



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
Croatia

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:	17
Number of patients on nutritionDay:	245
Number of patients who gave consent:	230
Number of patients completing Sheet 3a:	228
Number of patients completing Sheet 3b:	225
Number of patients with 30-day outcome assessment:	219

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	432 [271-1040]	305 [180-526]
2. Total number of admissions in the hospital last year	36125 [27659-44590]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	125 [6-357]	162 [65-328]
Medical specialists	176 [89-333]	108 [44-210]
Medical non-specialists	67 [35-138]	35 [12-81]
Nurses	306 [32-781]	346 [124-710]
Dieticians	1 [1-2]	4 [1-8]
Nutritionists	1 [1-1]	1 [0-4]
Pharmacists	7 [4-8]	6 [3-14]
Kitchen staff	56 [28-97]	28 [11-55]
Full time equivalent		
Total medical doctors	126 [67-184]	126 [56-296]
Medical specialists	92 [50-134]	88 [44-210]
Medical non-specialists	67 [38-138]	33 [11-83]
Nurses	571 [290-990]	317 [123-726]
Dieticians	1 [1-2]	4 [1-7]
Nutritionists	1 [1-1]	1 [0-4]
Pharmacists	4 [2-5]	5 [2-11]
Kitchen staff	28 [14-42]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	3 (75.0%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (25.0%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	2 (50.0%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	2 (50.0%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	1 (25.0%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (25.0%) Yes	250 (70.6%) Yes
None	1 (25.0%) Yes	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	3 (75.0%) Yes	175 (49.4%) Yes
Oral nutrition supplements	4 (100%) Yes	141 (39.8%) Yes

Parenteral nutrition	3 (75.0%) Yes	202 (57.1%) Yes
Enteral nutrition	3 (75.0%) Yes	167 (47.2%) Yes
Dietary counseling	2 (50.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	1 (25.0%) Yes	104 (29.4%) Yes
Screening for malnutrition	2 (50.0%) Yes	88 (24.9%) Yes
Risk of malnutrition	2 (50.0%) Yes	90 (25.4%) Yes
Malnutrition (in general)	2 (50.0%) 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	-	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	2 (50.0%) Yes	177 (50.0%) Yes
Enteral nutrition	3 (75.0%) Yes	145 (41.0%) Yes
Dietary counseling	-	88 (24.9%) Yes
Specific dietary interventions	-	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)	-	126 (35.6%) Yes
No information available from billing/finance/controlling	1 (25.0%) 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	1 (5.9%)	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	-	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	-	35 (7.6%)
Interdisciplinary	-	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	1 (5.9%)	14 (3.1%)
Surgery / General	3 (17.6%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (5.9%)	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	1 (5.9%)	10 (2.2%)
Pediatrics	7 (41.2%)	-
Psychiatry	-	3 (0.7%)
Others	3 (17.6%)	48 (10.5%)
2. Number of registered inpatients at noon	16 [13-18]	24 [17-35]
3. Total bed capacity of the unit	24 [14-25]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	4 [3-5]	4 [2-8]
Nurses	5 [4-11]	5 [4-8]
Nursing aides	1 [0-4]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]
In training		
Medical doctors	2 [1-3]	1 [0-3]
Medical students	0 [0-0]	1 [0-2]
Nurses	0 [0-1]	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?	6 (37.5%) Yes	323 (73.6%) Yes
6. Does the unit have a nutrition care strategy?	11 (68.8%) Yes	316 (72.0%) Yes
7. Is there a person in your unit responsible for nutrition care?	11 (68.8%) Yes	317 (72.2%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	14 (87.5%) Yes	395 (90.0%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	14 (87.5%) 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	4 (23.5%) Yes	43 (9.4%) Yes
Weighing / BMI only	9 (52.9%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	2 (11.8%) Yes	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	1 (5.9%) Yes	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	1 (5.9%)	20 (4.4%)
During hospital stay		
No routine monitoring	2 (11.8%) Yes	43 (9.4%) Yes
No fixed criteria	-	44 (9.6%) Yes
Experience / visual assessment only	2 (11.8%) Yes	90 (19.6%) Yes
Weighing / BMI only	11 (64.7%) Yes	132 (28.8%) Yes
Other formal tool	1 (5.9%) Yes	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	1 (5.9%)	20 (4.4%)
11a. Do you routinely use guidelines or standards for nutrition care?	16 (100%) Yes	343 (78.7%) Yes

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

International guidelines	2 (12.5%) Yes	86 (25.1%) Yes
National guidelines	7 (43.8%) Yes	56 (16.3%) Yes
Standards on hospital level	6 (37.5%) Yes	115 (33.5%) Yes
Standards on unit level	-	23 (6.7%) Yes
Individual patient nutrition care plans	-	56 (16.3%) Yes
Other	1 (6.3%) Yes	4 (1.2%) Yes
Missing	-	3 (0.87%)

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

Watchful waiting	7 (41.2%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	5 (29.4%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	9 (52.9%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	11 (64.7%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (58.8%) Yes	285 (62.1%) Yes
Consult a medical professional	8 (47.1%) Yes	172 (37.5%) Yes
Calculate energy requirements	7 (41.2%) Yes	232 (50.5%) Yes
Calculate protein requirements	7 (41.2%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	3 (17.6%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	4 (23.5%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	3 (17.6%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	6 (35.3%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (29.4%) Yes	284 (61.9%) Yes
Consult a medical professional	3 (17.6%) Yes	183 (39.9%) Yes
Calculate energy requirements	1 (5.9%) Yes	261 (56.9%) Yes
Calculate protein requirements	1 (5.9%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	8 (47.1%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	10 (58.8%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	6 (35.3%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	7 (41.2%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (47.1%) Yes	73 (15.9%) Yes
Consult a medical professional	11 (64.7%) Yes	101 (22.0%) Yes
Calculate energy requirements	9 (52.9%) Yes	50 (10.9%) Yes
Calculate protein requirements	8 (47.1%) 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	3 (17.6%) Yes	31 (6.8%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	-	49 (10.7%) Yes
Calculate energy requirements	3 (17.6%) Yes	50 (10.9%) Yes
Calculate protein requirements	4 (23.5%) Yes	54 (11.8%) Yes

I do not know

Watchful waiting	1 (5.9%) Yes	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	1 (5.9%) Yes	10 (2.2%) Yes
Develop an individual nutrition care plan	1 (5.9%) Yes	5 (1.1%) Yes
Initiate treatment / nutrition intervention	1 (5.9%) Yes	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (5.9%) Yes	4 (0.87%) Yes
Consult a medical professional	1 (5.9%) Yes	18 (3.9%) Yes
Calculate energy requirements	1 (5.9%) Yes	11 (2.4%) Yes
Calculate protein requirements	1 (5.9%) Yes	13 (2.8%) Yes

13. When do you routinely weigh your patients?

at admission	13 (76.5%) Yes	291 (63.4%) Yes
Within 24 hours	-	64 (13.9%) Yes
Within 48 hours	-	20 (4.4%) Yes
Within 72 hours	-	13 (2.8%) Yes
Every week	1 (5.9%) Yes	152 (33.1%) Yes
Occasionally	9 (52.9%) Yes	59 (12.9%) Yes
When requested	5 (29.4%) Yes	207 (45.1%) Yes
At discharge	7 (41.2%) 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	8 (47.1%) Yes	338 (73.6%) Yes
Offer meal choices	6 (35.3%) Yes	336 (73.2%) Yes
Offer different portion sizes	6 (35.3%) Yes	282 (61.4%) Yes
Consider food presentation	6 (35.3%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	11 (64.7%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	14 (82.4%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	7 (41.2%) Yes	51 (11.1%) Yes
Promote positive eating environment	6 (35.3%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	6 (35.3%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	6 (35.3%) Yes	214 (46.6%) Yes
Other	5 (29.4%) Yes	29 (6.3%) Yes
I do not know	-	6 (1.3%) Yes
No answer given	1 (5.9%)	20 (4.4%)

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

Nutrition training is available	8 (47.1%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	5 (29.4%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	6 (35.3%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	8 (47.1%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (17.6%) Yes	291 (63.4%) Yes
None	4 (23.5%) Yes	21 (4.6%) Yes
I do not know	1 (5.9%) Yes	11 (2.4%) Yes
No answer given	1 (5.9%)	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	16 (94.1%) Yes	358 (78.0%) Yes
Eating habits/difficulties	12 (70.6%) Yes	336 (73.2%) Yes
Nutrition before admission	14 (82.4%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	1 (5.9%)	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	6 (35.3%) Yes	323 (70.4%) Yes
nutrition treatment	8 (47.1%) Yes	270 (58.8%) Yes
None	6 (35.3%) Yes	30 (6.5%) Yes
I do not know	8 (47.1%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	7 (41.2%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	9 (52.9%) Yes	258 (56.2%) Yes
None	6 (35.3%) Yes	56 (12.2%) Yes
I do not know	4 (23.5%) Yes	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (21.4%) Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	1 (5.9%) Yes	117 (25.5%) Yes
Dietician	8 (47.1%) Yes	236 (51.4%) Yes
Nurse	7 (41.2%) Yes	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	230	8743
Age	14 [5-36]	67 [53-78]
Female	103 (44.8%)	4410 (50.4%)
Weight	50.0±30.8	69.1±18.8
Height	154±26	164±10
BMI	21.0±7.0	25.5±6.0

1. This hospital admission was...

planned	163 (70.9%)	3052 (34.9%)
an emergency	61 (26.5%)	5037 (57.6%)
I do not know	6 (2.6%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	-	801 (9.2%)
0200 Neoplasms	15 (6.5%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	5 (2.2%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	20 (8.7%)	1043 (11.9%)
0500 Mental health	50 (21.7%)	333 (3.8%)
0600 Nervous system	55 (23.9%)	762 (8.7%)
0700 Eye and adnexa	3 (1.3%)	131 (1.5%)
0800 Ear and mastoid process	2 (0.87%)	70 (0.80%)
0900 Circulatory system	30 (13.0%)	1723 (19.7%)
1000 Respiratory system	58 (25.2%)	1358 (15.5%)
1100 Digestive system	63 (27.4%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	10 (4.3%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	51 (22.2%)	1276 (14.6%)
1400 Genitourinary system	22 (9.6%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	6 (2.6%)	123 (1.4%)
1600 Conditions originating in the perinatal period	26 (11.3%)	21 (0.24%)
1700 Congenital/chromosomal abnormalities	18 (7.8%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (0.43%)	391 (4.5%)
1900 Injury, poisoning	5 (2.2%)	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	8 (3.5%)	1569 (22.2%)
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Myocardial infarction	-	394 (5.8%)
Chronic lung disease	33 (14.5%)	1080 (15.5%)
Cerebral vascular disease	40 (17.6%)	745 (10.9%)
Peripheral vascular disease	43 (18.9%)	869 (12.6%)
Chronic liver disease	-	441 (6.5%)
Chronic kidney disease	5 (2.2%)	821 (11.9%)
Diabetes	20 (8.8%)	1899 (26.8%)
Cancer	36 (15.8%)	1733 (24.8%)
Infection	34 (14.9%)	1103 (15.8%)
Dementia	-	374 (5.5%)
Major depressive disorder	-	377 (5.6%)
Other chronic mental disorder	52 (22.8%)	378 (5.6%)
Other chronic disease	52 (23.1%)	1968 (27.8%)
None	111 (48.3%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	52 (22.6%)	1743 (19.9%)
Yes, acute	8 (3.5%)	539 (6.2%)
No	138 (60.0%)	6145 (70.3%)
I do not know	30 (13.0%)	126 (1.4%)
Missing	2 (0.87%)	190 (2.2%)

Days since operation	2 [1-7]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	15 (6.5%)	738 (8.4%)
Yes, later	19 (8.3%)	513 (5.9%)
No	128 (55.7%)	6496 (74.3%)
I do not know	55 (23.9%)	414 (4.7%)
Missing	13 (5.7%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	24 (10.4%)	934 (10.7%)
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6. Is this patient terminally ill?	1 (0.43%)	630 (7.2%)
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7. Fluid status

Normal	179 (77.8%)	6866 (78.5%)
Overloaded	5 (2.2%)	500 (5.7%)
Dehydrated	9 (3.9%)	450 (5.1%)
I do not know	37 (16.1%)	927 (10.6%)
Missing	-	-

8. Number of different medications planned

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

Malnourished	22 (9.6%)	871 (10.0%)
At risk	19 (8.3%)	1543 (17.6%)
No	156 (67.8%)	5642 (64.5%)
I do not know	33 (14.3%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	28 (12.2%)	3469 (39.7%)
5% Glucose solution	10 (4.3%)	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	156 (67.8%)	4849 (55.5%)
Fortified/enriched hospital food	4 (1.7%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	23 (10.0%)	998 (11.4%)
Enteral nutrition	22 (9.6%)	485 (5.5%)
Parenteral nutrition	5 (2.2%)	479 (5.5%)
Special diet	44 (19.1%)	3072 (35.1%)
None	31 (13.5%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	3 (1.3%)	734 (8.4%)
Peripheral venous access	12 (5.2%)	4122 (47.1%)
Nasogastric	41 (17.8%)	258 (3.0%)
Nasojejunal	-	38 (0.43%)
Nasoduodenal	-	22 (0.25%)
Enterostoma	4 (1.7%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	4 (1.7%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	27 (0.31%)
None	171 (74.3%)	3894 (44.5%)

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

Yes, previously	1 (0.43%)	87 (1.00%)
Yes, ongoing	-	80 (0.92%)
No	180 (78.3%)	7278 (83.2%)
I do not know	29 (12.6%)	846 (9.7%)
Missing	20 (8.7%)	452 (5.2%)

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

Energy requirements were determined	89 (38.7%)	3103 (35.5%)
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Protein requirements were determined	53 (23.0%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	52 (22.6%)	3893 (44.5%)
Nutrition treatment plan was developed	59 (25.7%)	3013 (34.5%)
Nutrition expert was consulted	54 (23.5%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	53 (23.0%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	13 (5.7%)	268 (3.1%)
500-999 kcal	21 (9.1%)	93 (1.1%)
1000-1499 kcal	13 (5.7%)	884 (10.1%)
1500-1999 kcal	61 (26.5%)	2574 (29.4%)
>=2000 kcal	112 (48.7%)	958 (11.0%)
Not determined	5 (2.2%)	3200 (36.6%)
I do not know	5 (2.2%)	730 (8.3%)
Missing	-	36 (0.41%)

15b. Energy intake

< 500 kcal	19 (8.3%)	530 (6.1%)
500-999 kcal	28 (12.2%)	483 (5.5%)
1000-1499 kcal	35 (15.2%)	1101 (12.6%)
1500-1999 kcal	71 (30.9%)	1928 (22.1%)
>=2000 kcal	68 (29.6%)	584 (6.7%)
Not determined	4 (1.7%)	2964 (33.9%)
I do not know	5 (2.2%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	83 (36.1%)	4436 (50.7%)
Deteriorated	17 (7.4%)	485 (5.5%)
Remained the same	94 (40.9%)	2411 (27.6%)
This patient has just been admitted	12 (5.2%)	555 (6.3%)
I do not know	24 (10.4%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	6 [4-13]	12 [6-24]
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Outcome Code

1= Still in the hospital	60 (26.1%)	748 (8.6%)
2= Transferred to another hospital	1 (0.43%)	211 (2.4%)
3= Transferred to long term care	1 (0.43%)	360 (4.1%)
4= Rehabilitation	-	486 (5.6%)
5= Discharged home	156 (67.8%)	6417 (73.4%)
6= Death	-	260 (3.0%)

7= Others	1 (0.43%)	173 (2.0%)
Missing	11 (4.8%)	88 (1.0%)

Readmitted since ND

1= No	128 (81.0%)	6055 (78.3%)
2= Yes, same hospital planned	23 (14.6%)	457 (5.9%)
3= Yes, same hospital unplanned	5 (3.2%)	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	-	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	195 (85.5%)	5885 (69.8%)
I am vegetarian	2 (0.88%)	142 (1.7%)
I adhere to a vegan diet	-	50 (0.59%)
I eat gluten-free diet	2 (0.88%)	73 (0.87%)
I avoid added sugars	11 (4.8%)	1290 (15.3%)
I avoid carbohydrates	2 (0.88%)	477 (5.7%)
I eat a low fat-diet	2 (0.88%)	972 (11.5%)
I am lactose intolerant	3 (1.3%)	328 (3.9%)
Other special diet due to intolerances/allergies	-	171 (2.0%)
Other	18 (7.9%)	603 (7.2%)
No answer given	4 (1.8%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	155 (68.0%)	7497 (89.0%)
In a nursing home or other live-in facility	1 (0.44%)	287 (3.4%)
I was transferred from another hospital	43 (18.9%)	418 (5.0%)
Other	23 (10.1%)	139 (1.6%)
Missing	6 (2.6%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	135 (59.2%)	5392 (64.0%)
Yes, with someone's help	19 (8.3%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	13 (5.7%)	1107 (13.1%)
No, I have a wheelchair	10 (4.4%)	355 (4.2%)
No, I am bedridden	45 (19.7%)	548 (6.5%)
Missing	6 (2.6%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	29 (12.7%)	615 (7.3%)
Good	85 (37.3%)	3078 (36.5%)
Fair	36 (15.8%)	3196 (37.9%)
Poor	70 (30.7%)	1144 (13.6%)
Very poor	7 (3.1%)	254 (3.0%)
Missing	1 (0.44%)	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 [2-10]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-1]	1 [0-2]
... how many nights in total have you spent in hospital?	0 [0-5]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	73 (32.0%)	1638 (19.4%)
3-5	54 (23.7%)	2272 (27.0%)
More than 5	54 (23.7%)	2608 (30.9%)
None	6 (2.6%)	1375 (16.3%)
I do not know	34 (14.9%)	429 (5.1%)
Missing	7 (3.1%)	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	40 (17.5%)	1250 (14.8%)
Yes, public insurance only	63 (27.6%)	4213 (50.0%)
Yes, both	84 (36.8%)	1101 (13.1%)
None	1 (0.44%)	1114 (13.2%)
I prefer not to answer	20 (8.8%)	483 (5.7%)
Missing	20 (8.8%)	267 (3.2%)

8. What was your weight 5 years ago?		
	82 [65-95]	70 [60-83]
I do not know	102 (44.7%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	7 (3.1%)	795 (9.4%)
Yes, unintentionally	36 (15.8%)	3179 (37.7%)
No, my weight stayed the same	61 (26.8%)	2488 (29.5%)
No, I gained weight	37 (16.2%)	911 (10.8%)
I do not know	79 (34.6%)	856 (10.2%)
Missing	8 (3.5%)	199 (2.4%)

9b. If yes, how many kg did you lose?		
	5 [3-9]	6 [3-10]
I do not know	6 (14.0%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)		
	102 (47.0%)	3142 (39.1%)

11. Please indicate if you ...		
... were weighed at admission	138 (60.8%)	4710 (56.2%)
... were informed about your nutrition status	23 (10.2%)	2651 (32.0%)
... were informed about nutrition care options	21 (9.3%)	2341 (28.3%)
... received special nutrition care	26 (11.5%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	9 (4.0%)	366 (4.4%)
Normal	154 (68.4%)	5184 (62.0%)
About 3/4 of normal	19 (8.4%)	801 (9.6%)
About half of normal	19 (8.4%)	1028 (12.3%)

About a quarter to nearly nothing	4 (1.8%)	750 (9.0%)
I do not know	19 (8.4%)	82 (0.98%)
Missing	1 (0.44%)	157 (1.9%)

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

Very satisfied	38 (16.9%)	2303 (27.5%)
Somewhat satisfied	63 (28.0%)	2525 (30.2%)
Neutral	45 (20.0%)	1669 (19.9%)
Dissatisfied	11 (4.9%)	652 (7.8%)
Very dissatisfied	3 (1.3%)	252 (3.0%)
I do not know	62 (27.6%)	712 (8.5%)
Missing	3 (1.3%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	25 (11.1%)	910 (10.9%)
Yes, from hospital staff	55 (24.4%)	544 (6.5%)
No	89 (39.6%)	6450 (77.1%)
I do not know	33 (14.7%)	107 (1.3%)
Missing	23 (10.2%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)	136 (66.7%)	5869 (74.5%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	136 (60.4%)	4051 (48.4%)
1/2	51 (22.7%)	1966 (23.5%)
1/4	14 (6.2%)	1005 (12.0%)
Nothing	10 (4.4%)	975 (11.7%)
Missing	14 (6.2%)	371 (4.4%)

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

Standard	173 (76.9%)	5388 (64.4%)
Smaller	6 (2.7%)	778 (9.3%)
Larger	1 (0.44%)	328 (3.9%)
I do not know	23 (10.2%)	848 (10.1%)
Missing	22 (9.8%)	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	7 (9.3%)	570 (14.4%)
I did not like the smell/taste of the food	7 (9.3%)	443 (11.2%)
The food did not fit my cultural/religious preferences	-	47 (1.2%)
The food was too hot	-	14 (0.35%)
The food was too cold	1 (1.3%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	7 (9.3%)	672 (17.0%)

I do not have my usual appetite	5 (6.7%)	1114 (28.2%)
I have problems chewing/swallowing	-	225 (5.7%)
I normally eat less than what was served	4 (5.3%)	428 (10.8%)
I had nausea/vomiting	4 (5.3%)	327 (8.3%)
I was too tired	4 (5.3%)	219 (5.5%)
I cannot eat without help	6 (8.0%)	68 (1.7%)
I was not allowed to eat	8 (10.7%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	9 (12.0%)	234 (5.9%)
I did not get requested food	-	53 (1.3%)
No answer given	23 (30.7%)	481 (12.2%)

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

Water	3 [1-5]	3 [2-5]
Tea	3 [1-5]	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	1 [1-1]	0 [0-1]
Nutrition drink	1 [1-2]	0 [0-1]
Other	1 [1-1]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 71 (40.3%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	25 (35.2%)	501 (24.5%)
Salty snacks	22 (31.0%)	273 (13.3%)
Homemade food	2 (2.8%)	302 (14.7%)
Fruits	26 (36.6%)	724 (35.4%)
Dairy products	11 (15.5%)	212 (10.4%)
Food delivered/restaurant	-	84 (4.1%)
Sandwich	-	139 (6.8%)
Other	13 (18.3%)	400 (19.5%)

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

Increased	27 (12.0%)	1138 (13.6%)
Decreased	34 (15.1%)	2694 (32.2%)
Stayed the same	119 (52.9%)	3504 (41.9%)
I do not know	22 (9.8%)	582 (7.0%)
Missing	23 (10.2%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	55 (24.4%)	3635 (43.4%)
Weaker than at admission	26 (11.6%)	1458 (17.4%)
Same as at admission	109 (48.4%)	2363 (28.2%)

I was admitted today	11 (4.9%)	236 (2.8%)
I do not know	22 (9.8%)	454 (5.4%)
Missing	2 (0.89%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	143 (63.6%)	4925 (58.9%)
No, only with assistance	18 (8.0%)	2067 (24.7%)
No, I stay in bed	54 (24.0%)	929 (11.1%)
Missing	10 (4.4%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	166 (75.5%)	5634 (69.0%)
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