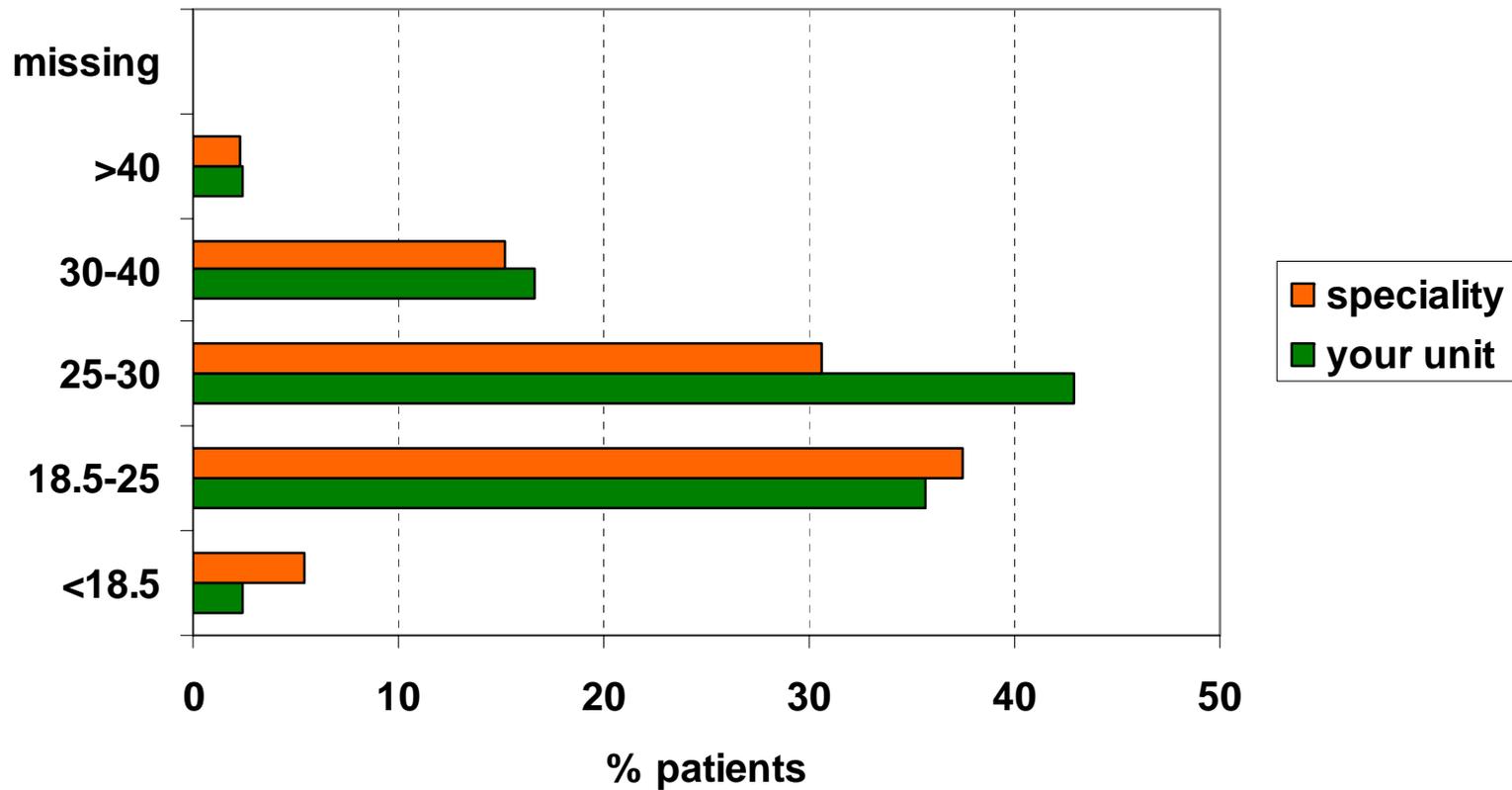
- BMI (Med) 26.0
- BMI  $\leq 20$  4.8%
- BMI  $> 30$  19.0%



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## nutritionDay 2006 / Speciality vs your unit

### BMI

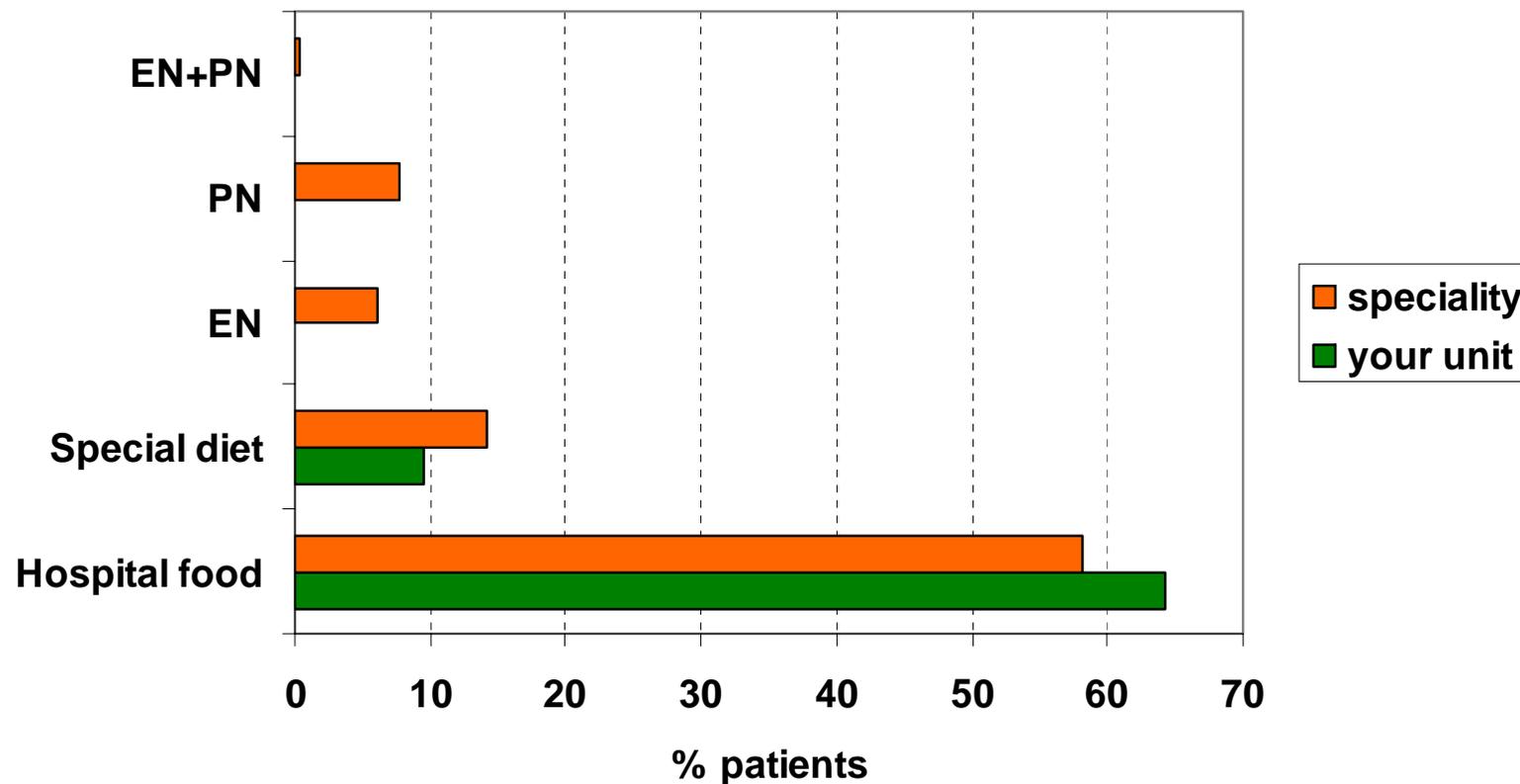




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## nutritionDay 2006 / Nutrition Care (speciality vs your unit)

# Nutrition given to patients





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**SHEET 3b** Pat.N°  Initials first name  last name  Date  Centre  Unit

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

Example	<b>all</b>	<b>1/2</b>	<b>1/4</b>	<b>nothing</b>	<b>I did not eat everything because:</b> (please tick) <input type="radio"/> I was not hungry <input type="radio"/> I had nausea/vomiting <input type="radio"/> I was not allowed to eat <input checked="" type="radio"/> I cannot eat without help <input checked="" type="radio"/> I did not like the taste <input type="radio"/> I had an examination/surgery and missed my meal	<input checked="" type="radio"/> I was tired <input type="radio"/> I normally eat less <input type="radio"/> I am clumsy <input type="radio"/> I do not like to eat <input type="radio"/> I did not like the smell	 Number <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;">2</div> <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;">1</div>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>			

MORNING	<b>all</b>	<b>1/2</b>	<b>1/4</b>	<b>nothing</b>	<b>I did not eat everything because:</b> (please tick) <input type="radio"/> I was not hungry <input type="radio"/> I had nausea/vomiting <input type="radio"/> I was not allowed to eat <input type="radio"/> I cannot eat without help <input type="radio"/> I did not like the taste <input type="radio"/> I had an examination/surgery and missed my meal	<input type="radio"/> I was tired <input type="radio"/> I normally eat less <input type="radio"/> I am clumsy <input type="radio"/> I do not like to eat <input type="radio"/> I did not like the smell	Drinks Supplement   Number <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div> <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

**SNACK 1**  cakes/ sweets  fresh fruits  sandwich  biscuits  preferred dish  nothing

LUNCH	<b>all</b>	<b>1/2</b>	<b>1/4</b>	<b>nothing</b>	<input type="radio"/> I was not hungry <input type="radio"/> I had nausea/vomiting <input type="radio"/> I was not allowed to eat <input type="radio"/> I cannot eat without help <input type="radio"/> I did not like the taste <input type="radio"/> I had an examination/surgery and missed my meal	<input type="radio"/> I was tired <input type="radio"/> I normally eat less <input type="radio"/> I am clumsy <input type="radio"/> I do not like to eat <input type="radio"/> I did not like the smell	<div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div> <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

**SNACK 2**  cakes/ sweets  fresh fruits  sandwich  biscuits  preferred dish  nothing

DINNER	<b>all</b>	<b>1/2</b>	<b>1/4</b>	<b>nothing</b>	<input type="radio"/> I was not hungry <input type="radio"/> I had nausea/vomiting <input type="radio"/> I was not allowed to eat <input type="radio"/> I cannot eat without help <input type="radio"/> I did not like the taste <input type="radio"/> I had an examination/surgery and missed my meal	<input type="radio"/> I was tired <input type="radio"/> I normally eat less <input type="radio"/> I am clumsy <input type="radio"/> I do not like to eat <input type="radio"/> I did not like the smell	<div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div> <div style="border: 1px solid black; padding: 2px; display: inline-block; width: 20px; text-align: center;"> </div>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

**SNACK 3**  cake/ sweets  fresh fruits  sandwich  biscuits  preferred dish  nothing

 ©Hiesmayr/Schindler (ESPEN/AKE Austria) NutritionDay in Europe - a cross-sectional multinational audit	<b>Comments:</b>  <div style="border: 1px solid black; padding: 5px; width: 100px; height: 30px;"></div>	 ~ 200ml
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Please tick a circle for each meal to indicate how

**Example**

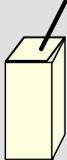
	<b>all</b>	<b>1/2</b>	<b>1/4</b>	<b>nothing</b>
				
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

much you ate and drank today (see example):

**I did not eat everything because:** (please tick)

- |   |  |
|---|--|
| <input type="radio"/> I was not hungry                                | <input checked="" type="radio"/> I was tired   |
| <input type="radio"/> I had nausea/vomiting                           | <input type="radio"/> I normally eat less      |
| <input type="radio"/> I was not allowed to eat                        | <input type="radio"/> I am clumsy              |
| <input type="radio"/> I cannot eat without help                       | <input type="radio"/> I do not like to eat     |
| <input checked="" type="radio"/> I did not like the taste             | <input type="radio"/> I did not like the smell |
| <input type="radio"/> I had an examination/surgery and missed my meal |  |

Number

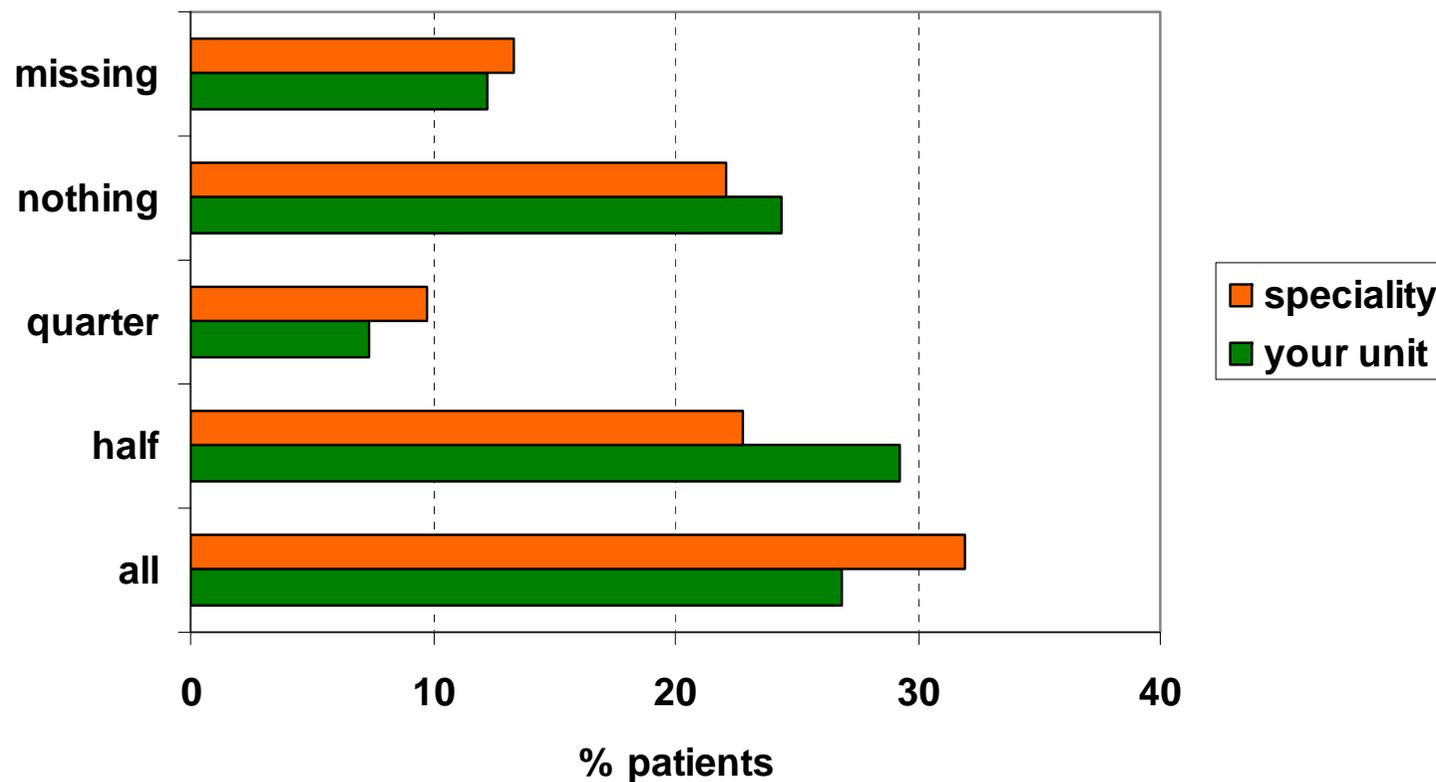
	+		+	
2		1		



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## nutritionDay 2006 / Nutrition (speciality vs your unit)

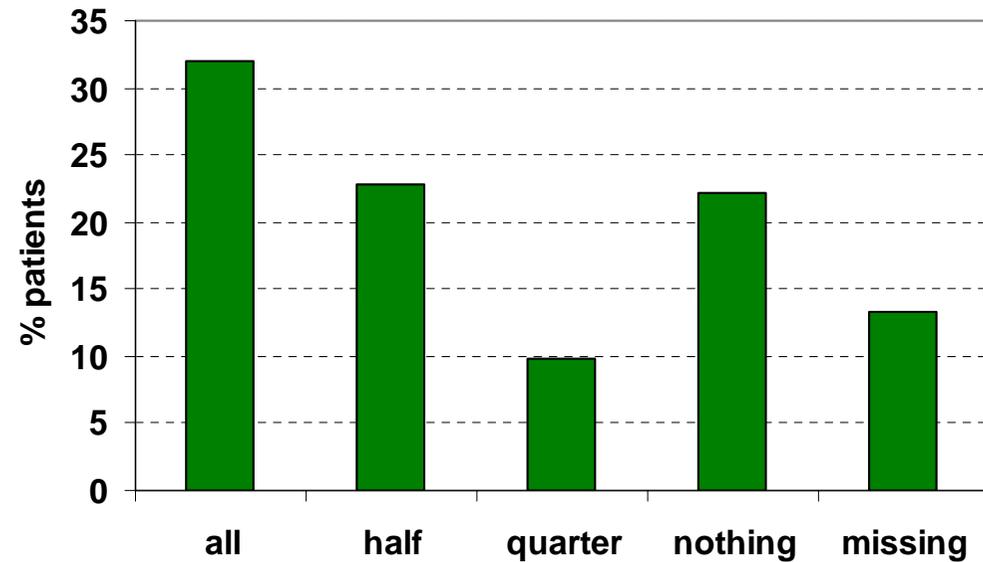
### Lunch eaten on nutritionDay



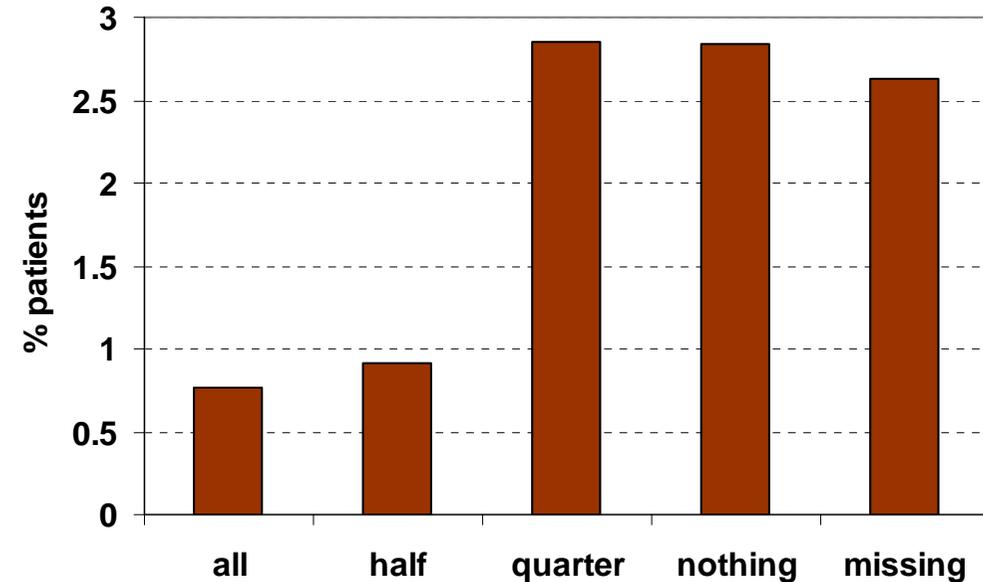


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Lunch eaten on  
nutritionDay  
Specialty



Death in hospital  
before 30 days  
following ND  
Specialty

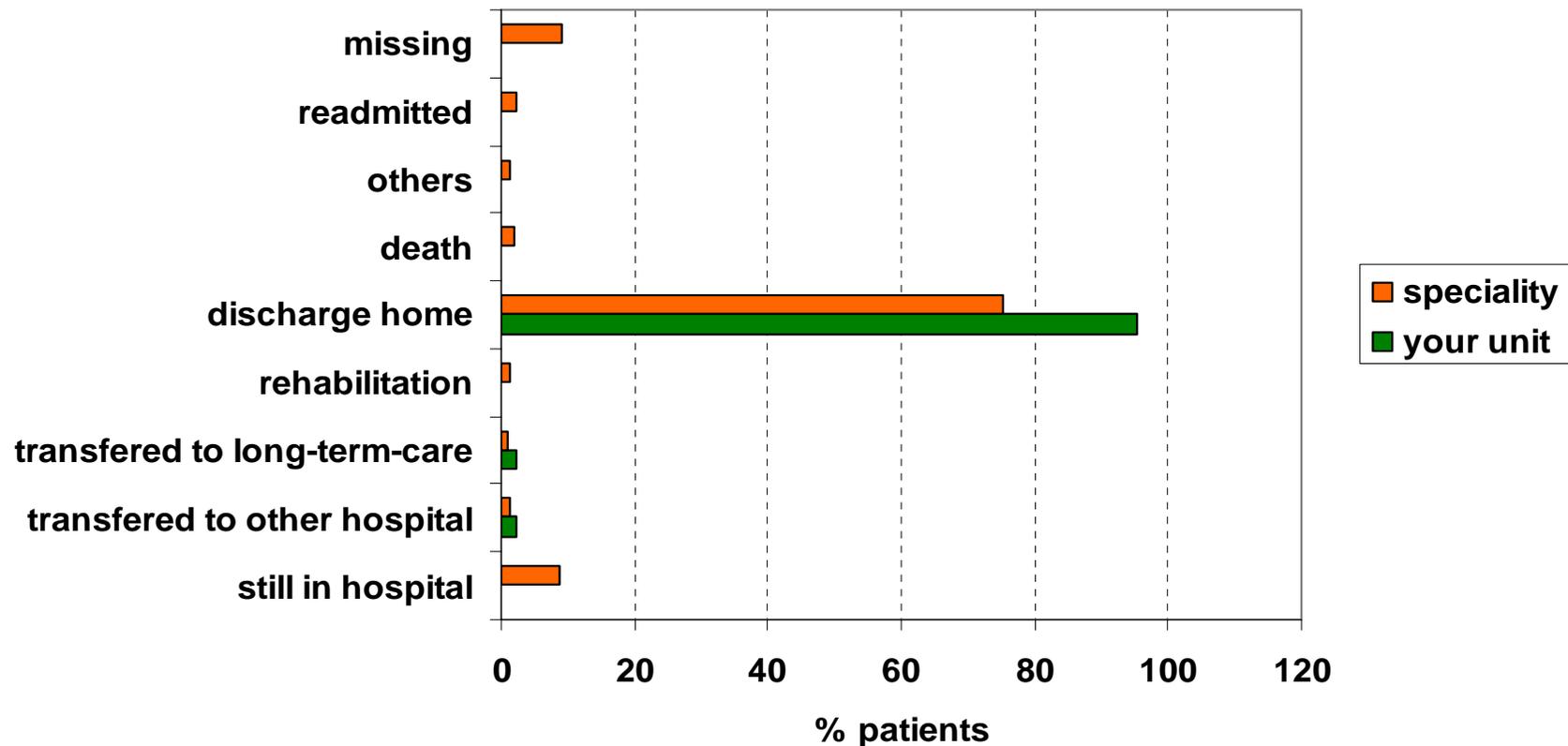




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## nutritionDay 2006 / Outcome (speciality vs your unit)

# Hospital discharge?

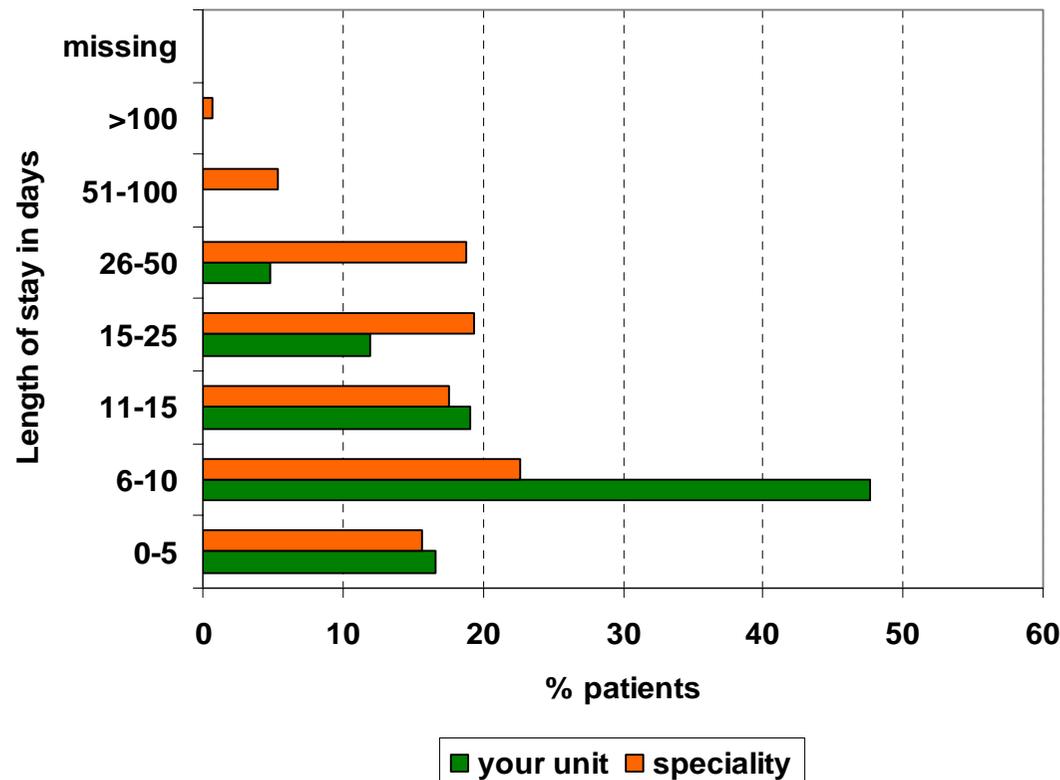




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## nutritionDay 2006 / Outcome (speciality vs your unit)

### 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 reference specialty.



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nutritionDay 2006 / **Conclusion**

## nutritionDay 2006 in European 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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nutritionDay 2006 / **Future**

## nutritionDay 2006 in European 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)