



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
Poland

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:	9
Number of units on nutritionDay:	22
Number of patients on nutritionDay:	295
Number of patients who gave consent:	294
Number of patients completing Sheet 3a:	288
Number of patients completing Sheet 3b:	288
Number of patients with 30-day outcome assessment:	168

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	409 [208-710]	305 [180-526]
2. Total number of admissions in the hospital last year	22853 [12448-46887]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	131 [100-350]	162 [65-328]
Medical specialists	101 [56-102]	108 [44-210]
Medical non-specialists	30 [22-98]	35 [12-81]
Nurses	277 [186-566]	346 [124-710]
Dieticians	2 [1-4]	4 [1-8]
Nutritionists	2 [1-5]	1 [0-4]
Pharmacists	5 [4-8]	6 [3-14]
Kitchen staff	20 [10-21]	28 [11-55]
Full time equivalent		
Total medical doctors	43 [26-59]	126 [56-296]
Medical specialists	8 [8-8]	88 [44-210]
Medical non-specialists	2 [2-2]	33 [11-83]
Nurses	233 [121-783]	317 [123-726]
Dieticians	1 [1-1]	4 [1-7]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	3 [3-3]	5 [2-11]
Kitchen staff	0 [0-0]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	4 (100%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (50.0%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	4 (100%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	1 (25.0%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	4 (100%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (50.0%) Yes	250 (70.6%) Yes
None	-	30 (8.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	1 (25.0%) Yes	175 (49.4%) Yes
Oral nutrition supplements	2 (50.0%) Yes	141 (39.8%) Yes

Parenteral nutrition	4 (100%) Yes	202 (57.1%) Yes
Enteral nutrition	4 (100%) Yes	167 (47.2%) Yes
Dietary counseling	3 (75.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	3 (75.0%) 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)	3 (75.0%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (50.0%) 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	3 (75.0%) Yes	177 (50.0%) Yes
Enteral nutrition	3 (75.0%) Yes	145 (41.0%) Yes
Dietary counseling	2 (50.0%) Yes	88 (24.9%) Yes
Specific dietary interventions	2 (50.0%) Yes	84 (23.7%) Yes
Screening for malnutrition	1 (25.0%) Yes	68 (19.2%) Yes
Risk of malnutrition	1 (25.0%) Yes	61 (17.2%) Yes
Malnutrition (in general)	1 (25.0%) Yes	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	126 (35.6%) Yes
No information available from billing/finance/controlling	-	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 (4.5%)	92 (20.0%)
Internal Medicine / Cardiology	2 (9.1%)	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	1 (4.5%)	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 (4.5%)	14 (3.1%)
Surgery / General	4 (18.2%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (4.5%)	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	-	10 (2.2%)
Pediatrics	1 (4.5%)	-
Psychiatry	-	3 (0.7%)
Others	11 (50.0%)	48 (10.5%)
2. Number of registered inpatients at noon	22 [22-36]	24 [17-35]
3. Total bed capacity of the unit	36 [31-50]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	6 [5-9]	4 [2-8]
Nurses	6 [2-9]	5 [4-8]
Nursing aides	1 [1-4]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	2 [2-2]	1 [0-2]
Other staff involved in patient care	1 [0-2]	1 [0-3]
In training		
Medical doctors	3 [1-6]	1 [0-3]
Medical students	0 [0-1]	1 [0-2]
Nurses	4 [2-7]	1 [0-3]

Nursing aides	0 [0-1]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-3]	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? 10 (90.9%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 8 (72.7%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 10 (90.9%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 10 (90.9%) Yes 268 (61.0%) Yes

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

At admission

No routine screening	-	45 (9.8%) Yes
No fixed criteria	-	10 (2.2%) Yes
Experience / visual assessment only	-	43 (9.4%) Yes
Weighing / BMI only	1 (4.5%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	9 (40.9%) 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 (4.5%) Yes	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	11 (50.0%)	20 (4.4%)

During hospital stay

No routine monitoring	-	43 (9.4%) Yes
No fixed criteria	-	44 (9.6%) Yes
Experience / visual assessment only	9 (40.9%) Yes	90 (19.6%) Yes
Weighing / BMI only	2 (9.1%) Yes	132 (28.8%) Yes
Other formal tool	-	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	11 (50.0%)	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 1Yes 343 (78.7%) Yes

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

International guidelines	3 (27.3%) Yes	86 (25.1%) Yes
National guidelines	-	56 (16.3%) Yes
Standards on hospital level	5 (45.5%) Yes	115 (33.5%) Yes
Standards on unit level	2 (18.2%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	1 (9.1%) 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	2 (9.1%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	5 (22.7%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	6 (27.3%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	8 (36.4%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (27.3%) Yes	285 (62.1%) Yes
Consult a medical professional	5 (22.7%) Yes	172 (37.5%) Yes
Calculate energy requirements	9 (40.9%) Yes	232 (50.5%) Yes
Calculate protein requirements	9 (40.9%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	4 (18.2%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	4 (18.2%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	5 (22.7%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	5 (22.7%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (31.8%) Yes	284 (61.9%) Yes
Consult a medical professional	7 (31.8%) Yes	183 (39.9%) Yes
Calculate energy requirements	6 (27.3%) Yes	261 (56.9%) Yes
Calculate protein requirements	6 (27.3%) Yes	257 (56.0%) Yes

Every patient

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

Never

Watchful waiting	-	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	1 (4.5%) Yes	38 (8.3%) Yes

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

I do not know

Watchful waiting	1 (4.5%) 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	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	10 (45.5%) 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	3 (13.6%) Yes	152 (33.1%) Yes
Occasionally	1 (4.5%) Yes	59 (12.9%) Yes
When requested	3 (13.6%) 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	5 (22.7%) Yes	338 (73.6%) Yes
Offer meal choices	4 (18.2%) Yes	336 (73.2%) Yes
Offer different portion sizes	5 (22.7%) Yes	282 (61.4%) Yes
Consider food presentation	-	192 (41.8%) Yes
Change food texture/consistency as needed	10 (45.5%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	10 (45.5%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (27.3%) Yes	51 (11.1%) Yes
Promote positive eating environment	8 (36.4%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	7 (31.8%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	9 (40.9%) Yes	214 (46.6%) Yes
Other	-	29 (6.3%) Yes
I do not know	-	6 (1.3%) Yes
No answer given	11 (50.0%)	20 (4.4%)

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

Nutrition training is available	8 (36.4%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	3 (13.6%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	1 (4.5%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	6 (27.3%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (22.7%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	-	11 (2.4%) Yes
No answer given	11 (50.0%)	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	9 (40.9%) Yes	358 (78.0%) Yes
Eating habits/difficulties	9 (40.9%) Yes	336 (73.2%) Yes
Nutrition before admission	10 (45.5%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	11 (50.0%)	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	9 (40.9%) Yes	323 (70.4%) Yes
nutrition treatment	9 (40.9%) Yes	270 (58.8%) Yes
None	-	30 (6.5%) Yes
I do not know	9 (40.9%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	4 (18.2%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	11 (50.0%) Yes	258 (56.2%) Yes
None	-	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	6 (75.0%) Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	-	117 (25.5%) Yes
Dietician	6 (27.3%) Yes	236 (51.4%) Yes
Nurse	7 (31.8%) Yes	124 (27.0%) Yes
Physician	3 (13.6%) 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	294	8743
Age	64 [52-73]	67 [53-78]
Female	147 (50.0%)	4410 (50.4%)
Weight	75.2±16.3	69.1±18.8
Height	168±8	164±10
BMI	26.6±5.3	25.5±6.0

1. This hospital admission was...

planned	101 (34.4%)	3052 (34.9%)
an emergency	178 (60.5%)	5037 (57.6%)
I do not know	15 (5.1%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	3 (1.0%)	801 (9.2%)
0200 Neoplasms	29 (9.9%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	9 (3.1%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	40 (13.6%)	1043 (11.9%)
0500 Mental health	5 (1.7%)	333 (3.8%)
0600 Nervous system	17 (5.8%)	762 (8.7%)
0700 Eye and adnexa	1 (0.34%)	131 (1.5%)
0800 Ear and mastoid process	2 (0.68%)	70 (0.80%)
0900 Circulatory system	89 (30.3%)	1723 (19.7%)
1000 Respiratory system	35 (11.9%)	1358 (15.5%)
1100 Digestive system	96 (32.7%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	10 (3.4%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	12 (4.1%)	1276 (14.6%)
1400 Genitourinary system	54 (18.4%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	-	123 (1.4%)
1600 Conditions originating in the perinatal period	1 (0.34%)	21 (0.24%)
1700 Congenital/chromosomal abnormalities	1 (0.34%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	35 (11.9%)	391 (4.5%)
1900 Injury, poisoning	3 (1.0%)	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	4 (1.4%)	210 (2.4%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	97 (33.0%)	1569 (22.2%)
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Myocardial infarction	32 (11.1%)	394 (5.8%)
Chronic lung disease	35 (12.1%)	1080 (15.5%)
Cerebral vascular disease	11 (3.9%)	745 (10.9%)
Peripheral vascular disease	47 (16.2%)	869 (12.6%)
Chronic liver disease	21 (7.3%)	441 (6.5%)
Chronic kidney disease	41 (14.2%)	821 (11.9%)
Diabetes	64 (22.1%)	1899 (26.8%)
Cancer	37 (12.8%)	1733 (24.8%)
Infection	36 (12.5%)	1103 (15.8%)
Dementia	6 (2.1%)	374 (5.5%)
Major depressive disorder	13 (4.5%)	377 (5.6%)
Other chronic mental disorder	6 (2.1%)	378 (5.6%)
Other chronic disease	64 (22.5%)	1968 (27.8%)
None	55 (18.7%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	58 (19.7%)	1743 (19.9%)
Yes, acute	33 (11.2%)	539 (6.2%)
No	201 (68.4%)	6145 (70.3%)
I do not know	-	126 (1.4%)
Missing	2 (0.68%)	190 (2.2%)

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

Yes, today or tomorrow	22 (7.5%)	738 (8.4%)
Yes, later	10 (3.4%)	513 (5.9%)
No	249 (84.7%)	6496 (74.3%)
I do not know	6 (2.0%)	414 (4.7%)
Missing	7 (2.4%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	3 (1.0%)	934 (10.7%)
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6. Is this patient terminally ill?	10 (3.4%)	630 (7.2%)
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7. Fluid status

Normal	222 (75.5%)	6866 (78.5%)
Overloaded	20 (6.8%)	500 (5.7%)
Dehydrated	36 (12.2%)	450 (5.1%)
I do not know	16 (5.4%)	927 (10.6%)
Missing	-	-

8. Number of different medications planned

Oral	4 [2-6]	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	20 (6.8%)	871 (10.0%)
At risk	41 (13.9%)	1543 (17.6%)
No	212 (72.1%)	5642 (64.5%)
I do not know	21 (7.1%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	133 (45.2%)	3469 (39.7%)
5% Glucose solution	43 (14.6%)	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	214 (72.8%)	4849 (55.5%)
Fortified/enriched hospital food	22 (7.5%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	20 (6.8%)	998 (11.4%)
Enteral nutrition	8 (2.7%)	485 (5.5%)
Parenteral nutrition	19 (6.5%)	479 (5.5%)
Special diet	41 (13.9%)	3072 (35.1%)
None	24 (8.2%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	21 (7.1%)	734 (8.4%)
Peripheral venous access	154 (52.4%)	4122 (47.1%)
Nasogastric	6 (2.0%)	258 (3.0%)
Nasojejunal	-	38 (0.43%)
Nasoduodenal	-	22 (0.25%)
Enterostoma	1 (0.34%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.34%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	27 (0.31%)
None	128 (43.5%)	3894 (44.5%)

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

Yes, previously	1 (0.34%)	87 (1.00%)
Yes, ongoing	3 (1.0%)	80 (0.92%)
No	254 (86.4%)	7278 (83.2%)
I do not know	6 (2.0%)	846 (9.7%)
Missing	30 (10.2%)	452 (5.2%)

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

Energy requirements were determined	69 (23.5%)	3103 (35.5%)
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Protein requirements were determined	42 (14.3%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	36 (12.2%)	3893 (44.5%)
Nutrition treatment plan was developed	47 (16.0%)	3013 (34.5%)
Nutrition expert was consulted	72 (24.5%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	16 (5.4%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	3 (1.0%)	268 (3.1%)
500-999 kcal	13 (4.4%)	93 (1.1%)
1000-1499 kcal	54 (18.4%)	884 (10.1%)
1500-1999 kcal	58 (19.7%)	2574 (29.4%)
>=2000 kcal	33 (11.2%)	958 (11.0%)
Not determined	115 (39.1%)	3200 (36.6%)
I do not know	18 (6.1%)	730 (8.3%)
Missing	-	36 (0.41%)

15b. Energy intake

< 500 kcal	26 (8.8%)	530 (6.1%)
500-999 kcal	36 (12.2%)	483 (5.5%)
1000-1499 kcal	61 (20.7%)	1101 (12.6%)
1500-1999 kcal	44 (15.0%)	1928 (22.1%)
>=2000 kcal	51 (17.3%)	584 (6.7%)
Not determined	59 (20.1%)	2964 (33.9%)
I do not know	17 (5.8%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	160 (54.4%)	4436 (50.7%)
Deteriorated	22 (7.5%)	485 (5.5%)
Remained the same	81 (27.6%)	2411 (27.6%)
This patient has just been admitted	20 (6.8%)	555 (6.3%)
I do not know	11 (3.7%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	8 [5-14]	12 [6-24]
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Outcome Code

1= Still in the hospital	6 (2.0%)	748 (8.6%)
2= Transferred to another hospital	8 (2.7%)	211 (2.4%)
3= Transferred to long term care	2 (0.68%)	360 (4.1%)
4= Rehabilitation	6 (2.0%)	486 (5.6%)
5= Discharged home	141 (48.0%)	6417 (73.4%)
6= Death	4 (1.4%)	260 (3.0%)

7= Others	1 (0.34%)	173 (2.0%)
Missing	126 (42.9%)	88 (1.0%)

Readmitted since ND

1= No	32 (19.9%)	6055 (78.3%)
2= Yes, same hospital planned	6 (3.7%)	457 (5.9%)
3= Yes, same hospital unplanned	-	454 (5.9%)
4= Yes, different hospital planned	-	44 (0.57%)
5= Yes, different hospital unplanned	-	44 (0.57%)
6= Unknown	65 (40.4%)	299 (3.9%)
Missing	56 (34.8%)	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	185 (64.2%)	5885 (69.8%)
I am vegetarian	3 (1.0%)	142 (1.7%)
I adhere to a vegan diet	1 (0.35%)	50 (0.59%)
I eat gluten-free diet	3 (1.0%)	73 (0.87%)
I avoid added sugars	54 (18.8%)	1290 (15.3%)
I avoid carbohydrates	37 (12.8%)	477 (5.7%)
I eat a low fat-diet	59 (20.5%)	972 (11.5%)
I am lactose intolerant	10 (3.5%)	328 (3.9%)
Other special diet due to intolerances/allergies	4 (1.4%)	171 (2.0%)
Other	22 (7.6%)	603 (7.2%)
No answer given	3 (1.0%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	261 (90.6%)	7497 (89.0%)
In a nursing home or other live-in facility	4 (1.4%)	287 (3.4%)
I was transferred from another hospital	18 (6.3%)	418 (5.0%)
Other	5 (1.7%)	139 (1.6%)
Missing	-	87 (1.0%)
3. In general, are you able to walk?		
Yes	228 (79.2%)	5392 (64.0%)
Yes, with someone's help	15 (5.2%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	16 (5.6%)	1107 (13.1%)
No, I have a wheelchair	4 (1.4%)	355 (4.2%)
No, I am bedridden	23 (8.0%)	548 (6.5%)
Missing	2 (0.69%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	10 (3.5%)	615 (7.3%)
Good	94 (32.6%)	3078 (36.5%)
Fair	139 (48.3%)	3196 (37.9%)
Poor	36 (12.5%)	1144 (13.6%)
Very poor	6 (2.1%)	254 (3.0%)
Missing	3 (1.0%)	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [2-10]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]
... how many nights in total have you spent in hospital?	5 [1-13]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	53 (18.4%)	1638 (19.4%)
3-5	87 (30.2%)	2272 (27.0%)
More than 5	90 (31.3%)	2608 (30.9%)
None	49 (17.0%)	1375 (16.3%)
I do not know	4 (1.4%)	429 (5.1%)
Missing	5 (1.7%)	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	13 (4.5%)	1250 (14.8%)
Yes, public insurance only	238 (82.6%)	4213 (50.0%)
Yes, both	27 (9.4%)	1101 (13.1%)
None	1 (0.35%)	1114 (13.2%)
I prefer not to answer	4 (1.4%)	483 (5.7%)
Missing	5 (1.7%)	267 (3.2%)

8. What was your weight 5 years ago?	75 [65-88]	70 [60-83]
I do not know	43 (14.9%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	23 (8.0%)	795 (9.4%)
Yes, unintentionally	101 (35.1%)	3179 (37.7%)
No, my weight stayed the same	81 (28.1%)	2488 (29.5%)
No, I gained weight	53 (18.4%)	911 (10.8%)
I do not know	22 (7.6%)	856 (10.2%)
Missing	8 (2.8%)	199 (2.4%)

9b. If yes, how many kg did you lose?	8 [5-14]	6 [3-10]
I do not know	12 (9.7%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	102 (37.0%)	3142 (39.1%)
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11. Please indicate if you ...		
... were weighed at admission	136 (47.2%)	4710 (56.2%)
... were informed about your nutrition status	90 (31.4%)	2651 (32.0%)
... were informed about nutrition care options	72 (25.1%)	2341 (28.3%)
... received special nutrition care	60 (20.8%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	16 (5.6%)	366 (4.4%)
Normal	180 (62.5%)	5184 (62.0%)
About 3/4 of normal	26 (9.0%)	801 (9.6%)
About half of normal	33 (11.5%)	1028 (12.3%)

About a quarter to nearly nothing	31 (10.8%)	750 (9.0%)
I do not know	1 (0.35%)	82 (0.98%)
Missing	1 (0.35%)	157 (1.9%)

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

Very satisfied	19 (6.6%)	2303 (27.5%)
Somewhat satisfied	120 (41.7%)	2525 (30.2%)
Neutral	72 (25.0%)	1669 (19.9%)
Dissatisfied	25 (8.7%)	652 (7.8%)
Very dissatisfied	10 (3.5%)	252 (3.0%)
I do not know	30 (10.4%)	712 (8.5%)
Missing	12 (4.2%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	28 (9.7%)	910 (10.9%)
Yes, from hospital staff	24 (8.3%)	544 (6.5%)
No	218 (75.7%)	6450 (77.1%)
I do not know	3 (1.0%)	107 (1.3%)
Missing	15 (5.2%)	357 (4.3%)

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

207 (76.4%) 5869 (74.5%)

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

About all	122 (42.4%)	4051 (48.4%)
1/2	77 (26.7%)	1966 (23.5%)
1/4	37 (12.8%)	1005 (12.0%)
Nothing	42 (14.6%)	975 (11.7%)
Missing	10 (3.5%)	371 (4.4%)

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

Standard	168 (58.3%)	5388 (64.4%)
Smaller	30 (10.4%)	778 (9.3%)
Larger	9 (3.1%)	328 (3.9%)
I do not know	43 (14.9%)	848 (10.1%)
Missing	38 (13.2%)	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	25 (16.0%)	570 (14.4%)
I did not like the smell/taste of the food	20 (12.8%)	443 (11.2%)
The food did not fit my cultural/religious preferences	1 (0.64%)	47 (1.2%)
The food was too hot	1 (0.64%)	14 (0.35%)
The food was too cold	18 (11.5%)	86 (2.2%)
Due to food allergy/intolerance	1 (0.64%)	25 (0.63%)
I was not hungry at that time	24 (15.4%)	672 (17.0%)

I do not have my usual appetite	48 (30.8%)	1114 (28.2%)
I have problems chewing/swallowing	2 (1.3%)	225 (5.7%)
I normally eat less than what was served	15 (9.6%)	428 (10.8%)
I had nausea/vomiting	5 (3.2%)	327 (8.3%)
I was too tired	7 (4.5%)	219 (5.5%)
I cannot eat without help	1 (0.64%)	68 (1.7%)
I was not allowed to eat	33 (21.2%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	10 (6.4%)	234 (5.9%)
I did not get requested food	6 (3.8%)	53 (1.3%)
No answer given	8 (5.1%)	481 (12.2%)

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

Water	4 [2-5]	3 [2-5]
Tea	1 [1-2]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	0 [0-1]	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? 99 (36.7%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	40 (40.4%)	501 (24.5%)
Salty snacks	9 (9.1%)	273 (13.3%)
Homemade food	13 (13.1%)	302 (14.7%)
Fruits	35 (35.4%)	724 (35.4%)
Dairy products	8 (8.1%)	212 (10.4%)
Food delivered/restaurant	-	84 (4.1%)
Sandwich	17 (17.2%)	139 (6.8%)
Other	11 (11.1%)	400 (19.5%)

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

Increased	22 (7.6%)	1138 (13.6%)
Decreased	112 (38.9%)	2694 (32.2%)
Stayed the same	107 (37.2%)	3504 (41.9%)
I do not know	27 (9.4%)	582 (7.0%)
Missing	20 (6.9%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	111 (38.5%)	3635 (43.4%)
Weaker than at admission	67 (23.3%)	1458 (17.4%)
Same as at admission	94 (32.6%)	2363 (28.2%)

I was admitted today	10 (3.5%)	236 (2.8%)
I do not know	3 (1.0%)	454 (5.4%)
Missing	3 (1.0%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	215 (74.7%)	4925 (58.9%)
No, only with assistance	42 (14.6%)	2067 (24.7%)
No, I stay in bed	22 (7.6%)	929 (11.1%)
Missing	9 (3.1%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	150 (53.8%)	5634 (69.0%)
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