



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
United Arab Emirates

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2016 and for your effort. We are now able to present you your country report of the following sample size:

Number of centers on nutritionDay:	4
Number of units on nutritionDay:	12
Number of patients on nutritionDay:	247
Number of patients who gave consent:	238
Number of patients completing Sheet 3a:	196
Number of patients completing Sheet 3b:	196
Number of patients with 30-day outcome assessment:	220

This report compares your country data to international reference database based on data from nutritionDay 2016.

The report consists of 4 parts:

Part I reflects capacity and staffing of your hospitals.

Part II reflects the organisation and the structure of the units.

Part III describes the patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Next year's nutritionDay will take place in November 2017. 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 Moick, MA

I. Hospital capacity and staffing ("Hospital sheet"):

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	485 [264-635]	305 [180-526]
2. Total number of admissions in the hospital last year	22545 [14650-27648]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	264 [140-379]	162 [65-328]
Medical specialists	113 [108-132]	108 [44-210]
Medical non-specialists	29 [16-30]	35 [12-81]
Nurses	973 [637-1323]	346 [124-710]
Dieticians	9 [6-12]	4 [1-8]
Nutritionists	7 [5-10]	1 [0-4]
Pharmacists	50 [33-61]	6 [3-14]
Kitchen staff	103 [67-121]	28 [11-55]
Full time equivalent		
Total medical doctors	329 [256-403]	126 [56-296]
Medical specialists	127 [115-139]	88 [44-210]
Medical non-specialists	30 [30-31]	33 [11-83]
Nurses	973 [637-1323]	317 [123-726]
Dieticians	13 [12-13]	4 [1-7]
Nutritionists	7 [6-7]	1 [0-4]
Pharmacists	51 [45-56]	5 [2-11]
Kitchen staff	104 [95-114]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	4 (100%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	4 (100%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	3 (75.0%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	4 (100%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	4 (100%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (100%) Yes	250 (70.6%) Yes
None	-	30 (8.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	1 (25.0%) Yes	175 (49.4%) Yes
Oral nutrition supplements	1 (25.0%) Yes	141 (39.8%) Yes

Parenteral nutrition	1 (25.0%) Yes	202 (57.1%) Yes
Enteral nutrition	1 (25.0%) Yes	167 (47.2%) Yes
Dietary counseling	1 (25.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	1 (25.0%) Yes	104 (29.4%) Yes
Screening for malnutrition	1 (25.0%) Yes	88 (24.9%) Yes
Risk of malnutrition	1 (25.0%) Yes	90 (25.4%) Yes
Malnutrition (in general)	1 (25.0%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	154 (43.5%) Yes
No information available from billing/finance/controlling	3 (75.0%) Yes	55 (15.5%) Yes
No answer given	-	28 (7.9%)

Codes routinely used

Nutrition Support	1 (25.0%) Yes	139 (39.3%) Yes
Oral nutrition supplements	1 (25.0%) Yes	111 (31.4%) Yes
Parenteral nutrition	1 (25.0%) Yes	177 (50.0%) Yes
Enteral nutrition	1 (25.0%) Yes	145 (41.0%) Yes
Dietary counseling	1 (25.0%) Yes	88 (24.9%) Yes
Specific dietary interventions	1 (25.0%) Yes	84 (23.7%) Yes
Screening for malnutrition	1 (25.0%) Yes	68 (19.2%) Yes
Risk of malnutrition	1 (25.0%) Yes	61 (17.2%) Yes
Malnutrition (in general)	1 (25.0%) Yes	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	126 (35.6%) Yes
No information available from billing/finance/controlling	3 (75.0%) Yes	68 (19.2%) Yes
No answer given	-	42 (11.9%)

II. Unit organisation and structures ("Sheet 1a/1b"):

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	4 (33.3%)	92 (20.0%)
Internal Medicine / Cardiology	-	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	-	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	1 (8.3%)	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	-	35 (7.6%)
Interdisciplinary	-	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	1 (8.3%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (8.3%)	6 (1.3%)
Surgery / Neurosurgery	-	4 (0.9%)
Surgery / Orthopedic	-	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	-	7 (1.5%)
Gynecology / Obstetrics	3 (25.0%)	10 (2.2%)
Pediatrics	2 (16.7%)	-
Psychiatry	-	3 (0.7%)
Others	-	48 (10.5%)
2. Number of registered inpatients at noon	21 [13-31]	24 [17-35]
3. Total bed capacity of the unit	35 [33-41]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	8 [4-20]	4 [2-8]
Nurses	11 [7-16]	5 [4-8]
Nursing aides	0 [0-1]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-2]
Other staff involved in patient care	2 [1-4]	1 [0-3]
In training		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	1 [0-2]	1 [0-2]
Nurses	0 [0-0]	1 [0-3]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-0]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 11 (91.7%) Yes 323 (73.6%) Yes

6. Does the unit have a nutrition care strategy? 12 (100%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 11 (91.7%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 12 (100%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 10 (83.3%) Yes 268 (61.0%) Yes

10. How do you MAINLY screen/monitor patients for malnutrition?

At admission

No routine screening	-	45 (9.8%) Yes
No fixed criteria	-	10 (2.2%) Yes
Experience / visual assessment only	-	43 (9.4%) Yes
Weighing / BMI only	2 (16.7%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	5 (41.7%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	5 (41.7%) Yes	28 (6.1%) Yes
Malnutrition Screening tool (MST)	-	42 (9.2%) Yes
SNAQ	-	2 (0.44%) Yes
Other formal tool	-	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	-	20 (4.4%)

During hospital stay

No routine monitoring	-	43 (9.4%) Yes
No fixed criteria	4 (33.3%) Yes	44 (9.6%) Yes
Experience / visual assessment only	-	90 (19.6%) Yes
Weighing / BMI only	8 (66.7%) Yes	132 (28.8%) Yes
Other formal tool	-	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	-	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 12 (100%) Yes 343 (78.7%) Yes

11b. If yes, which one is mainly used?

International guidelines	5 (41.7%) Yes	86 (25.1%) Yes
National guidelines	-	56 (16.3%) Yes
Standards on hospital level	4 (33.3%) Yes	115 (33.5%) Yes
Standards on unit level	1 (8.3%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	2 (16.7%) Yes	56 (16.3%) Yes
Other	-	4 (1.2%) Yes
Missing	-	3 (0.87%)

12. What is routinely done in your unit for given patient groups?**At risk**

Watchful waiting	4 (33.3%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	9 (75.0%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	10 (83.3%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	10 (83.3%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (75.0%) Yes	285 (62.1%) Yes
Consult a medical professional	10 (83.3%) Yes	172 (37.5%) Yes
Calculate energy requirements	9 (75.0%) Yes	232 (50.5%) Yes
Calculate protein requirements	10 (83.3%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	2 (16.7%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	7 (58.3%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	8 (66.7%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	9 (75.0%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (83.3%) Yes	284 (61.9%) Yes
Consult a medical professional	8 (66.7%) Yes	183 (39.9%) Yes
Calculate energy requirements	7 (58.3%) Yes	261 (56.9%) Yes
Calculate protein requirements	8 (66.7%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	8 (66.7%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	2 (16.7%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	1 (8.3%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	1 (8.3%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (8.3%) Yes	73 (15.9%) Yes
Consult a medical professional	3 (25.0%) Yes	101 (22.0%) Yes
Calculate energy requirements	2 (16.7%) Yes	50 (10.9%) Yes
Calculate protein requirements	1 (8.3%) Yes	44 (9.6%) Yes

Never

Watchful waiting	-	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	-	38 (8.3%) Yes

Develop an individual nutrition care plan	-	31 (6.8%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (8.3%) Yes	8 (1.7%) Yes
Consult a medical professional	1 (8.3%) Yes	49 (10.7%) Yes
Calculate energy requirements	1 (8.3%) Yes	50 (10.9%) Yes
Calculate protein requirements	1 (8.3%) Yes	54 (11.8%) Yes

I do not know

Watchful waiting	-	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	-	10 (2.2%) Yes
Develop an individual nutrition care plan	-	5 (1.1%) Yes
Initiate treatment / nutrition intervention	-	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	-	18 (3.9%) Yes
Calculate energy requirements	-	11 (2.4%) Yes
Calculate protein requirements	-	13 (2.8%) Yes

13. When do you routinely weigh your patients?

at admission	12 (100%) Yes	291 (63.4%) Yes
Within 24 hours	7 (58.3%) Yes	64 (13.9%) Yes
Within 48 hours	5 (41.7%) Yes	20 (4.4%) Yes
Within 72 hours	1 (8.3%) Yes	13 (2.8%) Yes
Every week	3 (25.0%) Yes	152 (33.1%) Yes
Occasionally	-	59 (12.9%) Yes
When requested	9 (75.0%) Yes	207 (45.1%) Yes
At discharge	5 (41.7%) Yes	20 (4.4%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	1 (0.22%) Yes
No answer given	3 (5.0%)	22 (4.8%)

14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	10 (83.3%) Yes	338 (73.6%) Yes
Offer meal choices	11 (91.7%) Yes	336 (73.2%) Yes
Offer different portion sizes	10 (83.3%) Yes	282 (61.4%) Yes
Consider food presentation	9 (75.0%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	10 (83.3%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	11 (91.7%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	51 (11.1%) Yes
Promote positive eating environment	1 (8.3%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	1 (8.3%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	1 (8.3%) Yes	214 (46.6%) Yes
Other	-	29 (6.3%) Yes
I do not know	-	6 (1.3%) Yes
No answer given	-	20 (4.4%)

15. Which nutrition-related standards or routine activities exist in your unit?

Nutrition training is available	10 (83.3%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	11 (91.7%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	5 (41.7%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	9 (75.0%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	12 (100%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	-	11 (2.4%) Yes
No answer given	-	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	12 (100%) Yes	358 (78.0%) Yes
Eating habits/difficulties	12 (100%) Yes	336 (73.2%) Yes
Nutrition before admission	11 (91.7%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	-	38 (8.3%)

17. On what forms is there a specific part about eating, nutrition or malnutrition?**a. Patient Record has a section for ...**

indicating if the patient is malnourished or at risk of malnutrition	12 (100%) Yes	323 (70.4%) Yes
nutrition treatment	11 (91.7%) Yes	270 (58.8%) Yes
None	-	30 (6.5%) Yes
I do not know	11 (91.7%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	11 (91.7%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	12 (100%) Yes	258 (56.2%) Yes
None	-	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	1Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	-	117 (25.5%) Yes
Dietician	12 (100%) Yes	236 (51.4%) Yes
Nurse	-	124 (27.0%) Yes
Physician	-	72 (15.7%) Yes
Administrative staff	-	4 (0.87%) Yes

Other	-	7 (1.5%) Yes
None	-	-
I do not know	-	3 (0.65%) Yes

III. Patient demographics, medical information & Outcome ("Sheet 2a/2b"):

	YOUR RESULTS	REFERENCE RESULTS
Total	238	8743
Age	51 [32-69]	67 [53-78]
Female	144 (60.5%)	4410 (50.4%)
Weight	70.9±21.5	69.1±18.8
Height	159±12	164±10
BMI	28.0±7.4	25.5±6.0

1. This hospital admission was...

planned	42 (17.6%)	3052 (34.9%)
an emergency	180 (75.6%)	5037 (57.6%)
I do not know	14 (5.9%)	654 (7.5%)
No answer given	2 (0.84%)	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	20 (8.4%)	801 (9.2%)
0200 Neoplasms	3 (1.3%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	12 (5.0%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	51 (21.4%)	1043 (11.9%)
0500 Mental health	5 (2.1%)	333 (3.8%)
0600 Nervous system	25 (10.5%)	762 (8.7%)
0700 Eye and adnexa	-	131 (1.5%)
0800 Ear and mastoid process	-	70 (0.80%)
0900 Circulatory system	54 (22.7%)	1723 (19.7%)
1000 Respiratory system	45 (18.9%)	1358 (15.5%)
1100 Digestive system	25 (10.5%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	7 (2.9%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	9 (3.8%)	1276 (14.6%)
1400 Genitourinary system	7 (2.9%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	38 (16.0%)	123 (1.4%)
1600 Conditions originating in the perinatal period	8 (3.4%)	21 (0.24%)
1700 Congenital/chromosomal abnormalities	2 (0.84%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	27 (11.3%)	391 (4.5%)
1900 Injury, poisoning	7 (2.9%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.42%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	3 (1.3%)	210 (2.4%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	56 (24.1%)	1569 (22.2%)
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Myocardial infarction	23 (10.0%)	394 (5.8%)
Chronic lung disease	29 (12.4%)	1080 (15.5%)
Cerebral vascular disease	23 (10.0%)	745 (10.9%)
Peripheral vascular disease	15 (6.5%)	869 (12.6%)
Chronic liver disease	7 (3.0%)	441 (6.5%)
Chronic kidney disease	34 (14.8%)	821 (11.9%)
Diabetes	96 (41.0%)	1899 (26.8%)
Cancer	18 (7.8%)	1733 (24.8%)
Infection	44 (19.0%)	1103 (15.8%)
Dementia	9 (3.9%)	374 (5.5%)
Major depressive disorder	2 (0.88%)	377 (5.6%)
Other chronic mental disorder	11 (4.8%)	378 (5.6%)
Other chronic disease	76 (33.0%)	1968 (27.8%)
None	40 (16.8%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	39 (16.4%)	1743 (19.9%)
Yes, acute	22 (9.2%)	539 (6.2%)
No	172 (72.3%)	6145 (70.3%)
I do not know	1 (0.42%)	126 (1.4%)
Missing	4 (1.7%)	190 (2.2%)

Days since operation	2 [0-6]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	17 (7.1%)	738 (8.4%)
Yes, later	12 (5.0%)	513 (5.9%)
No	144 (60.5%)	6496 (74.3%)
I do not know	41 (17.2%)	414 (4.7%)
Missing	24 (10.1%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	37 (15.5%)	934 (10.7%)
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6. Is this patient terminally ill?	83 (35.0%)	630 (7.2%)
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7. Fluid status

Normal	220 (92.4%)	6866 (78.5%)
Overloaded	3 (1.3%)	500 (5.7%)
Dehydrated	8 (3.4%)	450 (5.1%)
I do not know	6 (2.5%)	927 (10.6%)
Missing	1 (0.42%)	-

8. Number of different medications planned

Oral	3 [2-5]	5 [2-8]
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Other	1 [1-3]	2 [1-4]
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9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	23 (9.7%)	871 (10.0%)
At risk	57 (23.9%)	1543 (17.6%)
No	156 (65.5%)	5642 (64.5%)
I do not know	2 (0.84%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	85 (35.7%)	3469 (39.7%)
5% Glucose solution	42 (17.6%)	860 (9.8%)

11. Number of ONS drinks planned

0 [0-1]	0 [0-0]
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12. Nutrition intake

Regular hospital food	117 (49.2%)	4849 (55.5%)
Fortified/enriched hospital food	22 (9.2%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	36 (15.1%)	998 (11.4%)
Enteral nutrition	37 (15.5%)	485 (5.5%)
Parenteral nutrition	10 (4.2%)	479 (5.5%)
Special diet	110 (46.2%)	3072 (35.1%)
None	8 (3.4%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	4 (1.7%)	734 (8.4%)
Peripheral venous access	69 (29.0%)	4122 (47.1%)
Nasogastric	36 (15.1%)	258 (3.0%)
Nasojejunal	2 (0.84%)	38 (0.43%)
Nasoduodenal	1 (0.42%)	22 (0.25%)
Enterostoma	-	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	12 (5.0%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.84%)	27 (0.31%)
None	141 (59.2%)	3894 (44.5%)

13b. Were there complications with nutrition related lines and tubes since admission?

Yes, previously	8 (3.4%)	87 (1.00%)
Yes, ongoing	1 (0.42%)	80 (0.92%)
No	209 (87.8%)	7278 (83.2%)
I do not know	2 (0.84%)	846 (9.7%)
Missing	18 (7.6%)	452 (5.2%)

14. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	154 (64.7%)	3103 (35.5%)
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Protein requirements were determined	146 (61.3%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	157 (66.0%)	3893 (44.5%)
Nutrition treatment plan was developed	154 (64.7%)	3013 (34.5%)
Nutrition expert was consulted	154 (64.7%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	147 (61.8%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	-	268 (3.1%)
500-999 kcal	9 (3.8%)	93 (1.1%)
1000-1499 kcal	60 (25.2%)	884 (10.1%)
1500-1999 kcal	110 (46.2%)	2574 (29.4%)
>=2000 kcal	9 (3.8%)	958 (11.0%)
Not determined	49 (20.6%)	3200 (36.6%)
I do not know	1 (0.42%)	730 (8.3%)
Missing	-	36 (0.41%)

15b. Energy intake

< 500 kcal	5 (2.1%)	530 (6.1%)
500-999 kcal	19 (8.0%)	483 (5.5%)
1000-1499 kcal	55 (23.1%)	1101 (12.6%)
1500-1999 kcal	91 (38.2%)	1928 (22.1%)
>=2000 kcal	12 (5.0%)	584 (6.7%)
Not determined	52 (21.8%)	2964 (33.9%)
I do not know	1 (0.42%)	1101 (12.6%)
Missing	3 (1.3%)	52 (0.59%)

16. Since admission, this patient's health status has...

Improved	173 (72.7%)	4436 (50.7%)
Deteriorated	5 (2.1%)	485 (5.5%)
Remained the same	36 (15.1%)	2411 (27.6%)
This patient has just been admitted	19 (8.0%)	555 (6.3%)
I do not know	5 (2.1%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	5 [3-15]	12 [6-24]
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Outcome Code

1= Still in the hospital	46 (19.3%)	748 (8.6%)
2= Transferred to another hospital	-	211 (2.4%)
3= Transferred to long term care	4 (1.7%)	360 (4.1%)
4= Rehabilitation	1 (0.42%)	486 (5.6%)
5= Discharged home	164 (68.9%)	6417 (73.4%)
6= Death	5 (2.1%)	260 (3.0%)

7= Others	-	173 (2.0%)
Missing	18 (7.6%)	88 (1.0%)

Readmitted since ND

1= No	152 (87.4%)	6055 (78.3%)
2= Yes, same hospital planned	8 (4.6%)	457 (5.9%)
3= Yes, same hospital unplanned	9 (5.2%)	454 (5.9%)
4= Yes, different hospital planned	-	44 (0.57%)
5= Yes, different hospital unplanned	-	44 (0.57%)
6= Unknown	-	299 (3.9%)
Missing	2 (1.1%)	386 (5.0%)

IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b"):

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	145 (74.0%)	5885 (69.8%)
I am vegetarian	4 (2.0%)	142 (1.7%)
I adhere to a vegan diet	-	50 (0.59%)
I eat gluten-free diet	-	73 (0.87%)
I avoid added sugars	15 (7.7%)	1290 (15.3%)
I avoid carbohydrates	2 (1.0%)	477 (5.7%)
I eat a low fat-diet	23 (11.7%)	972 (11.5%)
I am lactose intolerant	-	328 (3.9%)
Other special diet due to intolerances/allergies	3 (1.5%)	171 (2.0%)
Other	23 (11.7%)	603 (7.2%)
No answer given	2 (1.0%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	178 (90.8%)	7497 (89.0%)
In a nursing home or other live-in facility	2 (1.0%)	287 (3.4%)
I was transferred from another hospital	12 (6.1%)	418 (5.0%)
Other	2 (1.0%)	139 (1.6%)
Missing	2 (1.0%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	146 (74.5%)	5392 (64.0%)
Yes, with someone's help	21 (10.7%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	3 (1.5%)	1107 (13.1%)
No, I have a wheelchair	5 (2.6%)	355 (4.2%)
No, I am bedridden	17 (8.7%)	548 (6.5%)
Missing	4 (2.0%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	18 (9.2%)	615 (7.3%)
Good	112 (57.1%)	3078 (36.5%)
Fair	56 (28.6%)	3196 (37.9%)
Poor	9 (4.6%)	1144 (13.6%)
Very poor	-	254 (3.0%)
Missing	1 (0.51%)	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [1-6]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]
... how many nights in total have you spent in hospital?	1 [0-4]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	53 (27.0%)	1638 (19.4%)
3-5	58 (29.6%)	2272 (27.0%)
More than 5	30 (15.3%)	2608 (30.9%)
None	44 (22.4%)	1375 (16.3%)
I do not know	11 (5.6%)	429 (5.1%)
Missing	-	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	54 (27.6%)	1250 (14.8%)
Yes, public insurance only	55 (28.1%)	4213 (50.0%)
Yes, both	20 (10.2%)	1101 (13.1%)
None	64 (32.7%)	1114 (13.2%)
I prefer not to answer	1 (0.51%)	483 (5.7%)
Missing	2 (1.0%)	267 (3.2%)

8. What was your weight 5 years ago?	70 [57-80]	70 [60-83]
I do not know	83 (42.3%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	11 (5.6%)	795 (9.4%)
Yes, unintentionally	21 (10.7%)	3179 (37.7%)
No, my weight stayed the same	42 (21.4%)	2488 (29.5%)
No, I gained weight	56 (28.6%)	911 (10.8%)
I do not know	54 (27.6%)	856 (10.2%)
Missing	12 (6.1%)	199 (2.4%)

9b. If yes, how many kg did you lose?	3 [2-3]	6 [3-10]
I do not know	4 (12.5%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	31 (17.8%)	3142 (39.1%)
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11. Please indicate if you ...		
... were weighed at admission	162 (83.1%)	4710 (56.2%)
... were informed about your nutrition status	123 (63.7%)	2651 (32.0%)
... were informed about nutrition care options	107 (55.2%)	2341 (28.3%)
... received special nutrition care	112 (57.7%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	9 (4.6%)	366 (4.4%)
Normal	119 (60.7%)	5184 (62.0%)
About 3/4 of normal	16 (8.2%)	801 (9.6%)
About half of normal	29 (14.8%)	1028 (12.3%)

About a quarter to nearly nothing	11 (5.6%)	750 (9.0%)
I do not know	-	82 (0.98%)
Missing	12 (6.1%)	157 (1.9%)

13. In general, how satisfied are you with the food at the hospital?

Very satisfied	55 (28.1%)	2303 (27.5%)
Somewhat satisfied	59 (30.1%)	2525 (30.2%)
Neutral	39 (19.9%)	1669 (19.9%)
Dissatisfied	19 (9.7%)	652 (7.8%)
Very dissatisfied	3 (1.5%)	252 (3.0%)
I do not know	4 (2.0%)	712 (8.5%)
Missing	17 (8.7%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	47 (24.0%)	910 (10.9%)
Yes, from hospital staff	16 (8.2%)	544 (6.5%)
No	120 (61.2%)	6450 (77.1%)
I do not know	1 (0.51%)	107 (1.3%)
Missing	12 (6.1%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)

134 (76.1%) 5869 (74.5%)

16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	68 (34.7%)	4051 (48.4%)
1/2	75 (38.3%)	1966 (23.5%)
1/4	27 (13.8%)	1005 (12.0%)
Nothing	11 (5.6%)	975 (11.7%)
Missing	15 (7.7%)	371 (4.4%)

16b. The portion size of the meal I ordered TODAY was...

Standard	125 (63.8%)	5388 (64.4%)
Smaller	20 (10.2%)	778 (9.3%)
Larger	3 (1.5%)	328 (3.9%)
I do not know	4 (2.0%)	848 (10.1%)
Missing	44 (22.4%)	1026 (12.3%)

17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	26 (23.0%)	570 (14.4%)
I did not like the smell/taste of the food	21 (18.6%)	443 (11.2%)
The food did not fit my cultural/religious preferences	2 (1.8%)	47 (1.2%)
The food was too hot	-	14 (0.35%)
The food was too cold	1 (0.88%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	30 (26.5%)	672 (17.0%)

I do not have my usual appetite	54 (47.8%)	1114 (28.2%)
I have problems chewing/swallowing	3 (2.7%)	225 (5.7%)
I normally eat less than what was served	10 (8.8%)	428 (10.8%)
I had nausea/vomiting	6 (5.3%)	327 (8.3%)
I was too tired	17 (15.0%)	219 (5.5%)
I cannot eat without help	3 (2.7%)	68 (1.7%)
I was not allowed to eat	3 (2.7%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	4 (3.5%)	234 (5.9%)
I did not get requested food	1 (0.88%)	53 (1.3%)
No answer given	9 (8.0%)	481 (12.2%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	3 [2-6]	3 [2-5]
Tea	1 [1-2]	1 [0-2]
Coffee	1 [1-1]	1 [0-2]
Milk	1 [1-1]	1 [0-1]
Fruit juice	1 [1-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-1]	0 [0-1]
Other	0 [0-1]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 45 (27.4%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	7 (15.6%)	501 (24.5%)
Salty snacks	1 (2.2%)	273 (13.3%)
Homemade food	19 (42.2%)	302 (14.7%)
Fruits	6 (13.3%)	724 (35.4%)
Dairy products	6 (13.3%)	212 (10.4%)
Food delivered/restaurant	5 (11.1%)	84 (4.1%)
Sandwich	8 (17.8%)	139 (6.8%)
Other	2 (4.4%)	400 (19.5%)

20. How has your food intake changed since your hospital admission?

Increased	32 (16.3%)	1138 (13.6%)
Decreased	54 (27.6%)	2694 (32.2%)
Stayed the same	75 (38.3%)	3504 (41.9%)
I do not know	17 (8.7%)	582 (7.0%)
Missing	18 (9.2%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	116 (59.2%)	3635 (43.4%)
Weaker than at admission	12 (6.1%)	1458 (17.4%)
Same as at admission	55 (28.1%)	2363 (28.2%)

I was admitted today	2 (1.0%)	236 (2.8%)
I do not know	6 (3.1%)	454 (5.4%)
Missing	5 (2.6%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	138 (70.4%)	4925 (58.9%)
No, only with assistance	27 (13.8%)	2067 (24.7%)
No, I stay in bed	13 (6.6%)	929 (11.1%)
Missing	18 (9.2%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	139 (72.8%)	5634 (69.0%)
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