



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
Oman

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:	12
Number of units on nutritionDay:	22
Number of patients on nutritionDay:	332
Number of patients who gave consent:	242
Number of patients completing Sheet 3a:	241
Number of patients completing Sheet 3b:	240
Number of cancer patients on nutritionDay:	45
Number of patients completing Sheet 2_onco:	42
Number of patients completing Sheet 3_onco:	42
Number of patients with 30-day outcome assessment:	240

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
1. Total number of beds in hospital	242 [208-429]	305 [180-526]
2. Total number of admissions in the hospital last year	17742 [7924-25065]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	162 [104-290]	162 [65-328]
Medical specialists	91 [73-128]	108 [44-210]
Medical non-specialists	59 [40-72]	35 [12-81]
Nurses	481 [393-788]	346 [124-710]
Dieticians	4 [3-5]	4 [1-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	33 [31-41]	6 [3-14]
Kitchen staff	49 [37-69]	28 [11-55]
Full time equivalent		
Total medical doctors	393 [286-460]	126 [56-296]
Medical specialists	126 [92-168]	88 [44-210]
Medical non-specialists	64 [60-101]	33 [11-83]
Nurses	481 [393-788]	317 [123-726]
Dieticians	10 [5-13]	4 [1-7]
Nutritionists	2 [1-3]	1 [0-4]
Pharmacists	39 [28-58]	5 [2-11]
Kitchen staff	84 [57-127]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	7 (58.3%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	7 (58.3%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	5 (41.7%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	5 (41.7%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	5 (41.7%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	10 (83.3%) 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	5 (41.7%) Yes	175 (49.4%) Yes
Oral nutrition supplements	8 (66.7%) Yes	141 (39.8%) Yes

Parenteral nutrition	6 (50.0%) Yes	202 (57.1%) Yes
Enteral nutrition	7 (58.3%) Yes	167 (47.2%) Yes
Dietary counseling	6 (50.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	5 (41.7%) Yes	104 (29.4%) Yes
Screening for malnutrition	3 (25.0%) Yes	88 (24.9%) Yes
Risk of malnutrition	3 (25.0%) Yes	90 (25.4%) Yes
Malnutrition (in general)	5 (41.7%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (25.0%) Yes	154 (43.5%) Yes
No information available from billing/finance/controlling	4 (33.3%) Yes	55 (15.5%) Yes
No answer given	-	28 (7.9%)

Codes routinely used

Nutrition Support	5 (41.7%) Yes	139 (39.3%) Yes
Oral nutrition supplements	5 (41.7%) Yes	111 (31.4%) Yes
Parenteral nutrition	4 (33.3%) Yes	177 (50.0%) Yes
Enteral nutrition	5 (41.7%) Yes	145 (41.0%) Yes
Dietary counseling	4 (33.3%) Yes	88 (24.9%) Yes
Specific dietary interventions	4 (33.3%) Yes	84 (23.7%) Yes
Screening for malnutrition	3 (25.0%) Yes	68 (19.2%) Yes
Risk of malnutrition	2 (16.7%) Yes	61 (17.2%) Yes
Malnutrition (in general)	3 (25.0%) Yes	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (25.0%) Yes	126 (35.6%) Yes
No information available from billing/finance/controlling	4 (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	7 (31.8%)	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)	3 (13.6%)	35 (7.6%)
Interdisciplinary	-	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	5 (22.7%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	-	6 (1.3%)
Surgery / Neurosurgery	-	4 (0.9%)
Surgery / Orthopedic	2 (9.1%)	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	1 (4.5%)	7 (1.5%)
Gynecology / Obstetrics	2 (9.1%)	10 (2.2%)
Pediatrics	-	-
Psychiatry	-	3 (0.7%)
Others	2 (9.1%)	48 (10.5%)
2. Number of registered inpatients at noon	23 [19-27]	24 [17-35]
3. Total bed capacity of the unit	28 [26-32]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	7 [4-18]	4 [2-8]
Nurses	8 [6-9]	5 [4-8]
Nursing aides	1 [0-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-2]
Other staff involved in patient care	1 [0-1]	1 [0-3]
In training		
Medical doctors	1 [0-4]	1 [0-3]
Medical students	0 [0-2]	1 [0-2]
Nurses	1 [0-2]	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? 15 (68.2%) Yes 323 (73.6%) Yes

6. Does the unit have a nutrition care strategy? 9 (40.9%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 9 (40.9%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 18 (81.8%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 11 (50.0%) Yes 268 (61.0%) Yes

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

At admission

No routine screening	5 (22.7%) Yes	45 (9.8%) Yes
No fixed criteria	2 (9.1%) Yes	10 (2.2%) Yes
Experience / visual assessment only	3 (13.6%) Yes	43 (9.4%) Yes
Weighing / BMI only	11 (50.0%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	-	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	1 (4.5%) 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	4 (18.2%) Yes	43 (9.4%) Yes
No fixed criteria	5 (22.7%) Yes	44 (9.6%) Yes
Experience / visual assessment only	3 (13.6%) Yes	90 (19.6%) Yes
Weighing / BMI only	9 (40.9%) Yes	132 (28.8%) Yes
Other formal tool	-	121 (26.4%) Yes
I do not know	1 (4.5%) Yes	9 (2.0%) Yes
Missing	-	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 12 (57.1%) Yes 343 (78.7%) Yes

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

International guidelines	1 (8.3%) Yes	86 (25.1%) Yes
National guidelines	1 (8.3%) Yes	56 (16.3%) Yes
Standards on hospital level	1 (8.3%) Yes	115 (33.5%) Yes
Standards on unit level	2 (16.7%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	7 (58.3%) 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	7 (31.8%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	9 (40.9%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	10 (45.5%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	10 (45.5%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	14 (63.6%) Yes	285 (62.1%) Yes
Consult a medical professional	11 (50.0%) Yes	172 (37.5%) Yes
Calculate energy requirements	9 (40.9%) Yes	232 (50.5%) Yes
Calculate protein requirements	7 (31.8%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	2 (9.1%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	9 (40.9%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	10 (45.5%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	8 (36.4%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (54.5%) Yes	284 (61.9%) Yes
Consult a medical professional	1 (4.5%) Yes	183 (39.9%) Yes
Calculate energy requirements	8 (36.4%) Yes	261 (56.9%) Yes
Calculate protein requirements	9 (40.9%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	2 (9.1%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	4 (18.2%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	2 (9.1%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	3 (13.6%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (4.5%) Yes	73 (15.9%) Yes
Consult a medical professional	6 (27.3%) Yes	101 (22.0%) Yes
Calculate energy requirements	1 (4.5%) Yes	50 (10.9%) Yes
Calculate protein requirements	1 (4.5%) Yes	44 (9.6%) Yes

Never

Watchful waiting	9 (40.9%) Yes	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	3 (13.6%) Yes	38 (8.3%) Yes

Develop an individual nutrition care plan	1 (4.5%) Yes	31 (6.8%) Yes
Initiate treatment / nutrition intervention	1 (4.5%) Yes	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (4.5%) Yes	8 (1.7%) Yes
Consult a medical professional	2 (9.1%) Yes	49 (10.7%) Yes
Calculate energy requirements	5 (22.7%) Yes	50 (10.9%) Yes
Calculate protein requirements	6 (27.3%) Yes	54 (11.8%) Yes

I do not know

Watchful waiting	2 (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	1 (4.5%) Yes	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	1 (4.5%) Yes	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	13 (59.1%) 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	3 (13.6%) Yes	152 (33.1%) Yes
Occasionally	3 (13.6%) Yes	59 (12.9%) Yes
When requested	13 (59.1%) Yes	207 (45.1%) Yes
At discharge	1 (4.5%) 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	13 (59.1%) Yes	338 (73.6%) Yes
Offer meal choices	17 (77.3%) Yes	336 (73.2%) Yes
Offer different portion sizes	9 (40.9%) Yes	282 (61.4%) Yes
Consider food presentation	6 (27.3%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	12 (54.5%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	18 (81.8%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (4.5%) Yes	51 (11.1%) Yes
Promote positive eating environment	1 (4.5%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	2 (9.1%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	2 (9.1%) 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	2 (9.1%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	13 (59.1%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	3 (13.6%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	1 (4.5%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	15 (68.2%) Yes	291 (63.4%) Yes
None	1 (4.5%) Yes	21 (4.6%) Yes
I do not know	-	11 (2.4%) Yes
No answer given	1 (4.5%)	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	12 (54.5%) Yes	358 (78.0%) Yes
Eating habits/difficulties	14 (63.6%) Yes	336 (73.2%) Yes
Nutrition before admission	7 (31.8%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	1 (4.5%)	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	10 (45.5%) Yes	323 (70.4%) Yes
nutrition treatment	5 (22.7%) Yes	270 (58.8%) Yes
None	5 (22.7%) Yes	30 (6.5%) Yes
I do not know	5 (22.7%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	7 (31.8%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	14 (63.6%) Yes	258 (56.2%) Yes
None	5 (22.7%) Yes	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	7 (46.7%) Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	8 (36.4%) Yes	117 (25.5%) Yes
Dietician	12 (54.5%) Yes	236 (51.4%) Yes
Nurse	5 (22.7%) Yes	124 (27.0%) Yes
Physician	2 (9.1%) 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	242	8743
Age	43 [29-62]	67 [53-78]
Female	129 (53.3%)	4410 (50.4%)
Weight	61.9±18.8	69.1±18.8
Height	159±10	164±10
BMI	25.1±5.9	25.5±6.0

1. This hospital admission was...

planned	83 (34.3%)	3052 (34.9%)
an emergency	132 (54.5%)	5037 (57.6%)
I do not know	27 (11.2%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	17 (7.0%)	801 (9.2%)
0200 Neoplasms	23 (9.5%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	33 (13.6%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	20 (8.3%)	1043 (11.9%)
0500 Mental health	9 (3.7%)	333 (3.8%)
0600 Nervous system	11 (4.5%)	762 (8.7%)
0700 Eye and adnexa	11 (4.5%)	131 (1.5%)
0800 Ear and mastoid process	4 (1.7%)	70 (0.80%)
0900 Circulatory system	28 (11.6%)	1723 (19.7%)
1000 Respiratory system	36 (14.9%)	1358 (15.5%)
1100 Digestive system	35 (14.5%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	8 (3.3%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	26 (10.7%)	1276 (14.6%)
1400 Genitourinary system	12 (5.0%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	15 (6.2%)	123 (1.4%)
1600 Conditions originating in the perinatal period	5 (2.1%)	21 (0.24%)
1700 Congenital/chromosomal abnormalities	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	26 (10.7%)	391 (4.5%)
1900 Injury, poisoning	1 (0.41%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	8 (3.3%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	19 (7.9%)	210 (2.4%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	24 (10.4%)	1569 (22.2%)
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Myocardial infarction	11 (4.9%)	394 (5.8%)
Chronic lung disease	19 (8.2%)	1080 (15.5%)
Cerebral vascular disease	4 (1.8%)	745 (10.9%)
Peripheral vascular disease	12 (5.4%)	869 (12.6%)
Chronic liver disease	13 (5.8%)	441 (6.5%)
Chronic kidney disease	16 (7.2%)	821 (11.9%)
Diabetes	56 (24.5%)	1899 (26.8%)
Cancer	45 (20.1%)	1733 (24.8%)
Infection	22 (9.8%)	1103 (15.8%)
Dementia	2 (0.90%)	374 (5.5%)
Major depressive disorder	3 (1.4%)	377 (5.6%)
Other chronic mental disorder	7 (3.1%)	378 (5.6%)
Other chronic disease	53 (23.6%)	1968 (27.8%)
None	70 (28.9%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	27 (11.2%)	1743 (19.9%)
Yes, acute	9 (3.7%)	539 (6.2%)
No	201 (83.1%)	6145 (70.3%)
I do not know	2 (0.83%)	126 (1.4%)
Missing	3 (1.2%)	190 (2.2%)

Days since operation	3 [2-7]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	20 (8.3%)	738 (8.4%)
Yes, later	14 (5.8%)	513 (5.9%)
No	196 (81.0%)	6496 (74.3%)
I do not know	3 (1.2%)	414 (4.7%)
Missing	9 (3.7%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	14 (5.8%)	934 (10.7%)
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6. Is this patient terminally ill?	32 (13.2%)	630 (7.2%)
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7. Fluid status

Normal	188 (77.7%)	6866 (78.5%)
Overloaded	11 (4.5%)	500 (5.7%)
Dehydrated	16 (6.6%)	450 (5.1%)
I do not know	27 (11.2%)	927 (10.6%)
Missing	-	-

8. Number of different medications planned

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

Malnourished	11 (4.5%)	871 (10.0%)
At risk	24 (9.9%)	1543 (17.6%)
No	140 (57.9%)	5642 (64.5%)
I do not know	67 (27.7%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	70 (28.9%)	3469 (39.7%)
5% Glucose solution	16 (6.6%)	860 (9.8%)

11. Number of ONS drinks planned

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

Regular hospital food	173 (71.5%)	4849 (55.5%)
Fortified/enriched hospital food	2 (0.83%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	11 (4.5%)	998 (11.4%)
Enteral nutrition	8 (3.3%)	485 (5.5%)
Parenteral nutrition	7 (2.9%)	479 (5.5%)
Special diet	61 (25.2%)	3072 (35.1%)
None	10 (4.1%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	11 (4.5%)	734 (8.4%)
Peripheral venous access	93 (38.4%)	4122 (47.1%)
Nasogastric	7 (2.9%)	258 (3.0%)
Nasojejunal	-	38 (0.43%)
Nasoduodenal	-	22 (0.25%)
Enterostoma	-	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.41%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	27 (0.31%)
None	136 (56.2%)	3894 (44.5%)

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

Yes, previously	2 (0.83%)	87 (1.00%)
Yes, ongoing	2 (0.83%)	80 (0.92%)
No	191 (78.9%)	7278 (83.2%)
I do not know	32 (13.2%)	846 (9.7%)
Missing	15 (6.2%)	452 (5.2%)

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

Energy requirements were determined	26 (10.7%)	3103 (35.5%)
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Protein requirements were determined	23 (9.5%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	84 (34.7%)	3893 (44.5%)
Nutrition treatment plan was developed	41 (16.9%)	3013 (34.5%)
Nutrition expert was consulted	41 (16.9%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	12 (5.0%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	-	268 (3.1%)
500-999 kcal	2 (0.83%)	93 (1.1%)
1000-1499 kcal	3 (1.2%)	884 (10.1%)
1500-1999 kcal	20 (8.3%)	2574 (29.4%)
>=2000 kcal	27 (11.2%)	958 (11.0%)
Not determined	159 (65.7%)	3200 (36.6%)
I do not know	29 (12.0%)	730 (8.3%)
Missing	2 (0.83%)	36 (0.41%)

15b. Energy intake

< 500 kcal	1 (0.41%)	530 (6.1%)
500-999 kcal	8 (3.3%)	483 (5.5%)
1000-1499 kcal	9 (3.7%)	1101 (12.6%)
1500-1999 kcal	12 (5.0%)	1928 (22.1%)
>=2000 kcal	20 (8.3%)	584 (6.7%)
Not determined	163 (67.4%)	2964 (33.9%)
I do not know	29 (12.0%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	126 (52.1%)	4436 (50.7%)
Deteriorated	9 (3.7%)	485 (5.5%)
Remained the same	68 (28.1%)	2411 (27.6%)
This patient has just been admitted	11 (4.5%)	555 (6.3%)
I do not know	28 (11.6%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	8 [4-17]	12 [6-24]
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Outcome Code

1= Still in the hospital	22 (9.1%)	748 (8.6%)
2= Transferred to another hospital	8 (3.3%)	211 (2.4%)
3= Transferred to long term care	3 (1.2%)	360 (4.1%)
4= Rehabilitation	-	486 (5.6%)
5= Discharged home	198 (81.8%)	6417 (73.4%)
6= Death	4 (1.7%)	260 (3.0%)

7= Others	5 (2.1%)	173 (2.0%)
Missing	2 (0.83%)	88 (1.0%)

Readmitted since ND

1= No	133 (62.4%)	6055 (78.3%)
2= Yes, same hospital planned	44 (20.7%)	457 (5.9%)
3= Yes, same hospital unplanned	19 (8.9%)	454 (5.9%)
4= Yes, different hospital planned	2 (0.94%)	44 (0.57%)
5= Yes, different hospital unplanned	2 (0.94%)	44 (0.57%)
6= Unknown	2 (0.94%)	299 (3.9%)
Missing	12 (5.6%)	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	154 (63.9%)	5885 (69.8%)
I am vegetarian	2 (0.83%)	142 (1.7%)
I adhere to a vegan diet	1 (0.41%)	50 (0.59%)
I eat gluten-free diet	2 (0.83%)	73 (0.87%)
I avoid added sugars	37 (15.4%)	1290 (15.3%)
I avoid carbohydrates	6 (2.5%)	477 (5.7%)
I eat a low fat-diet	24 (10.0%)	972 (11.5%)
I am lactose intolerant	-	328 (3.9%)
Other special diet due to intolerances/allergies	4 (1.7%)	171 (2.0%)
Other	28 (11.6%)	603 (7.2%)
No answer given	3 (1.2%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	207 (85.9%)	7497 (89.0%)
In a nursing home or other live-in facility	1 (0.41%)	287 (3.4%)
I was transferred from another hospital	18 (7.5%)	418 (5.0%)
Other	13 (5.4%)	139 (1.6%)
Missing	2 (0.83%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	190 (78.8%)	5392 (64.0%)
Yes, with someone's help	19 (7.9%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	13 (5.4%)	1107 (13.1%)
No, I have a wheelchair	8 (3.3%)	355 (4.2%)
No, I am bedridden	11 (4.6%)	548 (6.5%)
Missing	-	127 (1.5%)
4. In general, how would you say your health is?		
Very good	50 (20.7%)	615 (7.3%)
Good	114 (47.3%)	3078 (36.5%)
Fair	55 (22.8%)	3196 (37.9%)
Poor	13 (5.4%)	1144 (13.6%)
Very poor	7 (2.9%)	254 (3.0%)
Missing	2 (0.83%)	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	4 [2-10]	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?	4 [0-10]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	64 (26.6%)	1638 (19.4%)
3-5	75 (31.1%)	2272 (27.0%)
More than 5	35 (14.5%)	2608 (30.9%)
None	50 (20.7%)	1375 (16.3%)
I do not know	17 (7.1%)	429 (5.1%)
Missing	-	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	12 (5.0%)	1250 (14.8%)
Yes, public insurance only	120 (49.8%)	4213 (50.0%)
Yes, both	4 (1.7%)	1101 (13.1%)
None	100 (41.5%)	1114 (13.2%)
I prefer not to answer	1 (0.41%)	483 (5.7%)
Missing	4 (1.7%)	267 (3.2%)

8. What was your weight 5 years ago?	60 [48-75]	70 [60-83]
I do not know	124 (51.5%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	17 (7.1%)	795 (9.4%)
Yes, unintentionally	80 (33.2%)	3179 (37.7%)
No, my weight stayed the same	49 (20.3%)	2488 (29.5%)
No, I gained weight	45 (18.7%)	911 (10.8%)
I do not know	42 (17.4%)	856 (10.2%)
Missing	8 (3.3%)	199 (2.4%)

9b. If yes, how many kg did you lose?	6 [3-13]	6 [3-10]
I do not know	30 (30.9%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	83 (36.7%)	3142 (39.1%)
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11. Please indicate if you ...		
... were weighed at admission	127 (53.4%)	4710 (56.2%)
... were informed about your nutrition status	77 (32.2%)	2651 (32.0%)
... were informed about nutrition care options	61 (25.5%)	2341 (28.3%)
... received special nutrition care	47 (19.9%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	8 (3.3%)	366 (4.4%)
Normal	113 (47.1%)	5184 (62.0%)
About 3/4 of normal	18 (7.5%)	801 (9.6%)
About half of normal	52 (21.7%)	1028 (12.3%)

About a quarter to nearly nothing	44 (18.3%)	750 (9.0%)
I do not know	4 (1.7%)	82 (0.98%)
Missing	1 (0.42%)	157 (1.9%)

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

Very satisfied	56 (23.3%)	2303 (27.5%)
Somewhat satisfied	71 (29.6%)	2525 (30.2%)
Neutral	48 (20.0%)	1669 (19.9%)
Dissatisfied	34 (14.2%)	652 (7.8%)
Very dissatisfied	15 (6.3%)	252 (3.0%)
I do not know	13 (5.4%)	712 (8.5%)
Missing	3 (1.3%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	45 (18.8%)	910 (10.9%)
Yes, from hospital staff	16 (6.7%)	544 (6.5%)
No	175 (72.9%)	6450 (77.1%)
I do not know	1 (0.42%)	107 (1.3%)
Missing	3 (1.3%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)	162 (70.7%)	5869 (74.5%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	52 (21.7%)	4051 (48.4%)
1/2	75 (31.3%)	1966 (23.5%)
1/4	79 (32.9%)	1005 (12.0%)
Nothing	32 (13.3%)	975 (11.7%)
Missing	2 (0.83%)	371 (4.4%)

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

Standard	112 (46.7%)	5388 (64.4%)
Smaller	36 (15.0%)	778 (9.3%)
Larger	9 (3.8%)	328 (3.9%)
I do not know	53 (22.1%)	848 (10.1%)
Missing	30 (12.5%)	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	45 (24.2%)	570 (14.4%)
I did not like the smell/taste of the food	39 (21.0%)	443 (11.2%)
The food did not fit my cultural/religious preferences	10 (5.4%)	47 (1.2%)
The food was too hot	2 (1.1%)	14 (0.35%)
The food was too cold	9 (4.8%)	86 (2.2%)
Due to food allergy/intolerance	1 (0.54%)	25 (0.63%)
I was not hungry at that time	24 (12.9%)	672 (17.0%)

I do not have my usual appetite	63 (33.9%)	1114 (28.2%)
I have problems chewing/swallowing	10 (5.4%)	225 (5.7%)
I normally eat less than what was served	26 (14.0%)	428 (10.8%)
I had nausea/vomiting	17 (9.1%)	327 (8.3%)
I was too tired	15 (8.1%)	219 (5.5%)
I cannot eat without help	7 (3.8%)	68 (1.7%)
I was not allowed to eat	9 (4.8%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	6 (3.2%)	234 (5.9%)
I did not get requested food	2 (1.1%)	53 (1.3%)
No answer given	11 (5.9%)	481 (12.2%)

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

Water	4 [2-6]	3 [2-5]
Tea	1 [0-2]	1 [0-2]
Coffee	0 [0-1]	1 [0-2]
Milk	1 [0-2]	1 [0-1]
Fruit juice	1 [0-2]	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? 61 (27.9%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	10 (16.4%)	501 (24.5%)
Salty snacks	7 (11.5%)	273 (13.3%)
Homemade food	24 (39.3%)	302 (14.7%)
Fruits	20 (32.8%)	724 (35.4%)
Dairy products	13 (21.3%)	212 (10.4%)
Food delivered/restaurant	3 (4.9%)	84 (4.1%)
Sandwich	7 (11.5%)	139 (6.8%)
Other	6 (9.8%)	400 (19.5%)

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

Increased	35 (14.6%)	1138 (13.6%)
Decreased	108 (45.0%)	2694 (32.2%)
Stayed the same	76 (31.7%)	3504 (41.9%)
I do not know	16 (6.7%)	582 (7.0%)
Missing	5 (2.1%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	147 (61.3%)	3635 (43.4%)
Weaker than at admission	32 (13.3%)	1458 (17.4%)
Same as at admission	35 (14.6%)	2363 (28.2%)

I was admitted today	9 (3.8%)	236 (2.8%)
I do not know	13 (5.4%)	454 (5.4%)
Missing	4 (1.7%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	166 (69.2%)	4925 (58.9%)
No, only with assistance	46 (19.2%)	2067 (24.7%)
No, I stay in bed	24 (10.0%)	929 (11.1%)
Missing	4 (1.7%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	171 (72.8%)	5634 (69.0%)
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V. Oncology: Unit organisation and structures ("Sheet 1 onco"):

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	3	113
Computerized system in hospital:	3 units (100%) YES	109 units (96%) YES
Nutritional treatment of cancer patients is part of overall care plan	2 units (67%) YES	95 units (84%) YES
Nutritional treatment is considered...		
Routinely	-	56 (49.6%)
When patient asks	1 (33,3%)	29 (25.7%)
When body weight loss > 10%	-	39 (34.5%)
During palliative phase	1 (33,3%)	33 (29.2%)
Other	-	6 (5.31%)
Missing	1 (33,3%)	17 (15.0%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	-	7 (6.19%)
No knowledge of the field	-	7 (6.19%)
No reimbursement	-	7 (6.19%)
It feeds the tumour	-	1 (0.88%)
Other	1 (33,3%)	4 (3.54%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	2 (66,7%)	64 (56.6%)
Calculation of energy needs	1 (33,3%)	82 (72.6%)
Monitoring patients intake and use of oral supplements	1 (33,3%)	99 (87.6%)
None	-	4 (3.54%)
Other	-	5 (4.42%)
Missing	-	2 (1.77%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (1.77%)
Lack of experience	-	6 (5.31%)
No reimbursement	-	3 (2.65%)
Lack of dietitians	-	8 (7.08%)
Lack of other experts	-	3 (2.65%)
Other	-	1 (0.88%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

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

Anthropometrics (circumference)

Regularly	-	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	-	40 (35.4%)
Never	3 (100%)	53 (46.9%)
Unknown	-	1 (0.88%)
Missing	-	6 (5.31%)

BIA

Regularly	-	5 (4.42%)
At chemotherapy	-	-
When necessary	-	23 (20.4%)
Never	3 (100%)	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	2 (66,7%)	15 (13.3%)
Never	1 (33,3%)	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	-	40 (35.4%)
Unknown	2 (66,7%)	19 (16.8%)
Missing	-	37 (32.7%)

Body function:

Handgrip

Regularly	-	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	-	36 (31.9%)
Never	3 (100%)	60 (53.1%)
Unknown	-	4 (3.54%)
Missing	-	6 (5.31%)

6-minutes walking test

Regularly	-	3 (2.65%)
At chemotherapy	-	-
When necessary	-	32 (28.3%)
Never	3 (100%)	66 (58.4%)
Unknown	-	5 (4.42%)
Missing	-	7 (6.19%)

Other (body function)

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

Nutritional requirements, calculated

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

Nutritional intake:

Every meal

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

Never	1 (33,3%)	13 (11.5%)
Unknown	-	6 (5.31%)
Missing	-	13 (11.5%)
1 meal per day		
Regularly	-	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	-	34 (30.1%)
Never	2 (66,7%)	19 (16.8%)
Unknown	1 (33,3%)	9 (7.96%)
Missing	-	38 (33.6%)
2 meals per day		
Regularly	-	12 (10.6%)
At chemotherapy	-	-
When necessary	-	33 (29.2%)
Never	2 (66,7%)	20 (17.7%)
Unknown	1 (33,3%)	9 (7.96%)
Missing	-	39 (34.5%)
24h recall		
Regularly	1 (33,3%)	27 (23.9%)
At chemotherapy	-	2 (1.77%)
When necessary	1 (33,3%)	40 (35.4%)
Never	-	12 (10.6%)
Unknown	1 (33,3%)	7 (6.19%)
Missing	-	25 (22.1%)
Other (nutritional intake)		
Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	1 (33,3%)	16 (14.2%)
Never	-	22 (19.5%)
Unknown	2 (66,7%)	17 (15.0%)
Missing	-	56 (49.6%)
Questionnaire completed by		
Dietitian	-	40 (35.4%)
Nurse	3 (100%)	29 (25.7%)
Physician	-	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
Number of patients completing Sheet 2_onco:	42	959
Demographic data:		
Age (years)	48 [14-87]	66 [18-96]
Female gender	19 (45,2%)	378 (39.4%)
Weight (kg)	61,5 ± 15,2	65.1 ± 16.5
Height (cm)	158,4 ± 8,8	165.9 ± 9.9
BMI (kg/m2)	24,3 ± 6,2	23.7 ± 4.7
Outpatient (o)/Ward (w)		
Outpatient(o)	-	63 (6.57%)
Ward (w)	42 (100%)	892 (93.0%)
Missing	-	4 (0.42%)
Goal of Therapy		
Curative	15 (35,7%)	554 (57.8%)
Palliative	24 (57,1%)	343 (35.8%)
Terminal	3 (7,14%)	37 (3.86%)
Missing	-	25 (2.61%)
Reason for admission		
Clinical diagnostics	5 (11,9%)	104 (10.8%)
Therapy	19 (45,2%)	469 (48.9%)
Surgery related	2 (4,76%)	200 (20.9%)
Treatment complications	8 (19,0%)	119 (12.4%)
Poor health status	8 (19,0%)	118 (12.3%)
Independent care difficult	-	6 (0.63%)
Missing	-	-
Present cancer diagnosis		
Breast	3 (7,14%)	51 (5.32%)
Colon, rectum	6 (14,3%)	163 (17.0%)
Prostate	2 (4,76%)	29 (3.02%)
Lung	2 (4,76%)	75 (7.82%)
Skin	-	4 (0.42%)
Kidney/bladder	1 (2,38%)	30 (3.13%)
Gastric/oesophageal	2 (4,76%)	144 (15.0%)
Pancreas	1 (2,38%)	63 (6.57%)
Lymphoma	5 (11,9%)	94 (9.80%)
Ears nose throat (ENT)	1 (2,38%)	41 (4.28%)
Leukaemia	7 (16,7%)	74 (7.72%)
Genital tract	3 (7,14%)	32 (3.34%)

Liver	-	103 (10.7%)
Sarcoma	5 (11,9%)	8 (0.83%)
Brain	-	11 (1.15%)
Testicular	-	-
Other	7 (16,7%)	73 (7.61%)
Missing	-	11 (1.15%)

Time since diagnosis

0-2 months	5 (11,9%)	344 (35.9%)
3-5 months	10 (23,8%)	159 (16.6%)
6-12 months	11 (26,2%)	152 (15.8%)
1-2 years	9 (21,4%)	118 (12.3%)
2-4 years	3 (7,14%)	77 (8.03%)
> 4 years	4 (9,52%)	87 (9.07%)
Missing	-	19 (1.98%)

Cancer staging

0=Carcinoma in situ	3 (7,14%)	35 (3.65%)
I=Localized	5 (11,9%)	202 (21.1%)
II=Early locally advanced	5 (11,9%)	159 (16.6%)
III=Late locally advanced	2 (4,76%)	168 (17.5%)
IV=Metastasised	27 (64,3%)	287 (29.9%)
Missing	-	108 (11.3%)

Time since first therapy start

No therapy	3 (7,14%)	125 (13.0%)
Tumour staging/diagnosis	6 (14,3%)	63 (6.57%)
0-2 months	10 (23,8%)	267 (27.8%)
3-5 months	8 (19,0%)	128 (13.3%)
6-12 months	7 (16,7%)	135 (14.1%)
1-2 years	4 (9,52%)	90 (9.38%)
2-4 years	1 (2,38%)	59 (6.15%)
> 4 years	3 (7,14%)	98 (10.2%)
Missing	-	16 (1.67%)

Therapy situation

Diagnosis	4 (9,52%)	107 (11.2%)
Chemotherapy 1st line	10 (23,8%)	175 (18.2%)
Chemotherapy > 1st line	12 (28,6%)	142 (14.8%)
Radiotherapy	5 (11,9%)	67 (6.99%)
Target therapy	8 (19,0%)	30 (3.13%)
Hormone therapy	-	12 (1.25%)
Palliative	2 (4,76%)	108 (11.3%)
Surgery	1 (2,38%)	322 (33.6%)

Cancer related complications	2 (4,76%)	57 (5.94%)
Therapy related complications	-	36 (3.75%)
Missing	-	13 (1.36%)

Infections

None	34 (81,0%)	731 (76.2%)
Local	8 (19,0%)	136 (14.2%)
General	-	70 (7.30%)
Missing	-	22 (2.29%)

Nutrition Treatment

No special diet	28 (66,7%)	453 (47.2%)
Individualized diet plan	7 (16,7%)	228 (23.8%)
Energy rich/protein rich ONS	7 (16,7%)	120 (12.5%)
Enteral nutrition (via NGT/PEG)	2 (4,76%)	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	-	109 (11.4%)
Counselling	4 (9,52%)	54 (5.63%)
Other	1 (2,38%)	27 (2.82%)
Missing	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	42	951
Body weight prior to becoming ill	75 [43-120]	70 [22-180]
Actual body weight	64 [37-100]	63 [21-128]
Change in weight was		
Intentional	2 (4,76%)	31 (3.23%)
Unintentional	33 (78,6%)	607 (63.3%)
Weight is stable	6 (14,3%)	154 (16.1%)
Missing	1 (2,38%)	30 (3.13%)
During the last week		
Patients who have had pain:		
Not at all	12 (28,6%)	329 (34.3%)
A little	11 (26,2%)	263 (27.4%)
Quite a bit	4 (9,52%)	161 (16.8%)
Very much	14 (33,3%)	107 (11.2%)
Missing	-	87 (9.07%)
Patients who needed a rest:		
Not at all	8 (19,0%)	230 (24.0%)
A little	6 (14,3%)	279 (29.1%)
Quite a bit	6 (14,3%)	212 (22.1%)
Very much	20 (47,6%)	125 (13.0%)
Missing	1 (2,38%)	95 (9.91%)
Patients who felt weak:		
Not at all	11 (26,2%)	228 (23.8%)
A little	11 (26,2%)	266 (27.7%)
Quite a bit	9 (21,4%)	224 (23.4%)
Very much	10 (23,8%)	135 (14.1%)
Missing	-	92 (9.59%)
Patients who felt depressed:		
Not at all	18 (42,9%)	348 (36.3%)
A little	10 (23,8%)	303 (31.6%)
Quite a bit	4 (9,52%)	125 (13.0%)
Very much	9 (21,4%)	72 (7.51%)
Missing	-	89 (9.28%)
Patients who were tired:		

Not at all	9 (21,4%)	241 (25.1%)
A little	12 (28,6%)	283 (29.5%)
Quite a bit	8 (19,0%)	213 (22.2%)
Very much	12 (28,6%)	116 (12.1%)
Missing	-	89 (9.28%)

Patients whose pain interfered with their daily activities:

Not at all	13 (31,0%)	373 (38.9%)
A little	4 (9,52%)	220 (22.9%)
Quite a bit	5 (11,9%)	142 (14.8%)
Very much	18 (42,9%)	110 (11.5%)
Missing	-	94 (9.80%)

Patients who lacked appetite:

Not at all	13 (31,0%)	347 (36.2%)
A little	11 (26,2%)	238 (24.8%)
Quite a bit	5 (11,9%)	149 (15.5%)
Very much	12 (28,6%)	113 (11.8%)
Missing	-	95 (9.91%)

Just now

Patients who have pain:

Not at all	18 (42,9%)	375 (39.1%)
A little	10 (23,8%)	304 (31.7%)
Quite a bit	5 (11,9%)	122 (12.7%)
Very much	8 (19,0%)	45 (4.69%)
Missing	-	98 (10.2%)

Patients who need a rest:

Not at all	10 (23,8%)	192 (20.0%)
A little	7 (16,7%)	322 (33.6%)
Quite a bit	5 (11,9%)	230 (24.0%)
Very much	19 (45,2%)	98 (10.2%)
Missing	-	96 (10.0%)

Patients who feel weak:

Not at all	14 (33,3%)	209 (21.8%)
A little	12 (28,6%)	313 (32.6%)
Quite a bit	8 (19,0%)	219 (22.8%)
Very much	7 (16,7%)	99 (10.3%)
Missing	-	98 (10.2%)

Patients who are depressed:

Not at all	23 (54,8%)	375 (39.1%)
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A little	8 (19,0%)	314 (32.7%)
Quite a bit	5 (11,9%)	116 (12.1%)
Very much	5 (11,9%)	39 (4.07%)
Missing	-	96 (10.0%)

Patients who are tired:

Not at all	12 (28,6%)	222 (23.1%)
A little	15 (35,7%)	343 (35.8%)
Quite a bit	9 (21,4%)	197 (20.5%)
Very much	5 (11,9%)	82 (8.55%)
Missing	-	94 (9.80%)

Patients whose pain interferes with their daily activities:

Not at all	15 (35,7%)	339 (35.3%)
A little	10 (23,8%)	259 (27.0%)
Quite a bit	5 (11,9%)	154 (16.1%)
Very much	10 (23,8%)	80 (8.34%)
Missing	-	100 (10.4%)

Patients who lack appetite:

Not at all	12 (28,6%)	327 (34.1%)
A little	15 (35,7%)	264 (27.5%)
Quite a bit	3 (7,14%)	157 (16.4%)
Very much	11 (26,2%)	92 (9.59%)
Missing	-	99 (10.3%)

Reasons for change in appetite/food intake

Nausea/Vomiting	12 (28,6%)	154 (16.1%)
Inflammation in mouth	3 (7,14%)	55 (5.74%)
Pain	5 (11,9%)	116 (12.1%)
Constipation	6 (14,3%)	64 (6.67%)
Diarrhea	1 (2,38%)	42 (4.38%)
Change in taste/smell	14 (33,3%)	104 (10.8%)
Early satiation/Loss of appetite	7 (16,7%)	217 (22.6%)
Other	14 (33,3%)	165 (17.2%)
Missing	-	45 (4.69%)

Maximum activity performed by patients

Able to do sports	5 (11,9%)	38 (3.96%)
Fully active	3 (7,14%)	125 (13.0%)
Able to carry out light activities	6 (14,3%)	184 (19.2%)
Able to carry out self care	8 (19,0%)	215 (22.4%)
Able to carry out limited self care	12 (28,6%)	146 (15.2%)
Confined to bed or chair	7 (16,7%)	142 (14.8%)

Missing	-	96 (10.0%)
Patient takes additional (without prescription)		
Nothing	27 (64,3%)	611 (63.7%)
Herbal tea	4 (9,52%)	75 (7.82%)
Nutritional supplements	1 (2,38%)	61 (6.36%)
Multivitamin	1 (2,38%)	37 (3.86%)
Other medication	2 (4,76%)	44 (4.59%)
Other	9 (21,4%)	49 (5.11%)
Missing	-	116 (12.1%)
Additional activities performed		
Nothing	32 (76,2%)	710 (74.0%)
Psychotherapy	-	17 (1.77%)
Yoga	-	9 (0.94%)
Meditation	3 (7,14%)	21 (2.19%)
Progressive muscle relaxation	1 (2,38%)	14 (1.46%)
Qigong	-	1 (0.10%)
Other	8 (19,0%)	68 (7.09%)
Missing	-	129 (13.5%)
Patients having difficulties in complying with treatment	19 (45,2%)	181 (18.9%)
Patients needing help to complete questionnaire	33 (78,6%)	545 (56.8%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	37 (88,1%)	549 (57.2%)