



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:

<b>Number of centers on nutritionDay:</b>	<b>3</b>
<b>Number of units on nutritionDay:</b>	<b>11</b>
<b>Number of patients on nutritionDay:</b>	<b>131</b>
<b>Number of patients who gave consent:</b>	<b>131</b>
<b>Number of patients completing Sheet 3a:</b>	<b>131</b>
<b>Number of patients completing Sheet 3b:</b>	<b>131</b>
<b>Number of cancer patients on nutritionDay:</b>	<b>33</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>8</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>8</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>119</b>

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

The report consists of 5 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.

Part V is your oncology Report.

**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
<b>1. Total number of beds in hospital</b>	466 [345-466]	305 [180-526]
<b>2. Total number of admissions in the hospital last year</b>	22559 [13466-22559]	17891 [8741-38415]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	323 [276-323]	162 [65-328]
Medical specialists	210 [206-238]	108 [44-210]
Medical non-specialists	122 [118-138]	35 [12-81]
Nurses	406 [336-406]	346 [124-710]
Dieticians	1 [1-2]	4 [1-8]
Nutritionists	1 [1-2]	1 [0-4]
Pharmacists	6 [6-6]	6 [3-14]
Kitchen staff	10 [6-10]	28 [11-55]
<b>Full time equivalent</b>		
Total medical doctors	229 [229-229]	126 [56-296]
Medical specialists	265 [265-265]	88 [44-210]
Medical non-specialists	154 [154-154]	33 [11-83]
Nurses	265 [265-265]	317 [123-726]
Dieticians	1 [1-1]	4 [1-7]
Nutritionists	2 [2-2]	1 [0-4]
Pharmacists	6 [6-6]	5 [2-11]
Kitchen staff	2 [2-2]	25 [12-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (66.7%) Yes	269 (76.0%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (66.7%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	1 (33.3%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	-	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	-	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (33.3%) Yes	250 (70.6%) Yes
None	2 (66.7%) Yes	30 (8.5%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	1 (33.3%) Yes	175 (49.4%) Yes
Oral nutrition supplements	1 (33.3%) Yes	141 (39.8%) Yes

Parenteral nutrition	1 (33.3%) Yes	202 (57.1%) Yes
Enteral nutrition	-	167 (47.2%) Yes
Dietary counseling	-	120 (33.9%) Yes
Specific dietary interventions	1 (33.3%) Yes	104 (29.4%) Yes
Screening for malnutrition	-	88 (24.9%) Yes
Risk of malnutrition	-	90 (25.4%) Yes
Malnutrition (in general)	2 (66.7%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	154 (43.5%) Yes
No information available from billing/finance/controlling	1 (33.3%) Yes	55 (15.5%) Yes
No answer given	-	28 (7.9%)

### Codes routinely used

Nutrition Support	1 (33.3%) Yes	139 (39.3%) Yes
Oral nutrition supplements	1 (33.3%) Yes	111 (31.4%) Yes
Parenteral nutrition	1 (33.3%) Yes	177 (50.0%) Yes
Enteral nutrition	1 (33.3%) Yes	145 (41.0%) Yes
Dietary counseling	-	88 (24.9%) Yes
Specific dietary interventions	1 (33.3%) Yes	84 (23.7%) Yes
Screening for malnutrition	-	68 (19.2%) Yes
Risk of malnutrition	-	61 (17.2%) Yes
Malnutrition (in general)	2 (66.7%) Yes	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	126 (35.6%) Yes
No information available from billing/finance/controlling	1 (33.3%) 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	-	92 (20.0%)
Internal Medicine / Cardiology	1 (9.1%)	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	3 (27.3%)	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	-	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (18.2%)	35 (7.6%)
Interdisciplinary	1 (9.1%)	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	1 (9.1%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (9.1%)	6 (1.3%)
Surgery / Neurosurgery	-	4 (0.9%)
Surgery / Orthopedic	-	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	1 (9.1%)	7 (1.5%)
Gynecology / Obstetrics	-	10 (2.2%)
Pediatrics	-	-
Psychiatry	-	3 (0.7%)
Others	1 (9.1%)	48 (10.5%)
<b>2. Number of registered inpatients at noon</b>	11 [7-15]	24 [17-35]
<b>3. Total bed capacity of the unit</b>	23 [15-31]	31 [25-44]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	8 [7-12]	4 [2-8]
Nurses	10 [7-12]	5 [4-8]
Nursing aides	0 [0-0]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	2 [1-2]	1 [0-2]
Other staff involved in patient care	3 [1-4]	1 [0-3]
<b>In training</b>		
Medical doctors	-	1 [0-3]
Medical students	26 [17-34]	1 [0-2]
Nurses	-	1 [0-3]

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

**5. Is there a nutrition support team in your hospital available?** 10 (90.9%) Yes 323 (73.6%) Yes

**6. Does the unit have a nutrition care strategy?** 5 (45.5%) Yes 316 (72.0%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 6 (54.5%) Yes 317 (72.2%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 1 (9.1%) Yes 395 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 7 (63.6%) Yes 268 (61.0%) Yes

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

**At admission**

No routine screening	5 (45.5%) Yes	45 (9.8%) Yes
No fixed criteria	-	10 (2.2%) Yes
Experience / visual assessment only	1 (9.1%) Yes	43 (9.4%) Yes
Weighing / BMI only	5 (45.5%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	-	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	-	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	2 (18.2%) Yes	43 (9.4%) Yes
No fixed criteria	2 (18.2%) Yes	44 (9.6%) Yes
Experience / visual assessment only	2 (18.2%) Yes	90 (19.6%) Yes
Weighing / BMI only	5 (45.5%) 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?** 3 (27.3%) Yes 343 (78.7%) Yes

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

International guidelines	1 (33.3%) Yes	86 (25.1%) Yes
National guidelines	-	56 (16.3%) Yes
Standards on hospital level	-	115 (33.5%) Yes
Standards on unit level	-	23 (6.7%) Yes
Individual patient nutrition care plans	2 (66.7%) 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	1 (9.1%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	-	192 (41.8%) Yes
Develop an individual nutrition care plan	4 (36.4%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	4 (36.4%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (45.5%) Yes	285 (62.1%) Yes
Consult a medical professional	3 (27.3%) Yes	172 (37.5%) Yes
Calculate energy requirements	3 (27.3%) Yes	232 (50.5%) Yes
Calculate protein requirements	3 (27.3%) Yes	226 (49.2%) Yes

**Malnourished**

Watchful waiting	2 (18.2%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	-	208 (45.3%) Yes
Develop an individual nutrition care plan	5 (45.5%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	5 (45.5%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (36.4%) Yes	284 (61.9%) Yes
Consult a medical professional	3 (27.3%) Yes	183 (39.9%) Yes
Calculate energy requirements	5 (45.5%) Yes	261 (56.9%) Yes
Calculate protein requirements	6 (54.5%) Yes	257 (56.0%) Yes

**Every patient**

Watchful waiting	4 (36.4%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	5 (45.5%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	1 (9.1%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	-	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (9.1%) Yes	73 (15.9%) Yes
Consult a medical professional	6 (54.5%) Yes	101 (22.0%) Yes
Calculate energy requirements	1 (9.1%) Yes	50 (10.9%) Yes
Calculate protein requirements	-	44 (9.6%) Yes

**Never**

Watchful waiting	3 (27.3%) Yes	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	6 (54.5%) Yes	38 (8.3%) Yes

Develop an individual nutrition care plan	3 (27.3%) Yes	31 (6.8%) Yes
Initiate treatment / nutrition intervention	3 (27.3%) Yes	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (18.2%) Yes	8 (1.7%) Yes
Consult a medical professional	1 (9.1%) Yes	49 (10.7%) Yes
Calculate energy requirements	4 (36.4%) Yes	50 (10.9%) Yes
Calculate protein requirements	4 (36.4%) Yes	54 (11.8%) Yes

#### **I do not know**

Watchful waiting	1 (9.1%) Yes	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	8 (72.7%) Yes	291 (63.4%) Yes
Within 24 hours	-	64 (13.9%) Yes
Within 48 hours	2 (18.2%) Yes	20 (4.4%) Yes
Within 72 hours	-	13 (2.8%) Yes
Every week	1 (9.1%) Yes	152 (33.1%) Yes
Occasionally	1 (9.1%) Yes	59 (12.9%) Yes
When requested	5 (45.5%) Yes	207 (45.1%) Yes
At discharge	-	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	-	338 (73.6%) Yes
Offer meal choices	-	336 (73.2%) Yes
Offer different portion sizes	-	282 (61.4%) Yes
Consider food presentation	-	192 (41.8%) Yes
Change food texture/consistency as needed	4 (36.4%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	9 (81.8%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (27.3%) Yes	51 (11.1%) Yes
Promote positive eating environment	4 (36.4%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	5 (45.5%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	4 (36.4%) Yes	214 (46.6%) Yes
Other	1 (9.1%) Yes	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	3 (27.3%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	3 (27.3%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	1 (9.1%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	-	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (27.3%) Yes	291 (63.4%) Yes
None	3 (27.3%) Yes	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	7 (63.6%) Yes	358 (78.0%) Yes
Eating habits/difficulties	8 (72.7%) Yes	336 (73.2%) Yes
Nutrition before admission	2 (18.2%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	1 (9.1%)	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	2 (18.2%) Yes	323 (70.4%) Yes
nutrition treatment	5 (45.5%) Yes	270 (58.8%) Yes
None	3 (27.3%) Yes	30 (6.5%) Yes
I do not know	5 (45.5%) Yes	270 (58.8%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	-	162 (35.3%) Yes
makes future nutrition-related recommendations	9 (81.8%) Yes	258 (56.2%) Yes
None	2 (18.2%) Yes	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	3 (27.3%) Yes	162 (43.9%) Yes
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**19. Who filled in this sheet?**

Head staff	-	117 (25.5%) Yes
Dietician	-	236 (51.4%) Yes
Nurse	5 (45.5%) Yes	124 (27.0%) Yes
Physician	6 (54.5%) Yes	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	131	8743
Age	63 [52-72]	67 [53-78]
Female	50 (38.2%)	4410 (50.4%)
Weight	76.8±19.2	69.1±18.8
Height	170±9	164±10
BMI	26.6±6.4	25.5±6.0

#### 1. This hospital admission was...

planned	103 (78.6%)	3052 (34.9%)
an emergency	26 (19.8%)	5037 (57.6%)
I do not know	2 (1.5%)	654 (7.5%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	1 (0.76%)	801 (9.2%)
0200 Neoplasms	31 (23.7%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	1 (0.76%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	20 (15.3%)	1043 (11.9%)
0500 Mental health	1 (0.76%)	333 (3.8%)
0600 Nervous system	-	762 (8.7%)
0700 Eye and adnexa	2 (1.5%)	131 (1.5%)
0800 Ear and mastoid process	7 (5.3%)	70 (0.80%)
0900 Circulatory system	24 (18.3%)	1723 (19.7%)
1000 Respiratory system	9 (6.9%)	1358 (15.5%)
1100 Digestive system	45 (34.4%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	-	424 (4.8%)
1300 Musculoskeletal system and connective tissue	2 (1.5%)	1276 (14.6%)
1400 Genitourinary system	8 (6.1%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	-	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	391 (4.5%)
1900 Injury, poisoning	-	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	156 (1.8%)
2100 Factors influencing health status and contact with health services	-	210 (2.4%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	23 (17.8%)	1569 (22.2%)
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Myocardial infarction	7 (5.5%)	394 (5.8%)
Chronic lung disease	9 (7.0%)	1080 (15.5%)
Cerebral vascular disease	10 (7.8%)	745 (10.9%)
Peripheral vascular disease	8 (6.3%)	869 (12.6%)
Chronic liver disease	27 (21.1%)	441 (6.5%)
Chronic kidney disease	9 (7.2%)	821 (11.9%)
Diabetes	36 (27.9%)	1899 (26.8%)
Cancer	33 (25.8%)	1733 (24.8%)
Infection	2 (1.6%)	1103 (15.8%)
Dementia	-	374 (5.5%)
Major depressive disorder	5 (3.9%)	377 (5.6%)
Other chronic mental disorder	-	378 (5.6%)
Other chronic disease	22 (17.2%)	1968 (27.8%)
None	22 (16.8%)	1394 (15.9%)

#### 4a. Previous operation during this hospital stay

Yes, planned	22 (16.8%)	1743 (19.9%)
Yes, acute	6 (4.6%)	539 (6.2%)
No	99 (75.6%)	6145 (70.3%)
I do not know	-	126 (1.4%)
Missing	4 (3.1%)	190 (2.2%)

Days since operation	3 [1-8]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	3 (2.3%)	738 (8.4%)
Yes, later	12 (9.2%)	513 (5.9%)
No	113 (86.3%)	6496 (74.3%)
I do not know	-	414 (4.7%)
Missing	3 (2.3%)	582 (6.7%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	9 (6.9%)	934 (10.7%)
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<b>6. Is this patient terminally ill?</b>	3 (2.3%)	630 (7.2%)
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#### 7. Fluid status

Normal	105 (80.2%)	6866 (78.5%)
Overloaded	-	500 (5.7%)
Dehydrated	9 (6.9%)	450 (5.1%)
I do not know	17 (13.0%)	927 (10.6%)
Missing	-	-

#### 8. Number of different medications planned

Oral	3 [2-5]	5 [2-8]
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Other	1 [0-1]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	2 (1.5%)	871 (10.0%)
At risk	9 (6.9%)	1543 (17.6%)
No	106 (80.9%)	5642 (64.5%)
I do not know	14 (10.7%)	687 (7.9%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	66 (50.4%)	3469 (39.7%)
5% Glucose solution	9 (6.9%)	860 (9.8%)

<b>11. Number of ONS drinks planned</b>	0 [0-0]	0 [0-0]
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### 12. Nutrition intake

Regular hospital food	110 (84.0%)	4849 (55.5%)
Fortified/enriched hospital food	1 (0.76%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	5 (3.8%)	998 (11.4%)
Enteral nutrition	2 (1.5%)	485 (5.5%)
Parenteral nutrition	1 (0.76%)	479 (5.5%)
Special diet	14 (10.7%)	3072 (35.1%)
None	13 (9.9%)	474 (5.4%)

### 13a. All lines and Tubes

Central Venous	7 (5.3%)	734 (8.4%)
Peripheral venous access	87 (66.4%)	4122 (47.1%)
Nasogastric	-	258 (3.0%)
Nasojejunal	-	38 (0.43%)
Nasoduodenal	-	22 (0.25%)
Enterostoma	1 (0.76%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	2 (1.5%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	27 (0.31%)
None	38 (29.0%)	3894 (44.5%)

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

Yes, previously	2 (1.5%)	87 (1.00%)
Yes, ongoing	6 (4.6%)	80 (0.92%)
No	106 (80.9%)	7278 (83.2%)
I do not know	2 (1.5%)	846 (9.7%)
Missing	15 (11.5%)	452 (5.2%)

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

Energy requirements were determined	22 (16.8%)	3103 (35.5%)
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Protein requirements were determined	7 (5.3%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	17 (13.0%)	3893 (44.5%)
Nutrition treatment plan was developed	9 (6.9%)	3013 (34.5%)
Nutrition expert was consulted	7 (5.3%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	4 (3.1%)	2363 (27.0%)
None	-	-

### 15a. Energy goal

< 500 kcal	17 (13.0%)	268 (3.1%)
500-999 kcal	2 (1.5%)	93 (1.1%)
1000-1499 kcal	3 (2.3%)	884 (10.1%)
1500-1999 kcal	7 (5.3%)	2574 (29.4%)
>=2000 kcal	-	958 (11.0%)
Not determined	40 (30.5%)	3200 (36.6%)
I do not know	62 (47.3%)	730 (8.3%)
Missing	-	36 (0.41%)

### 15b. Energy intake

< 500 kcal	20 (15.3%)	530 (6.1%)
500-999 kcal	-	483 (5.5%)
1000-1499 kcal	2 (1.5%)	1101 (12.6%)
1500-1999 kcal	7 (5.3%)	1928 (22.1%)
>=2000 kcal	-	584 (6.7%)
Not determined	34 (26.0%)	2964 (33.9%)
I do not know	68 (51.9%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	57 (43.5%)	4436 (50.7%)
Deteriorated	5 (3.8%)	485 (5.5%)
Remained the same	50 (38.2%)	2411 (27.6%)
This patient has just been admitted	10 (7.6%)	555 (6.3%)
I do not know	9 (6.9%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	7 [5-10]	12 [6-24]
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### Outcome Code

1= Still in the hospital	2 (1.5%)	748 (8.6%)
2= Transferred to another hospital	1 (0.76%)	211 (2.4%)
3= Transferred to long term care	-	360 (4.1%)
4= Rehabilitation	5 (3.8%)	486 (5.6%)
5= Discharged home	110 (84.0%)	6417 (73.4%)
6= Death	1 (0.76%)	260 (3.0%)

7= Others	-	173 (2.0%)
Missing	12 (9.2%)	88 (1.0%)
<b>Readmitted since ND</b>		
1= No	81 (69.2%)	6055 (78.3%)
2= Yes, same hospital planned	1 (0.85%)	457 (5.9%)
3= Yes, same hospital unplanned	-	454 (5.9%)
4= Yes, different hospital planned	1 (0.85%)	44 (0.57%)
5= Yes, different hospital unplanned	1 (0.85%)	44 (0.57%)
6= Unknown	2 (1.7%)	299 (3.9%)
Missing	31 (26.5%)	386 (5.0%)

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

	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	99 (75.6%)	5885 (69.8%)
I am vegetarian	-	142 (1.7%)
I adhere to a vegan diet	-	50 (0.59%)
I eat gluten-free diet	-	73 (0.87%)
I avoid added sugars	29 (22.1%)	1290 (15.3%)
I avoid carbohydrates	17 (13.0%)	477 (5.7%)
I eat a low fat-diet	19 (14.5%)	972 (11.5%)
I am lactose intolerant	-	328 (3.9%)
Other special diet due to intolerances/allergies	1 (0.76%)	171 (2.0%)
Other	4 (3.1%)	603 (7.2%)
No answer given	-	162 (1.9%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	130 (99.2%)	7497 (89.0%)
In a nursing home or other live-in facility	-	287 (3.4%)
I was transferred from another hospital	1 (0.76%)	418 (5.0%)
Other	-	139 (1.6%)
Missing	-	87 (1.0%)
<b>3. In general, are you able to walk?</b>		
Yes	115 (87.8%)	5392 (64.0%)
Yes, with someone's help	5 (3.8%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	5 (3.8%)	1107 (13.1%)
No, I have a wheelchair	1 (0.76%)	355 (4.2%)
No, I am bedridden	1 (0.76%)	548 (6.5%)
Missing	4 (3.1%)	127 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	10 (7.6%)	615 (7.3%)
Good	83 (63.4%)	3078 (36.5%)
Fair	23 (17.6%)	3196 (37.9%)
Poor	12 (9.2%)	1144 (13.6%)
Very poor	2 (1.5%)	254 (3.0%)
Missing	1 (0.76%)	141 (1.7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-7]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-3]	1 [0-2]
... how many nights in total have you spent in hospital?	7 [2-15]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	46 (35.1%)	1638 (19.4%)
3-5	32 (24.4%)	2272 (27.0%)
More than 5	33 (25.2%)	2608 (30.9%)
None	17 (13.0%)	1375 (16.3%)
I do not know	3 (2.3%)	429 (5.1%)
Missing	-	106 (1.3%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	5 (3.8%)	1250 (14.8%)
Yes, public insurance only	112 (85.5%)	4213 (50.0%)
Yes, both	6 (4.6%)	1101 (13.1%)
None	4 (3.1%)	1114 (13.2%)
I prefer not to answer	-	483 (5.7%)
Missing	4 (3.1%)	267 (3.2%)

<b>8. What was your weight 5 years ago?</b>	78 [65-93]	70 [60-83]
I do not know	12 (9.2%)	2268 (26.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	19 (14.5%)	795 (9.4%)
Yes, unintentionally	41 (31.3%)	3179 (37.7%)
No, my weight stayed the same	39 (29.8%)	2488 (29.5%)
No, I gained weight	16 (12.2%)	911 (10.8%)
I do not know	13 (9.9%)	856 (10.2%)
Missing	3 (2.3%)	199 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	5 [4-10]	6 [3-10]
I do not know	3 (5.0%)	672 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	109 (83.2%)	3142 (39.1%)
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<b>11. Please indicate if you ...</b>		
... were weighed at admission	49 (37.4%)	4710 (56.2%)
... were informed about your nutrition status	24 (18.3%)	2651 (32.0%)
... were informed about nutrition care options	13 (9.9%)	2341 (28.3%)
... received special nutrition care	11 (8.5%)	2232 (27.0%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	3 (2.3%)	366 (4.4%)
Normal	107 (81.7%)	5184 (62.0%)
About 3/4 of normal	8 (6.1%)	801 (9.6%)
About half of normal	9 (6.9%)	1028 (12.3%)



About a quarter to nearly nothing	4 (3.1%)	750 (9.0%)
I do not know	-	82 (0.98%)
Missing	-	157 (1.9%)

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

Very satisfied	54 (41.2%)	2303 (27.5%)
Somewhat satisfied	16 (12.2%)	2525 (30.2%)
Neutral	39 (29.8%)	1669 (19.9%)
Dissatisfied	8 (6.1%)	652 (7.8%)
Very dissatisfied	5 (3.8%)	252 (3.0%)
I do not know	9 (6.9%)	712 (8.5%)
Missing	-	255 (3.0%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	5 (3.8%)	910 (10.9%)
Yes, from hospital staff	2 (1.5%)	544 (6.5%)
No	119 (90.8%)	6450 (77.1%)
I do not know	-	107 (1.3%)
Missing	5 (3.8%)	357 (4.3%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	86 (67.2%)	5869 (74.5%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	64 (48.9%)	4051 (48.4%)
1/2	31 (23.7%)	1966 (23.5%)
1/4	14 (10.7%)	1005 (12.0%)
Nothing	22 (16.8%)	975 (11.7%)
Missing	-	371 (4.4%)

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

Standard	79 (60.3%)	5388 (64.4%)
Smaller	3 (2.3%)	778 (9.3%)
Larger	2 (1.5%)	328 (3.9%)
I do not know	29 (22.1%)	848 (10.1%)
Missing	18 (13.7%)	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	20 (29.9%)	570 (14.4%)
I did not like the smell/taste of the food	12 (17.9%)	443 (11.2%)
The food did not fit my cultural/religious preferences	1 (1.5%)	47 (1.2%)
The food was too hot	1 (1.5%)	14 (0.35%)
The food was too cold	1 (1.5%)	86 (2.2%)
Due to food allergy/intolerance	1 (1.5%)	25 (0.63%)
I was not hungry at that time	12 (17.9%)	672 (17.0%)

I do not have my usual appetite	15 (22.4%)	1114 (28.2%)
I have problems chewing/swallowing	7 (10.4%)	225 (5.7%)
I normally eat less than what was served	4 (6.0%)	428 (10.8%)
I had nausea/vomiting	3 (4.5%)	327 (8.3%)
I was too tired	4 (6.0%)	219 (5.5%)
I cannot eat without help	1 (1.5%)	68 (1.7%)
I was not allowed to eat	6 (9.0%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	1 (1.5%)	234 (5.9%)
I did not get requested food	4 (6.0%)	53 (1.3%)
No answer given	1 (1.5%)	481 (12.2%)

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

Water	5 [3-7]	3 [2-5]
Tea	1 [0-1]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	0 [0-0]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 75 (60.0%) 2048 (26.7%)

#### 19b. If yes, what did you eat?

Sweet snacks	10 (13.3%)	501 (24.5%)
Salty snacks	23 (30.7%)	273 (13.3%)
Homemade food	15 (20.0%)	302 (14.7%)
Fruits	28 (37.3%)	724 (35.4%)
Dairy products	15 (20.0%)	212 (10.4%)
Food delivered/restaurant	2 (2.7%)	84 (4.1%)
Sandwich	10 (13.3%)	139 (6.8%)
Other	12 (16.0%)	400 (19.5%)

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

Increased	11 (8.4%)	1138 (13.6%)
Decreased	46 (35.1%)	2694 (32.2%)
Stayed the same	57 (43.5%)	3504 (41.9%)
I do not know	12 (9.2%)	582 (7.0%)
Missing	5 (3.8%)	450 (5.4%)

#### 21. TODAY I feel...

Stronger than at admission	34 (26.0%)	3635 (43.4%)
Weaker than at admission	18 (13.7%)	1458 (17.4%)
Same as at admission	66 (50.4%)	2363 (28.2%)

I was admitted today	7 (5.3%)	236 (2.8%)
I do not know	5 (3.8%)	454 (5.4%)
Missing	1 (0.76%)	222 (2.7%)

**22. Can you walk without assistance TODAY?**

Yes	120 (91.6%)	4925 (58.9%)
No, only with assistance	4 (3.1%)	2067 (24.7%)
No, I stay in bed	6 (4.6%)	929 (11.1%)
Missing	1 (0.76%)	447 (5.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	79 (62.2%)	5634 (69.0%)
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## V. Oncology: Unit organisation and structures ("Sheet 1 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of units with cancer patients:</b>	3	113
<b>Computerized system in hospital:</b>	3 units (100%) YES	109 units (96%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	- units (00%) YES	95 units (84%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	-	56 (49.6%)
When patient asks	-	29 (25.7%)
When body weight loss > 10%	-	39 (34.5%)
During palliative phase	-	33 (29.2%)
Other	-	6 (5.31%)
Missing	3 (100%)	17 (15.0%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	3 (100%)	7 (6.19%)
No knowledge of the field	-	7 (6.19%)
No reimbursement	3 (100%)	7 (6.19%)
It feeds the tumour	-	1 (0.88%)
Other	-	4 (3.54%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	-	64 (56.6%)
Calculation of energy needs	1 (33,3%)	82 (72.6%)
Monitoring patients intake and use of oral supplements	2 (66,7%)	99 (87.6%)
None	1 (33,3%)	4 (3.54%)
Other	-	5 (4.42%)
Missing	-	2 (1.77%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	1 (33,3%)	2 (1.77%)
Lack of experience	-	6 (5.31%)
No reimbursement	1 (33,3%)	3 (2.65%)
Lack of dietitians	2 (66,7%)	8 (7.08%)
Lack of other experts	1 (33,3%)	3 (2.65%)
Other	-	1 (0.88%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

**Anthropometry/Body composition:****Body weight**

Regularly	2 (66,7%)	75 (66.4%)
At chemotherapy	-	12 (10.6%)
When necessary	1 (33,3%)	23 (20.4%)
Never	-	1 (0.88%)
Unknown	-	1 (0.88%)
Missing	-	1 (0.88%)

**Anthropometrics (circumference)**

Regularly	1 (33,3%)	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	2 (66,7%)	40 (35.4%)
Never	-	53 (46.9%)
Unknown	-	1 (0.88%)
Missing	-	6 (5.31%)

**BIA**

Regularly	-	5 (4.42%)
At chemotherapy	-	-
When necessary	3 (100%)	23 (20.4%)
Never	-	77 (68.1%)
Unknown	-	3 (2.65%)
Missing	-	5 (4.42%)

**CT SCAN**

Regularly	-	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	2 (66,7%)	29 (25.7%)
Never	1 (33,3%)	70 (61.9%)
Unknown	-	3 (2.65%)
Missing	-	4 (3.54%)

**DEXA**

Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	-	15 (13.3%)
Never	3 (100%)	83 (73.5%)
Unknown	-	8 (7.08%)
Missing	-	5 (4.42%)

**Other (body composition)**

Regularly	-	1 (0.88%)
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At chemotherapy	-	-
When necessary	1 (33,3%)	16 (14.2%)
Never	2 (66,7%)	40 (35.4%)
Unknown	-	19 (16.8%)
Missing	-	37 (32.7%)

### Body function:

#### Handgrip

Regularly	-	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	1 (33,3%)	36 (31.9%)
Never	2 (66,7%)	60 (53.1%)
Unknown	-	4 (3.54%)
Missing	-	6 (5.31%)

#### 6-minutes walking test

Regularly	-	3 (2.65%)
At chemotherapy	-	-
When necessary	1 (33,3%)	32 (28.3%)
Never	2 (66,7%)	66 (58.4%)
Unknown	-	5 (4.42%)
Missing	-	7 (6.19%)

#### Other (body function)

Regularly	-	4 (3.54%)
At chemotherapy	-	-
When necessary	1 (33,3%)	22 (19.5%)
Never	2 (66,7%)	45 (39.8%)
Unknown	-	15 (13.3%)
Missing	-	27 (23.9%)

#### Nutritional requirements, calculated

Regularly	-	32 (28.3%)
At chemotherapy	-	-
When necessary	1 (33,3%)	64 (56.6%)
Never	2 (66,7%)	5 (4.42%)
Unknown	-	-
Missing	-	12 (10.6%)

#### Nutritional intake:

##### Every meal

Regularly	-	31 (27.4%)
At chemotherapy	-	1 (0.88%)
When necessary	1 (33,3%)	49 (43.4%)

Never	2 (66,7%)	13 (11.5%)
Unknown	-	6 (5.31%)
Missing	-	13 (11.5%)
<b>1 meal per day</b>		
Regularly	-	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	-	34 (30.1%)
Never	2 (66,7%)	19 (16.8%)
Unknown	-	9 (7.96%)
Missing	1 (33,3%)	38 (33.6%)
<b>2 meals per day</b>		
Regularly	-	12 (10.6%)
At chemotherapy	-	-
When necessary	1 (33,3%)	33 (29.2%)
Never	2 (66,7%)	20 (17.7%)
Unknown	-	9 (7.96%)
Missing	-	39 (34.5%)
<b>24h recall</b>		
Regularly	-	27 (23.9%)
At chemotherapy	-	2 (1.77%)
When necessary	-	40 (35.4%)
Never	3 (100%)	12 (10.6%)
Unknown	-	7 (6.19%)
Missing	-	25 (22.1%)
<b>Other (nutritional intake)</b>		
Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	-	16 (14.2%)
Never	3 (100%)	22 (19.5%)
Unknown	-	17 (15.0%)
Missing	-	56 (49.6%)
<b>Questionnaire completed by</b>		
Dietitian	-	40 (35.4%)
Nurse	-	29 (25.7%)
Physician	3 (100%)	38 (33.6%)
Nutritional scientist	-	5 (4.42%)
Other	-	-
Missing	-	1 (0.88%)

## V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of patients completing Sheet 2_onco:</b>	8	959
<b>Demographic data:</b>		
Age (years)	62 [19-75]	66 [18-96]
Female gender	1 (12,5%)	378 (39.4%)
Weight (kg)	74,7 ± 14,3	65.1 ± 16.5
Height (cm)	173,5 ± 8,7	165.9 ± 9.9
BMI (kg/m2)	25,1 ± 4,7	23.7 ± 4.7
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	-	63 (6.57%)
Ward (w)	8 (100%)	892 (93.0%)
Missing	-	4 (0.42%)
<b>Goal of Therapy</b>		
Curative	4 (50,0%)	554 (57.8%)
Palliative	3 (37,5%)	343 (35.8%)
Terminal	-	37 (3.86%)
Missing	1 (12,5%)	25 (2.61%)
<b>Reason for admission</b>		
Clinical diagnostics	2 (25,0%)	104 (10.8%)
Therapy	7 (87,5%)	469 (48.9%)
Surgery related	1 (12,5%)	200 (20.9%)
Treatment complications	1 (12,5%)	119 (12.4%)
Poor health status	-	118 (12.3%)
Independent care difficult	-	6 (0.63%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	-	51 (5.32%)
Colon, rectum	2 (25,0%)	163 (17.0%)
Prostate	-	29 (3.02%)
Lung	-	75 (7.82%)
Skin	-	4 (0.42%)
Kidney/bladder	-	30 (3.13%)
Gastric/oesophageal	1 (12,5%)	144 (15.0%)
Pancreas	-	63 (6.57%)
Lymphoma	-	94 (9.80%)
Ears nose throat (ENT)	5 (62,5%)	41 (4.28%)
Leukaemia	-	74 (7.72%)
Genital tract	-	32 (3.34%)



Liver	-	103 (10.7%)
Sarcoma	-	8 (0.83%)
Brain	-	11 (1.15%)
Testicular	-	-
Other	-	73 (7.61%)
Missing	-	11 (1.15%)

### Time since diagnosis

0-2 months	3 (37,5%)	344 (35.9%)
3-5 months	-	159 (16.6%)
6-12 months	2 (25,0%)	152 (15.8%)
1-2 years	3 (37,5%)	118 (12.3%)
2-4 years	-	77 (8.03%)
> 4 years	-	87 (9.07%)
Missing	-	19 (1.98%)

### Cancer staging

0=Carcinoma in situ	1 (12,5%)	35 (3.65%)
I=Localized	2 (25,0%)	202 (21.1%)
II=Early locally advanced	3 (37,5%)	159 (16.6%)
III=Late locally advanced	2 (25,0%)	168 (17.5%)
IV=Metastasised	-	287 (29.9%)
Missing	-	108 (11.3%)

### Time since first therapy start

No therapy	-	125 (13.0%)
Tumour staging/diagnosis	4 (50,0%)	63 (6.57%)
0-2 months	1 (12,5%)	267 (27.8%)
3-5 months	1 (12,5%)	128 (13.3%)
6-12 months	3 (37,5%)	135 (14.1%)
1-2 years	-	90 (9.38%)
2-4 years	1 (12,5%)	59 (6.15%)
> 4 years	-	98 (10.2%)
Missing	-	16 (1.67%)

### Therapy situation

Diagnosis	2 (25,0%)	107 (11.2%)
Chemotherapy 1st line	3 (37,5%)	175 (18.2%)
Chemotherapy > 1st line	1 (12,5%)	142 (14.8%)
Radiotherapy	3 (37,5%)	67 (6.99%)
Target therapy	-	30 (3.13%)
Hormone therapy	-	12 (1.25%)
Palliative	-	108 (11.3%)
Surgery	1 (12,5%)	322 (33.6%)

Cancer related complications	1 (12,5%)	57 (5.94%)
Therapy related complications	-	36 (3.75%)
Missing	-	13 (1.36%)

### Infections

None	7 (87,5%)	731 (76.2%)
Local	-	136 (14.2%)
General	-	70 (7.30%)
Missing	1 (12,5%)	22 (2.29%)

### Nutrition Treatment

No special diet	8 (100%)	453 (47.2%)
Individualized diet plan	-	228 (23.8%)
Energy rich/protein rich ONS	-	120 (12.5%)
Enteral nutrition (via NGT/PEG)	-	52 (5.42%)
Parenteral nutrition	-	128 (13.3%)
ONS enriched with special nutrients	-	19 (1.98%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	7 (0.73%)
Personal preferences	1 (12,5%)	109 (11.4%)
Counselling	-	54 (5.63%)
Other	-	27 (2.82%)
Missing	-	-

## V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of patients completing Sheet 3_onco:</b>	8	951
<b>Body weight prior to becoming ill</b>	81 [67-105]	70 [22-180]
<b>Actual body weight</b>	69 [55-93]	63 [21-128]
<b>Change in weight was</b>		
Intentional	-	31 (3.23%)
Unintentional	3 (37,5%)	607 (63.3%)
Weight is stable	5 (62,5%)	154 (16.1%)
Missing	-	30 (3.13%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	2 (25,0%)	329 (34.3%)
A little	-	263 (27.4%)
Quite a bit	1 (12,5%)	161 (16.8%)
Very much	5 (62,5%)	107 (11.2%)
Missing	-	87 (9.07%)
<b>Patients who needed a rest:</b>		
Not at all	2 (25,0%)	230 (24.0%)
A little	2 (25,0%)	279 (29.1%)
Quite a bit	1 (12,5%)	212 (22.1%)
Very much	3 (37,5%)	125 (13.0%)
Missing	-	95 (9.91%)
<b>Patients who felt weak:</b>		
Not at all	2 (25,0%)	228 (23.8%)
A little	2 (25,0%)	266 (27.7%)
Quite a bit	3 (37,5%)	224 (23.4%)
Very much	1 (12,5%)	135 (14.1%)
Missing	-	92 (9.59%)
<b>Patients who felt depressed:</b>		
Not at all	-	348 (36.3%)
A little	5 (62,5%)	303 (31.6%)
Quite a bit	1 (12,5%)	125 (13.0%)
Very much	2 (25,0%)	72 (7.51%)
Missing	-	89 (9.28%)
<b>Patients who were tired:</b>		

Not at all	1 (12,5%)	241 (25.1%)
A little	5 (62,5%)	283 (29.5%)
Quite a bit	-	213 (22.2%)
Very much	2 (25,0%)	116 (12.1%)
Missing	-	89 (9.28%)

#### **Patients whose pain interfered with their daily activities:**

Not at all	2 (25,0%)	373 (38.9%)
A little	4 (50,0%)	220 (22.9%)
Quite a bit	1 (12,5%)	142 (14.8%)
Very much	1 (12,5%)	110 (11.5%)
Missing	-	94 (9.80%)

#### **Patients who lacked appetite:**

Not at all	3 (37,5%)	347 (36.2%)
A little	3 (37,5%)	238 (24.8%)
Quite a bit	1 (12,5%)	149 (15.5%)
Very much	1 (12,5%)	113 (11.8%)
Missing	-	95 (9.91%)

#### **Just now**

#### **Patients who have pain:**

Not at all	5 (62,5%)	375 (39.1%)
A little	-	304 (31.7%)
Quite a bit	1 (12,5%)	122 (12.7%)
Very much	2 (25,0%)	45 (4.69%)
Missing	-	98 (10.2%)

#### **Patients who need a rest:**

Not at all	4 (50,0%)	192 (20.0%)
A little	1 (12,5%)	322 (33.6%)
Quite a bit	1 (12,5%)	230 (24.0%)
Very much	2 (25,0%)	98 (10.2%)
Missing	-	96 (10.0%)

#### **Patients who feel weak:**

Not at all	4 (50,0%)	209 (21.8%)
A little	1 (12,5%)	313 (32.6%)
Quite a bit	-	219 (22.8%)
Very much	3 (37,5%)	99 (10.3%)
Missing	-	98 (10.2%)

#### **Patients who are depressed:**

Not at all	4 (50,0%)	375 (39.1%)
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A little	1 (12,5%)	314 (32.7%)
Quite a bit	2 (25,0%)	116 (12.1%)
Very much	1 (12,5%)	39 (4.07%)
Missing	-	96 (10.0%)

#### Patients who are tired:

Not at all	5 (62,5%)	222 (23.1%)
A little	-	343 (35.8%)
Quite a bit	1 (12,5%)	197 (20.5%)
Very much	2 (25,0%)	82 (8.55%)
Missing	-	94 (9.80%)

#### Patients whose pain interferes with their daily activities:

Not at all	5 (62,5%)	339 (35.3%)
A little	-	259 (27.0%)
Quite a bit	1 (12,5%)	154 (16.1%)
Very much	2 (25,0%)	80 (8.34%)
Missing	-	100 (10.4%)

#### Patients who lack appetite:

Not at all	6 (75,0%)	327 (34.1%)
A little	-	264 (27.5%)
Quite a bit	-	157 (16.4%)
Very much	2 (25,0%)	92 (9.59%)
Missing	-	99 (10.3%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	1 (12,5%)	154 (16.1%)
Inflammation in mouth	-	55 (5.74%)
Pain	-	116 (12.1%)
Constipation	-	64 (6.67%)
Diarrhea	-	42 (4.38%)
Change in taste/smell	-	104 (10.8%)
Early satiation/Loss of appetite	1 (12,5%)	217 (22.6%)
Other	2 (25,0%)	165 (17.2%)
Missing	1 (12,5%)	45 (4.69%)

#### Maximum activity performed by patients

Able to do sports	-	38 (3.96%)
Fully active	2 (25,0%)	125 (13.0%)
Able to carry out light activities	4 (50,0%)	184 (19.2%)
Able to carry out self care	1 (12,5%)	215 (22.4%)
Able to carry out limited self care	1 (12,5%)	146 (15.2%)
Confined to bed or chair	-	142 (14.8%)

Missing	-	96 (10.0%)
<b>Patient takes additional (without prescription)</b>		
Nothing	4 (50,0%)	611 (63.7%)
Herbal tea	2 (25,0%)	75 (7.82%)
Nutritional supplements	1 (12,5%)	61 (6.36%)
Multivitamin	-	37 (3.86%)
Other medication	1 (12,5%)	44 (4.59%)
Other	-	49 (5.11%)
Missing	-	116 (12.1%)
<b>Additional activities performed</b>		
Nothing	5 (62,5%)	710 (74.0%)
Psychotherapy	-	17 (1.77%)
Yoga	-	9 (0.94%)
Meditation	-	21 (2.19%)
Progressive muscle relaxation	-	14 (1.46%)
Qigong	-	1 (0.10%)
Other	3 (37,5%)	68 (7.09%)
Missing	-	129 (13.5%)
<b>Patients having difficulties in complying with treatment</b>	1 (12,5%)	181 (18.9%)
<b>Patients needing help to complete questionnaire</b>	7 (87,5%)	545 (56.8%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>	4 (50,0%)	549 (57.2%)