



Dear participant,

Thank you for your participation in nutritionDay worldwide in 2017 and for your effort. We are now able to present you your country report of the following sample size:

<b>Number of participated center:</b>	<b>11</b>
<b>Number of participated units:</b>	<b>26</b>
<b>Number of patients:</b>	<b>487</b>
<b>Number of patients who gave consent:</b>	<b>487</b>
<b>Number of patients completing Sheet 3a:</b>	<b>481</b>
<b>Number of patients completing Sheet 3b:</b>	<b>477</b>
<b>Number of cancer patients:</b>	<b>117</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>100</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>100</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>448</b>

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

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospital.

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 2018. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	227 [186-422]	290 [162-548]
<b>2. Total number of admissions in the hospital last year</b>	12609 [8167-20448]	16544 [7529-35485]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	280 [136-648]	161 [64-352]
Medical specialists	245 [78-462]	108 [42-202]
Medical non-specialists	22 [16-92]	33 [11-78]
Nurses	113 [75-159]	347 [123-753]
Dieticians	3 [0-12]	4 [2-8]
Nutritionists	8 [7-16]	1 [0-4]
Pharmacists	12 [5-24]	6 [3-17]
Kitchen staff	60 [35-72]	29 [13-53]
<b>Full time equivalent</b>		
Total medical doctors	3590 [3590-3590]	119 [53-333]
Medical specialists	-	88 [43-204]
Medical non-specialists	-	31 [10-79]
Nurses	76 [58-438]	309 [119-725]
Dieticians	4 [4-4]	4 [2-7]
Nutritionists	40 [24-55]	1 [0-3]
Pharmacists	37 [20-39]	5 [3-15]
Kitchen staff	126 [89-163]	22 [13-46]
<b>4. Does the hospital have a nutrition care strategy?</b>	1Yes	203 (77.5%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	4 (36.4%) Yes	170 (64.9%) Yes
Nutrition steering committee is available	1Yes	151 (57.6%) Yes
Quality indicators are recorded and reported to national or regional level	3 (27.3%) Yes	105 (40.1%) Yes
Quality indicators are used for internal benchmarking	9 (81.8%) Yes	134 (51.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (81.8%) Yes	184 (70.2%) Yes
None	-	17 (6.5%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	9 (81.8%) Yes	121 (46.2%) Yes
Oral nutrition supplements	8 (72.7%) Yes	99 (37.8%) Yes

Parenteral nutrition	1Yes	139 (53.1%) Yes
Enteral nutrition	1Yes	119 (45.4%) Yes
Dietary counseling	3 (27.3%) Yes	86 (32.8%) Yes
Specific dietary interventions	5 (45.5%) Yes	70 (26.7%) Yes
Screening for malnutrition	2 (18.2%) Yes	61 (23.3%) Yes
Risk of malnutrition	1 (9.1%) Yes	63 (24.0%) Yes
Malnutrition (in general)	1 (9.1%) Yes	118 (45.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	114 (43.5%) Yes
No information available from billing/finance/controlling	-	39 (14.9%) Yes
No answer given	-	21 (8.0%)

### Codes routinely used

Nutrition Support	9 (81.8%) Yes	100 (38.2%) Yes
Oral nutrition supplements	9 (81.8%) Yes	82 (31.3%) Yes
Parenteral nutrition	1Yes	123 (46.9%) Yes
Enteral nutrition	1Yes	103 (39.3%) Yes
Dietary counseling	4 (36.4%) Yes	68 (26.0%) Yes
Specific dietary interventions	5 (45.5%) Yes	59 (22.5%) Yes
Screening for malnutrition	2 (18.2%) Yes	48 (18.3%) Yes
Risk of malnutrition	1 (9.1%) Yes	44 (16.8%) Yes
Malnutrition (in general)	1 (9.1%) Yes	98 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (9.1%) Yes	98 (37.4%) Yes
No information available from billing/finance/controlling	-	46 (17.6%) Yes
No answer given	-	31 (1.5%)

## II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	16 (61.5%)	20.2%
Internal Medicine / Cardiology	-	5.5%
Internal Medicine / Gastroenterology & hepatology	-	6.5%
Internal Medicine / Geriatrics	-	8.2%
Internal Medicine / Infectious diseases	-	1.1%
Internal Medicine / Nephrology	-	1.1%
Internal Medicine / Oncology (incl. radiotherapy)	7 (26.9%)	7.6%
Interdisciplinary	1 (3.8%)	4.4%
Long term care	-	2.1%
Neurology	-	2.9%
Surgery / General	1 (3.8%)	17.3%
Surgery/ Cardiac/Vascular/Thoracic	-	1.5%
Surgery / Neurosurgery	-	1.1%
Surgery / Orthopedic	1 (3.8%)	4.2%
Trauma	-	1.5%
Ear Nose Throat (ENT)	-	1.5%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.0%
Psychiatry	-	0.6%
Others	-	10.7%
<b>2. Number of registered inpatients at noon</b>	<b>23 [17-34]</b>	<b>25 [18-34]</b>
<b>3. Total bed capacity of the unit</b>	<b>33 [23-45]</b>	<b>31 [25-44]</b>
<b>4. Number of each type of staff in the unit for TODAY’s morning shift</b>		
<b>Fully trained</b>		
Medical doctors	10 [6-24]	4 [2-8]
Nurses	2 [1-3]	5 [4-8]
Nursing aides	7 [5-12]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-2]
Other staff involved in patient care	2 [2-3]	1 [0-3]
<b>In training</b>		
Medical doctors	21 [15-23]	1 [0-3]
Medical students	2 [1-4]	0 [0-2]
Nurses	1 [0-1]	1 [0-3]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	1 [0-1]	0 [0-0]
Other staff involved in patient care	1 [1-2]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 26 (100%) Yes 337 (74.2%) Yes

**6. Does the unit have a nutrition care strategy?** 26 (100%) Yes 330 (72.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 26 (100%) Yes 331 (72.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 26 (100%) Yes 410 (90.3%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 20 (76.9%) Yes 282 (62.1%) Yes

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

**At admission**

No routine screening	-	46 (9.7%) Yes
No fixed criteria	-	10 (2.1%) Yes
Experience / visual assessment only	-	43 (9.1%) Yes
Weighing / BMI only	2 (7.7%) Yes	66 (13.9%) Yes
Nutritional Risk Screening (NRS) 2002	13 (50.0%) Yes	136 (28.6%) Yes
Malnutrition Universal Screening Tool (MUST)	-	29 (6.1%) Yes
Malnutrition Screening tool (MST)	-	42 (8.8%) Yes
SNAQ	-	2 (0.42%) Yes
Other formal tool	11 (42.3%) Yes	77 (16.2%) Yes
I do not know	-	3 (0.63%) Yes
Missing	-	21 (4.4%)

**During hospital stay**

No routine monitoring	-	44 (9.3%) Yes
No fixed criteria	-	44 (9.3%) Yes
Experience / visual assessment only	4 (15.4%) Yes	90 (18.9%) Yes
Weighing / BMI only	7 (26.9%) Yes	136 (28.6%) Yes
Other formal tool	15 (57.7%) Yes	130 (27.4%) Yes
I do not know	-	10 (2.1%) Yes
Missing	-	21 (4.4%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 25 (100%) Yes 354 (78.8%) Yes

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

International guidelines	9 (36.0%) Yes	91 (25.7%) Yes
National guidelines	2 (8.0%) Yes	56 (15.8%) Yes
Standards on hospital level	11 (44.0%) Yes	119 (33.6%) Yes
Standards on unit level	2 (8.0%) Yes	24 (6.8%) Yes
Individual patient nutrition care plans	1 (4.0%) Yes	57 (16.1%) Yes
Other	-	4 (1.1%) Yes
Missing	-	3 (0.85%)

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

Watchful waiting	7 (26.9%) Yes	142 (29.9%) Yes
Discuss nutrition care activities during ward rounds	13 (50.0%) Yes	199 (41.9%) Yes
Develop an individual nutrition care plan	12 (46.2%) Yes	251 (52.8%) Yes
Initiate treatment / nutrition intervention	12 (46.2%) Yes	286 (60.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (11.5%) Yes	292 (61.5%) Yes
Consult a medical professional	9 (34.6%) Yes	178 (37.5%) Yes
Calculate energy requirements	16 (61.5%) Yes	240 (50.5%) Yes
Calculate protein requirements	16 (61.5%) Yes	234 (49.3%) Yes

**Malnourished**

Watchful waiting	2 (7.7%) Yes	101 (21.3%) Yes
Discuss nutrition care activities during ward rounds	12 (46.2%) Yes	218 (45.9%) Yes
Develop an individual nutrition care plan	10 (38.5%) Yes	267 (56.2%) Yes
Initiate treatment / nutrition intervention	12 (46.2%) Yes	316 (66.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (11.5%) Yes	294 (61.9%) Yes
Consult a medical professional	3 (11.5%) Yes	192 (40.4%) Yes
Calculate energy requirements	14 (53.8%) Yes	270 (56.8%) Yes
Calculate protein requirements	14 (53.8%) Yes	266 (56.0%) Yes

**Every patient**

Watchful waiting	19 (73.1%) Yes	204 (42.9%) Yes
Discuss nutrition care activities during ward rounds	12 (46.2%) Yes	131 (27.6%) Yes
Develop an individual nutrition care plan	13 (50.0%) Yes	79 (16.6%) Yes
Initiate treatment / nutrition intervention	13 (50.0%) Yes	61 (12.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	23 (88.5%) Yes	77 (16.2%) Yes
Consult a medical professional	1 (3.8%) Yes	105 (22.1%) Yes
Calculate energy requirements	8 (30.8%) Yes	56 (11.8%) Yes
Calculate protein requirements	8 (30.8%) Yes	50 (10.5%) Yes

**Never**

Watchful waiting	-	35 (7.4%) Yes
Discuss nutrition care activities during ward rounds	1 (3.8%) Yes	38 (8.0%) Yes

Develop an individual nutrition care plan	-	32 (6.7%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	14 (53.8%) Yes	49 (10.3%) Yes
Calculate energy requirements	-	51 (10.7%) Yes
Calculate protein requirements	-	55 (11.6%) Yes

#### I do not know

Watchful waiting	-	22 (4.6%) Yes
Discuss nutrition care activities during ward rounds	-	11 (2.3%) Yes
Develop an individual nutrition care plan	-	5 (1.1%) Yes
Initiate treatment / nutrition intervention	-	5 (1.1%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.84%) Yes
Consult a medical professional	1 (3.8%) Yes	19 (4.0%) Yes
Calculate energy requirements	-	12 (2.5%) Yes
Calculate protein requirements	-	14 (2.9%) Yes

#### 13. When do you routinely weigh your patients?

at admission	15 (57.7%) Yes	300 (63.2%) Yes
Within 24 hours	5 (19.2%) Yes	70 (14.7%) Yes
Within 48 hours	3 (11.5%) Yes	20 (4.2%) Yes
Within 72 hours	-	14 (2.9%) Yes
Every week	13 (50.0%) Yes	164 (34.5%) Yes
Occasionally	3 (11.5%) Yes	60 (12.6%) Yes
When requested	13 (50.0%) Yes	212 (44.6%) Yes
At discharge	-	22 (4.6%) Yes
Never	1 (3.8%) Yes	8 (1.7%) Yes
I do not know	-	1 (0.21%) Yes
No answer given	1 (2.9%)	23 (4.8%)

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

Offer additional meals or in between snacks	25 (96.2%) Yes	350 (73.7%) Yes
Offer meal choices	22 (84.6%) Yes	348 (73.3%) Yes
Offer different portion sizes	20 (76.9%) Yes	292 (61.5%) Yes
Consider food presentation	11 (42.3%) Yes	198 (41.7%) Yes
Change food texture/consistency as needed	25 (96.2%) Yes	389 (81.9%) Yes
Consider patient problems with eating and drinking	23 (88.5%) Yes	385 (81.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (19.2%) Yes	58 (12.2%) Yes
Promote positive eating environment	6 (23.1%) Yes	92 (19.4%) Yes
Consider cultural/religious preferences	22 (84.6%) Yes	200 (42.1%) Yes
Consider patient allergies / intolerances	25 (96.2%) Yes	228 (48.0%) Yes
Other	-	29 (6.1%) Yes
I do not know	-	6 (1.3%) Yes
No answer given	-	21 (4.4%)

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

Nutrition training is available	25 (96.2%) Yes	267 (56.2%) Yes
Reporting of nutrition related information to hospital managers	21 (80.8%) Yes	211 (44.4%) Yes
Quality indicators are recorded and reported to national or regional level	7 (26.9%) Yes	131 (27.6%) Yes
Quality indicators are used for internal benchmarking	12 (46.2%) Yes	175 (36.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	20 (76.9%) Yes	302 (63.6%) Yes
None	-	21 (4.4%) Yes
I do not know	-	13 (2.7%) Yes
No answer given	-	37 (7.8%)

**16. At admission what is asked and documented?**

Change in weight	25 (96.2%) Yes	373 (78.5%) Yes
Eating habits/difficulties	25 (96.2%) Yes	349 (73.5%) Yes
Nutrition before admission	23 (88.5%) Yes	271 (57.1%) Yes
None	-	9 (1.9%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	-	39 (8.2%)

**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	26 (100%) Yes	335 (70.5%) Yes
nutrition treatment	24 (92.3%) Yes	280 (58.9%) Yes
None	-	30 (6.3%) Yes
I do not know	-	4 (0.84%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	3 (11.5%) Yes	171 (36.0%) Yes
makes future nutrition-related recommendations	24 (92.3%) Yes	269 (56.6%) Yes
None	2 (7.7%) Yes	56 (11.8%) Yes
I do not know	-	26 (5.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	7 (30.4%) Yes	171 (44.5%) Yes
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**19. Who filled in this sheet?**

Head staff	4 (15.4%) Yes	120 (25.3%) Yes
Dietician	19 (73.1%) Yes	244 (51.4%) Yes
Nurse	-	127 (26.7%) Yes
Physician	-	74 (15.6%) Yes
Administrative staff	-	4 (0.84%) Yes



Other	4 (15.4%) Yes	8 (1.7%) Yes
None	-	-
I do not know	-	3 (0.63%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	487	9133
Age	60 [47-73]	67 [53-78]
Female	217 (44.6%)	4630 (50.7%)
Weight	70.7±17.1	68.8±18.8
Height	166±9	164±10
BMI	25.8±5.8	25.4±6.0

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

planned	167 (34.3%)	3186 (34.9%)
an emergency	282 (57.9%)	5234 (57.3%)
I do not know	38 (7.8%)	713 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	44 (9.0%)	833 (9.1%)
0200 Neoplasms	136 (27.9%)	1451 (15.9%)
0300 Blood and bloodforming organs and the immune mechanism	25 (5.1%)	612 (6.7%)
0400 Endocrine, nutritional and metabolic diseases	30 (6.2%)	1103 (12.1%)
0500 Mental health	8 (1.6%)	340 (3.7%)
0600 Nervous system	44 (9.0%)	795 (8.7%)
0700 Eye and adnexa	1 (0.21%)	134 (1.5%)
0800 Ear and mastoid process	2 (0.41%)	71 (0.78%)
0900 Circulatory system	83 (17.0%)	1817 (19.9%)
1000 Respiratory system	68 (14.0%)	1407 (15.4%)
1100 Digestive system	65 (13.3%)	2255 (24.7%)
1200 Skin and subcutaneous tissue	18 (3.7%)	444 (4.9%)
1300 Musculoskeletal system and connective tissue	50 (10.3%)	1332 (14.6%)
1400 Genitourinary system	39 (8.0%)	847 (9.3%)
1500 Pregnancy, childbirth and the puerperium	-	126 (1.4%)
1600 Conditions originating in the perinatal period	-	22 (0.24%)
1700 Congenital/chromosomal abnormalities	2 (0.41%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	45 (9.2%)	410 (4.5%)
1900 Injury, poisoning	22 (4.5%)	291 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	11 (2.3%)	173 (1.9%)
2100 Factors influencing health status and contact with health services	24 (4.9%)	214 (2.3%)
No answer given	-	-

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

Cardiac insufficiency	56 (12.8%)	1665 (22.5%)
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Myocardial infarction	14 (3.2%)	418 (5.9%)
Chronic lung disease	33 (7.6%)	1118 (15.3%)
Cerebral vascular disease	32 (7.4%)	768 (10.7%)
Peripheral vascular disease	32 (7.4%)	888 (12.3%)
Chronic liver disease	17 (4.0%)	457 (6.4%)
Chronic kidney disease	34 (7.9%)	853 (11.8%)
Diabetes	78 (18.0%)	1983 (26.8%)
Cancer	117 (26.7%)	1815 (24.8%)
Infection	76 (17.4%)	1166 (16.0%)
Dementia	19 (4.4%)	398 (5.6%)
Major depressive disorder	22 (5.1%)	390 (5.5%)
Other chronic mental disorder	9 (2.1%)	387 (5.5%)
Other chronic disease	145 (32.3%)	2029 (27.4%)
None	101 (20.7%)	1421 (15.6%)

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

Yes, planned	95 (19.5%)	1796 (19.7%)
Yes, acute	64 (13.1%)	561 (6.1%)
No	321 (65.9%)	6420 (70.3%)
I do not know	3 (0.62%)	130 (1.4%)
Missing	4 (0.82%)	226 (2.5%)

Days since operation	3 [1-9]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	38 (7.8%)	766 (8.4%)
Yes, later	38 (7.8%)	536 (5.9%)
No	395 (81.1%)	6795 (74.4%)
I do not know	9 (1.8%)	417 (4.6%)
Missing	7 (1.4%)	619 (6.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	68 (14.0%)	982 (10.8%)
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<b>6. Is this patient terminally ill?</b>	14 (2.9%)	660 (7.2%)
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#### 7. Fluid status

Normal	310 (63.7%)	7154 (78.3%)
Overloaded	18 (3.7%)	518 (5.7%)
Dehydrated	38 (7.8%)	475 (5.2%)
I do not know	121 (24.8%)	986 (10.8%)
Missing	-	-

#### 8. Number of different medications planned

Oral	4 [2-7]	5 [2-8]
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Other	5 [2-7]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	112 (23.0%)	914 (10.0%)
At risk	102 (20.9%)	1610 (17.6%)
No	251 (51.5%)	5843 (64.0%)
I do not know	22 (4.5%)	766 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	170 (34.9%)	3595 (39.4%)
5% Glucose solution	73 (15.0%)	877 (9.6%)

### 11. Number of ONS drinks planned

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

Regular hospital food	232 (47.6%)	5097 (55.8%)
Fortified/enriched hospital food	62 (12.7%)	801 (8.8%)
Protein/energy supplement (e.g. ONS drinks)	92 (18.9%)	1073 (11.7%)
Enteral nutrition	56 (11.5%)	495 (5.4%)
Parenteral nutrition	7 (1.4%)	485 (5.3%)
Special diet	229 (47.0%)	3173 (34.7%)
None	8 (1.6%)	506 (5.5%)

### 13a. All lines and Tubes

Central Venous	67 (13.8%)	752 (8.2%)
Peripheral venous access	315 (64.7%)	4362 (47.8%)
Nasogastric	17 (3.5%)	269 (2.9%)
Nasojejunal	6 (1.2%)	38 (0.42%)
Nasoduodenal	18 (3.7%)	22 (0.24%)
Enterostoma	2 (0.41%)	46 (0.50%)
Percutaneous endoscopy/surgical gastrostomy	13 (2.7%)	71 (0.78%)
Percutaneous endoscopy/surgical jejunostomy	5 (1.0%)	29 (0.32%)
None	103 (21.1%)	4024 (44.1%)

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

Yes, previously	20 (4.1%)	93 (1.0%)
Yes, ongoing	4 (0.82%)	80 (0.88%)
No	414 (85.0%)	7577 (83.0%)
I do not know	39 (8.0%)	871 (9.5%)
Missing	10 (2.1%)	512 (5.6%)

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

Energy requirements were determined	314 (64.5%)	3246 (35.5%)
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Protein requirements were determined	289 (59.3%)	2888 (31.6%)
Food/Nutrition intake was recorded in the patient record	343 (70.4%)	4124 (45.2%)
Nutrition treatment plan was developed	352 (72.3%)	3183 (34.9%)
Nutrition expert was consulted	411 (84.4%)	3050 (33.4%)
Malnutrition status is recorded in the patient record	310 (63.7%)	2529 (27.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	16 (3.3%)	335 (3.7%)
500-999 kcal	2 (0.41%)	109 (1.2%)
1000-1499 kcal	31 (6.4%)	957 (10.5%)
1500-1999 kcal	184 (37.8%)	2729 (29.9%)
>=2000 kcal	93 (19.1%)	993 (10.9%)
Not determined	153 (31.4%)	3222 (35.3%)
I do not know	8 (1.6%)	752 (8.2%)
Missing	-	36 (0.39%)

### 15b. Energy intake

< 500 kcal	25 (5.1%)	615 (6.7%)
500-999 kcal	20 (4.1%)	525 (5.7%)
1000-1499 kcal	40 (8.2%)	1192 (13.1%)
1500-1999 kcal	116 (23.8%)	2032 (22.2%)
>=2000 kcal	32 (6.6%)	597 (6.5%)
Not determined	227 (46.6%)	2998 (32.8%)
I do not know	27 (5.5%)	1122 (12.3%)
Missing	-	52 (0.57%)

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

Improved	256 (52.6%)	4626 (50.7%)
Deteriorated	43 (8.8%)	514 (5.6%)
Remained the same	129 (26.5%)	2506 (27.4%)
This patient has just been admitted	26 (5.3%)	574 (6.3%)
I do not know	33 (6.8%)	913 (10.0%)
Missing	-	-

Length of hospital stay (days)	15 [8-27]	12 [6-24]
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### Outcome Code

1= Still in the hospital	65 (13.3%)	796 (8.7%)
2= Transferred to another hospital	7 (1.4%)	219 (2.4%)
3= Transferred to long term care	2 (0.41%)	373 (4.1%)
4= Rehabilitation	12 (2.5%)	500 (5.5%)
5= Discharged home	341 (70.0%)	6731 (73.7%)
6= Death	19 (3.9%)	283 (3.1%)

7= Others	2 (0.41%)	175 (1.9%)
Missing	39 (8.0%)	56 (0.61%)
Readmitted since ND		
1= No	222 (58.3%)	6273 (77.4%)
2= Yes, same hospital planned	15 (3.9%)	483 (6.0%)
3= Yes, same hospital unplanned	13 (3.4%)	471 (5.8%)
4= Yes, different hospital planned	-	45 (0.56%)
5= Yes, different hospital unplanned	-	45 (0.56%)
6= Unknown	1 (0.26%)	366 (4.5%)
Missing	130 (34.1%)	428 (5.3%)

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	328 (68.2%)	6102 (69.3%)
I am vegetarian	1 (0.21%)	153 (1.7%)
I adhere to a vegan diet	1 (0.21%)	53 (0.60%)
I eat gluten-free diet	4 (0.83%)	78 (0.89%)
I avoid added sugars	74 (15.4%)	1353 (15.4%)
I avoid carbohydrates	27 (5.6%)	515 (5.9%)
I eat a low fat-diet	66 (13.7%)	1034 (11.8%)
I am lactose intolerant	18 (3.7%)	343 (3.9%)
Other special diet due to intolerances/allergies	6 (1.2%)	179 (2.0%)
Other	50 (10.4%)	617 (7.0%)
No answer given	13 (2.7%)	217 (2.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	459 (95.4%)	7771 (88.3%)
In a nursing home or other live-in facility	8 (1.7%)	295 (3.4%)
I was transferred from another hospital	13 (2.7%)	456 (5.2%)
Other	1 (0.21%)	147 (1.7%)
Missing	-	131 (1.5%)
<b>3. In general, are you able to walk?</b>		
Yes	302 (62.8%)	5599 (63.6%)
Yes, with someone's help	77 (16.0%)	963 (10.9%)
Yes, independently using a cane, walker, or crutches	38 (7.9%)	1142 (13.0%)
No, I have a wheelchair	9 (1.9%)	383 (4.4%)
No, I am bedridden	53 (11.0%)	579 (6.6%)
Missing	2 (0.42%)	134 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	36 (7.5%)	633 (7.2%)
Good	184 (38.3%)	3217 (36.6%)
Fair	155 (32.2%)	3329 (37.8%)
Poor	76 (15.8%)	1202 (13.7%)
Very poor	28 (5.8%)	268 (3.0%)
Missing	2 (0.42%)	151 (1.7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-10]	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?	4 [0-15]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	102 (21.2%)	1694 (19.3%)
3-5	137 (28.5%)	2352 (26.7%)
More than 5	136 (28.3%)	2722 (30.9%)
None	90 (18.7%)	1418 (16.1%)
I do not know	13 (2.7%)	449 (5.1%)
Missing	3 (0.62%)	165 (1.9%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	113 (23.5%)	1319 (15.0%)
Yes, public insurance only	240 (49.9%)	4350 (49.4%)
Yes, both	14 (2.9%)	1115 (12.7%)
None	105 (21.8%)	1177 (13.4%)
I prefer not to answer	1 (0.21%)	510 (5.8%)
Missing	8 (1.7%)	329 (3.7%)

<b>8. What was your weight 5 years ago?</b>		
	72 [64-83]	70 [60-83]
I do not know	74 (15.4%)	2377 (27.0%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	30 (6.2%)	827 (9.4%)
Yes, unintentionally	258 (53.6%)	3324 (37.8%)
No, my weight stayed the same	92 (19.1%)	2582 (29.3%)
No, I gained weight	67 (13.9%)	951 (10.8%)
I do not know	24 (5.0%)	907 (10.3%)
Missing	10 (2.1%)	209 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	7 [5-12]	6 [3-10]
I do not know	29 (10.1%)	701 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	197 (42.4%)	3271 (39.2%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	256 (53.4%)	4927 (56.7%)
... were informed about your nutrition status	274 (57.3%)	2797 (32.5%)
... were informed about nutrition care options	335 (70.5%)	2491 (29.0%)
... received special nutrition care	295 (62.0%)	2357 (27.5%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	30 (6.3%)	388 (4.4%)
Normal	261 (54.7%)	5401 (61.8%)
About 3/4 of normal	50 (10.5%)	844 (9.7%)
About half of normal	59 (12.4%)	1065 (12.2%)



About a quarter to nearly nothing	60 (12.6%)	791 (9.0%)
I do not know	9 (1.9%)	88 (1.0%)
Missing	8 (1.7%)	167 (1.9%)

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

Very satisfied	190 (39.8%)	2368 (27.1%)
Somewhat satisfied	140 (29.4%)	2629 (30.1%)
Neutral	50 (10.5%)	1752 (20.0%)
Dissatisfied	48 (10.1%)	691 (7.9%)
Very dissatisfied	10 (2.1%)	261 (3.0%)
I do not know	27 (5.7%)	726 (8.3%)
Missing	12 (2.5%)	317 (3.6%)

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

Yes, from family or friends	95 (19.9%)	978 (11.2%)
Yes, from hospital staff	18 (3.8%)	581 (6.6%)
No	345 (72.3%)	6652 (76.1%)
I do not know	5 (1.0%)	113 (1.3%)
Missing	14 (2.9%)	420 (4.8%)

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

332 (72.6%)	6110 (74.6%)
-------------	--------------

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

About all	222 (46.5%)	4213 (48.2%)
1/2	112 (23.5%)	2075 (23.7%)
1/4	80 (16.8%)	1064 (12.2%)
Nothing	46 (9.6%)	1004 (11.5%)
Missing	17 (3.6%)	388 (4.4%)

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

Standard	356 (74.6%)	5611 (64.2%)
Smaller	42 (8.8%)	811 (9.3%)
Larger	9 (1.9%)	344 (3.9%)
I do not know	26 (5.5%)	884 (10.1%)
Missing	44 (9.2%)	1094 (12.5%)

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

I did not like the type of food offered	18 (7.6%)	608 (14.7%)
I did not like the smell/taste of the food	23 (9.7%)	474 (11.4%)
The food did not fit my cultural/religious preferences	2 (0.84%)	54 (1.3%)
The food was too hot	-	15 (0.36%)
The food was too cold	3 (1.3%)	95 (2.3%)
Due to food allergy/intolerance	-	27 (0.65%)
I was not hungry at that time	32 (13.4%)	709 (17.1%)

I do not have my usual appetite	53 (22.3%)	1167 (28.2%)
I have problems chewing/swallowing	14 (5.9%)	239 (5.8%)
I normally eat less than what was served	21 (8.8%)	457 (11.0%)
I had nausea/vomiting	33 (13.9%)	345 (8.3%)
I was too tired	8 (3.4%)	227 (5.5%)
I cannot eat without help	7 (2.9%)	73 (1.8%)
I was not allowed to eat	7 (2.9%)	460 (11.1%)
I had an exam, surgery, or test and missed my meal	5 (2.1%)	243 (5.9%)
I did not get requested food	1 (0.42%)	54 (1.3%)
No answer given	98 (41.2%)	510 (12.3%)

#### 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 [0-1]	1 [0-2]
Coffee	1 [1-1]	1 [0-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	1 [1-2]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-1]	0 [0-1]
Other	0 [0-0]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 134 (30.0%) 2179 (27.2%)

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

Sweet snacks	37 (27.6%)	548 (25.1%)
Salty snacks	29 (21.6%)	290 (13.3%)
Homemade food	6 (4.5%)	320 (14.7%)
Fruits	54 (40.3%)	774 (35.5%)
Dairy products	3 (2.2%)	221 (10.1%)
Food delivered/restaurant	7 (5.2%)	85 (3.9%)
Sandwich	11 (8.2%)	145 (6.7%)
Other	20 (14.9%)	429 (19.7%)

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

Increased	77 (16.1%)	1201 (13.7%)
Decreased	197 (41.3%)	2809 (32.1%)
Stayed the same	169 (35.4%)	3616 (41.4%)
I do not know	19 (4.0%)	601 (6.9%)
Missing	15 (3.1%)	517 (5.9%)

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

Stronger than at admission	291 (61.0%)	3792 (43.4%)
Weaker than at admission	86 (18.0%)	1514 (17.3%)
Same as at admission	75 (15.7%)	2454 (28.1%)

I was admitted today	6 (1.3%)	239 (2.7%)
I do not know	16 (3.4%)	466 (5.3%)
Missing	3 (0.63%)	279 (3.2%)

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

Yes	269 (56.4%)	5103 (58.4%)
No, only with assistance	116 (24.3%)	2181 (24.9%)
No, I stay in bed	72 (15.1%)	984 (11.3%)
Missing	20 (4.2%)	476 (5.4%)

<b>23. Did anyone help you complete this questionnaire?</b>	373 (79.0%)	5889 (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:	10	116
Computerized system in hospital:	10 units (100%) YES	112 units (97%) YES
Nutritional treatment of cancer patients is part of overall care plan	9 units (90%) YES	98 units (84%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	9 (90,0%)	59 (50,9%)
When patient asks	1 (10,0%)	29 (25,0%)
When body weight loss > 10%	1 (10,0%)	39 (33,6%)
During palliative phase	1 (10,0%)	33 (28,4%)
Other	-	6 (5,17%)
Missing	1 (10,0%)	17 (14,7%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	7 (6,03%)
No knowledge of the field	-	7 (6,03%)
No reimbursement	-	7 (6,03%)
It feeds the tumour	-	1 (0,86%)
Other	1 (10,0%)	4 (3,45%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	10 (100%)	67 (57,8%)
Calculation of energy needs	8 (80,0%)	85 (73,3%)
Monitoring patients intake and use of oral supplements	9 (90,0%)	102 (87,9%)
None	-	4 (3,45%)
Other	-	5 (4,31%)
Missing	-	2 (1,72%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	-	2 (1,72%)
Lack of experience	-	6 (5,17%)
No reimbursement	-	3 (2,59%)
Lack of dietitians	-	8 (6,90%)
Lack of other experts	-	3 (2,59%)
Other	-	1 (0,86%)
Missing	-	-

### Assessment of parameters in cancer patients & methods used:

#### Anthropometry/Body composition:

**Body weight**

Regularly	8 (80,0%)	78 (67,2%)
At chemotherapy	-	12 (10,3%)
When necessary	1 (10,0%)	23 (19,8%)
Never	1 (10,0%)	1 (0,86%)
Unknown	-	1 (0,86%)
Missing	-	1 (0,86%)

**Anthropometrics (circumference)**

Regularly	2 (20,0%)	13 (11,2%)
At chemotherapy	-	1 (0,86%)
When necessary	5 (50,0%)	42 (36,2%)
Never	3 (30,0%)	53 (45,7%)
Unknown	-	1 (0,86%)
Missing	-	6 (5,17%)

**BIA**

Regularly	-	5 (4,31%)
At chemotherapy	-	-
When necessary	2 (20,0%)	25 (21,6%)
Never	8 (80,0%)	78 (67,2%)
Unknown	-	3 (2,59%)
Missing	-	5 (4,31%)

**CT SCAN**

Regularly	-	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	-	32 (27,6%)
Never	10 (100%)	70 (60,3%)
Unknown	-	3 (2,59%)
Missing	-	4 (3,45%)

**DEXA**

Regularly	-	2 (1,72%)
At chemotherapy	-	-
When necessary	-	16 (13,8%)
Never	10 (100%)	85 (73,3%)
Unknown	-	8 (6,90%)
Missing	-	5 (4,31%)

**Other (body composition)**

Regularly	-	1 (0,86%)
At chemotherapy	-	-
When necessary	-	17 (14,7%)

Never	4 (40,0%)	40 (34,5%)
Unknown	1 (10,0%)	21 (18,1%)
Missing	5 (50,0%)	37 (31,9%)
<b>Body function:</b>		
<b>Handgrip</b>		
Regularly	-	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	1 (10,0%)	38 (32,8%)
Never	9 (90,0%)	61 (52,6%)
Unknown	-	4 (3,45%)
Missing	-	6 (5,17%)
<b>6-minutes walking test</b>		
Regularly	-	3 (2,59%)
At chemotherapy	-	-
When necessary	1 (10,0%)	33 (28,4%)
Never	9 (90,0%)	68 (58,6%)
Unknown	-	5 (4,31%)
Missing	-	7 (6,03%)
<b>Other (body function)</b>		
Regularly	-	4 (3,45%)
At chemotherapy	-	-
When necessary	-	24 (20,7%)
Never	4 (40,0%)	45 (38,8%)
Unknown	-	16 (13,8%)
Missing	6 (60,0%)	27 (23,3%)
<b>Nutritional requirements, calculated</b>		
Regularly	6 (60,0%)	34 (29,3%)
At chemotherapy	-	-
When necessary	2 (20,0%)	65 (56,0%)
Never	-	5 (4,31%)
Unknown	-	-
Missing	2 (20,0%)	12 (10,3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	5 (50,0%)	32 (27,6%)
At chemotherapy	-	1 (0,86%)
When necessary	1 (10,0%)	51 (44,0%)
Never	1 (10,0%)	13 (11,2%)
Unknown	-	6 (5,17%)

Missing	3 (30,0%)	13 (11,2%)
<b>1 meal per day</b>		
Regularly	1 (10,0%)	12 (10,3%)
At chemotherapy	-	1 (0,86%)
When necessary	1 (10,0%)	36 (31,0%)
Never	4 (40,0%)	19 (16,4%)
Unknown	-	9 (7,76%)
Missing	4 (40,0%)	39 (33,6%)
<b>2 meals per day</b>		
Regularly	1 (10,0%)	12 (10,3%)
At chemotherapy	-	-
When necessary	1 (10,0%)	35 (30,2%)
Never	4 (40,0%)	20 (17,2%)
Unknown	-	9 (7,76%)
Missing	4 (40,0%)	40 (34,5%)
<b>24h recall</b>		
Regularly	4 (40,0%)	28 (24,1%)
At chemotherapy	-	2 (1,72%)
When necessary	4 (40,0%)	41 (35,3%)
Never	2 (20,0%)	12 (10,3%)
Unknown	-	7 (6,03%)
Missing	-	26 (22,4%)
<b>Other (nutritional intake)</b>		
Regularly	-	2 (1,72%)
At chemotherapy	-	-
When necessary	-	17 (14,7%)
Never	4 (40,0%)	22 (19,0%)
Unknown	-	18 (15,5%)
Missing	6 (60,0%)	57 (49,1%)
<b>Questionnaire completed by</b>		
Dietitian	9 (90,0%)	42 (36,2%)
Nurse	-	29 (25,0%)
Physician	-	39 (33,6%)
Nutritional scientist	1 (10,0%)	5 (4,31%)
Other	-	-
Missing	-	1 (0,86%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	100	1064
<b>Demographic data:</b>		
Age (years)	62 [18-92]	66 [18-96]
Female gender	44 (44,0%)	423 (39,8%)
Weight (kg)	67,3 ± 16,0	64,3 ± 16,9
Height (cm)	166,1 ± 8,5	165,4 ± 9,8
BMI (kg/m2)	24,4 ± 5,5	23,6 ± 4,8
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	2 (2,00%)	63 (5,92%)
Ward (w)	97 (97,0%)	997 (93,7%)
Missing	1 (1,00%)	4 (0,38%)
<b>Goal of Therapy</b>		
Curative	80 (80,0%)	606 (57,0%)
Palliative	16 (16,0%)	359 (33,7%)
Terminal	2 (2,00%)	74 (6,95%)
Missing	2 (2,00%)	25 (2,35%)
<b>Reason for admission</b>		
Clinical diagnostics	23 (23,0%)	109 (10,2%)
Therapy	22 (22,0%)	516 (48,5%)
Surgery related	15 (15,0%)	225 (21,1%)
Treatment complications	37 (37,0%)	124 (11,7%)
Poor health status	3 (3,00%)	139 (13,1%)
Independent care difficult	1 (1,00%)	8 (0,75%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	6 (6,00%)	59 (5,55%)
Colon, rectum	13 (13,0%)	172 (16,2%)
Prostate	4 (4,00%)	31 (2,91%)
Lung	8 (8,00%)	86 (8,08%)
Skin	1 (1,00%)	8 (0,75%)
Kidney/bladder	2 (2,00%)	31 (2,91%)
Gastric/oesophageal	11 (11,0%)	152 (14,3%)
Pancreas	-	69 (6,48%)
Lymphoma	6 (6,00%)	102 (9,59%)
Ears nose throat (ENT)	9 (9,00%)	51 (4,79%)
Leukaemia	16 (16,0%)	77 (7,24%)
Genital tract	4 (4,00%)	38 (3,57%)



Liver	4 (4,00%)	106 (9,96%)
Sarcoma	3 (3,00%)	11 (1,03%)
Brain	2 (2,00%)	23 (2,16%)
Testicular	1 (1,00%)	-
Other	12 (12,0%)	85 (7,99%)
Missing	1 (1,00%)	11 (1,03%)

### Time since diagnosis

0-2 months	28 (28,0%)	366 (34,4%)
3-5 months	9 (9,00%)	184 (17,3%)
6-12 months	12 (12,0%)	169 (15,9%)
1-2 years	10 (10,0%)	147 (13,8%)
2-4 years	12 (12,0%)	82 (7,71%)
> 4 years	8 (8,00%)	94 (8,83%)
Missing	10 (10,0%)	19 (1,79%)

### Cancer staging

0=Carcinoma in situ	4 (4,00%)	55 (5,17%)
I=Localized	20 (20,0%)	244 (22,9%)
II=Early locally advanced	11 (11,0%)	176 (16,5%)
III=Late locally advanced	4 (4,00%)	176 (16,5%)
IV=Metastasised	18 (18,0%)	302 (28,4%)
Missing	43 (43,0%)	111 (10,4%)

### Time since first therapy start

No therapy	10 (10,0%)	134 (12,6%)
Tumour staging/diagnosis	5 (5,00%)	67 (6,30%)
0-2 months	21 (21,0%)	290 (27,3%)
3-5 months	4 (4,00%)	145 (13,6%)
6-12 months	10 (10,0%)	153 (14,4%)
1-2 years	6 (6,00%)	114 (10,7%)
2-4 years	7 (7,00%)	64 (6,02%)
> 4 years	5 (5,00%)	104 (9,77%)
Missing	18 (18,0%)	16 (1,50%)

### Therapy situation

Diagnosis	20 (20,0%)	109 (10,2%)
Chemotherapy 1st line	17 (17,0%)	191 (18,0%)
Chemotherapy > 1st line	7 (7,00%)	173 (16,3%)
Radiotherapy	3 (3,00%)	70 (6,58%)
Target therapy	7 (7,00%)	31 (2,91%)
Hormone therapy	-	12 (1,13%)
Palliative	5 (5,00%)	121 (11,4%)
Surgery	17 (17,0%)	348 (32,7%)

Cancer related complications	24 (24,0%)	67 (6,30%)
Therapy related complications	3 (3,00%)	43 (4,04%)
Missing	1 (1,00%)	13 (1,22%)

### Infections

None	61 (61,0%)	808 (75,9%)
Local	30 (30,0%)	161 (15,1%)
General	6 (6,00%)	73 (6,86%)
Missing	3 (3,00%)	22 (2,07%)

### Nutrition Treatment

No special diet	21 (21,0%)	458 (43,0%)
Individualized diet plan	30 (30,0%)	305 (28,7%)
Energy rich/protein rich ONS	21 (21,0%)	121 (11,4%)
Enteral nutrition (via NGT/PEG)	15 (15,0%)	65 (6,11%)
Parenteral nutrition	3 (3,00%)	136 (12,8%)
ONS enriched with special nutrients	5 (5,00%)	25 (2,35%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	1 (1,00%)	13 (1,22%)
Personal preferences	18 (18,0%)	110 (10,3%)
Counselling	-	54 (5,08%)
Other	6 (6,00%)	28 (2,63%)
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:	100	1056
Body weight prior to becoming ill	70 [46-130]	70 [22-180]
Actual body weight	65 [31-130]	63 [21-128]
<b>Change in weight was</b>		
Intentional	2 (2,00%)	31 (2,91%)
Unintentional	67 (67,0%)	644 (60,5%)
Weight is stable	23 (23,0%)	180 (16,9%)
Missing	6 (6,00%)	31 (2,91%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	34 (34,0%)	366 (34,4%)
A little	27 (27,0%)	294 (27,6%)
Quite a bit	22 (22,0%)	192 (18,0%)
Very much	15 (15,0%)	108 (10,2%)
Missing	1 (1,00%)	90 (8,46%)
<b>Patients who needed a rest:</b>		
Not at all	29 (29,0%)	261 (24,5%)
A little	26 (26,0%)	311 (29,2%)
Quite a bit	24 (24,0%)	243 (22,8%)
Very much	18 (18,0%)	131 (12,3%)
Missing	2 (2,00%)	98 (9,21%)
<b>Patients who felt weak:</b>		
Not at all	25 (25,0%)	255 (24,0%)
A little	38 (38,0%)	297 (27,9%)
Quite a bit	19 (19,0%)	260 (24,4%)
Very much	16 (16,0%)	142 (13,3%)
Missing	1 (1,00%)	95 (8,93%)
<b>Patients who felt depressed:</b>		
Not at all	45 (45,0%)	382 (35,9%)
A little	33 (33,0%)	337 (31,7%)
Quite a bit	13 (13,0%)	148 (13,9%)
Very much	6 (6,00%)	80 (7,52%)
Missing	2 (2,00%)	92 (8,65%)
<b>Patients who were tired:</b>		

Not at all	28 (28,0%)	272 (25,6%)
A little	30 (30,0%)	317 (29,8%)
Quite a bit	24 (24,0%)	240 (22,6%)
Very much	15 (15,0%)	124 (11,7%)
Missing	2 (2,00%)	92 (8,65%)

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

Not at all	40 (40,0%)	412 (38,7%)
A little	21 (21,0%)	250 (23,5%)
Quite a bit	18 (18,0%)	168 (15,8%)
Very much	17 (17,0%)	114 (10,7%)
Missing	3 (3,00%)	97 (9,12%)

#### Patients who lacked appetite:

Not at all	34 (34,0%)	386 (36,3%)
A little	16 (16,0%)	270 (25,4%)
Quite a bit	31 (31,0%)	171 (16,1%)
Very much	16 (16,0%)	119 (11,2%)
Missing	2 (2,00%)	98 (9,21%)

#### Just now

##### Patients who have pain:

Not at all	59 (59,0%)	411 (38,6%)
A little	29 (29,0%)	337 (31,7%)
Quite a bit	5 (5,00%)	150 (14,1%)
Very much	3 (3,00%)	48 (4,51%)
Missing	3 (3,00%)	101 (9,49%)

##### Patients who need a rest:

Not at all	43 (43,0%)	225 (21,1%)
A little	32 (32,0%)	351 (33,0%)
Quite a bit	16 (16,0%)	263 (24,7%)
Very much	5 (5,00%)	102 (9,59%)
Missing	3 (3,00%)	100 (9,40%)

##### Patients who feel weak:

Not at all	44 (44,0%)	242 (22,7%)
A little	35 (35,0%)	337 (31,7%)
Quite a bit	11 (11,0%)	257 (24,2%)
Very much	5 (5,00%)	105 (9,87%)
Missing	3 (3,00%)	101 (9,49%)

##### Patients who are depressed:

Not at all	54 (54,0%)	413 (38,8%)
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A little	32 (32,0%)	338 (31,8%)
Quite a bit	5 (5,00%)	145 (13,6%)
Very much	5 (5,00%)	47 (4,42%)
Missing	3 (3,00%)	99 (9,30%)

#### Patients who are tired:

Not at all	42 (42,0%)	253 (23,8%)
A little	36 (36,0%)	372 (35,0%)
Quite a bit	10 (10,0%)	230 (21,6%)
Very much	7 (7,00%)	88 (8,27%)
Missing	3 (3,00%)	98 (9,21%)

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

Not at all	57 (57,0%)	378 (35,5%)
A little	25 (25,0%)	285 (26,8%)
Quite a bit	7 (7,00%)	185 (17,4%)
Very much	7 (7,00%)	84 (7,89%)
Missing	3 (3,00%)	103 (9,68%)

#### Patients who lack appetite:

Not at all	43 (43,0%)	359 (33,7%)
A little	23 (23,0%)	301 (28,3%)
Quite a bit	16 (16,0%)	180 (16,9%)
Very much	15 (15,0%)	98 (9,21%)
Missing	2 (2,00%)	102 (9,59%)

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

Nausea/Vomiting	30 (30,0%)	161 (15,1%)
Inflammation in mouth	12 (12,0%)	57 (5,36%)
Pain	18 (18,0%)	120 (11,3%)
Constipation	13 (13,0%)	69 (6,48%)
Diarrhea	9 (9,00%)	44 (4,14%)
Change in taste/smell	16 (16,0%)	108 (10,2%)
Early satiation/Loss of appetite	27 (27,0%)	252 (23,7%)
Other	16 (16,0%)	201 (18,9%)
Missing	1 (1,00%)	51 (4,79%)

#### Maximum activity performed by patients

Able to do sports	1 (1,00%)	46 (4,32%)
Fully active	5 (5,00%)	141 (13,3%)
Able to carry out light activities	22 (22,0%)	210 (19,7%)
Able to carry out self care	27 (27,0%)	236 (22,2%)
Able to carry out limited self care	21 (21,0%)	156 (14,7%)
Confined to bed or chair	21 (21,0%)	156 (14,7%)

Missing	2 (2,00%)	99 (9,30%)
<b>Patient takes additional (without prescription)</b>		
Nothing	63 (63,0%)	696 (65,4%)
Herbal tea	18 (18,0%)	78 (7,33%)
Nutritional supplements	4 (4,00%)	67 (6,30%)
Multivitamin	4 (4,00%)	37 (3,48%)
Other medication	6 (6,00%)	44 (4,14%)
Other	1 (1,00%)	52 (4,89%)
Missing	6 (6,00%)	125 (11,7%)
<b>Additional activities performed</b>		
Nothing	67 (67,0%)	797 (74,9%)
Psychotherapy	6 (6,00%)	17 (1,60%)
Yoga	1 (1,00%)	10 (0,94%)
Meditation	4 (4,00%)	22 (2,07%)
Progressive muscle relaxation	1 (1,00%)	15 (1,41%)
Qigong	-	1 (0,09%)
Other	18 (18,0%)	74 (6,95%)
Missing	7 (7,00%)	138 (13,0%)
<b>Patients having difficulties in complying with treatment</b>		
	30 (30,0%)	246 (23,1%)
<b>Patients needing help to complete questionnaire</b>		
	64 (64,0%)	640 (60,2%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>		
	87 (87,0%)	639 (60,1%)