



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>5</b>
<b>Number of participated units:</b>	<b>6</b>
<b>Number of patients:</b>	<b>129</b>
<b>Number of patients who gave consent:</b>	<b>129</b>
<b>Number of patients completing Sheet 3a:</b>	<b>129</b>
<b>Number of patients completing Sheet 3b:</b>	<b>129</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>90</b>

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 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>	131 [105-473]	290 [162-548]
<b>2. Total number of admissions in the hospital last year</b>	5311 [3404-17524]	16544 [7529-35485]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	51 [43-215]	161 [64-352]
Medical specialists	47 [38-200]	108 [42-202]
Medical non-specialists	5 [3-6]	33 [11-78]
Nurses	119 [67-536]	347 [123-753]
Dieticians	1 [1-1]	4 [2-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	2 [1-2]	6 [3-17]
Kitchen staff	5 [4-7]	29 [13-53]
<b>Full time equivalent</b>		
Total medical doctors	51 [42-214]	119 [53-333]
Medical specialists	46 [36-200]	88 [43-204]
Medical non-specialists	5 [3-6]	31 [10-79]
Nurses	119 [66-513]	309 [119-725]
Dieticians	1 [1-1]	4 [2-7]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	2 [1-2]	5 [3-15]
Kitchen staff	5 [4-7]	22 [13-46]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (75.0%) Yes	203 (77.5%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	4 (100%) Yes	170 (64.9%) Yes
Nutrition steering committee is available	1 (25.0%) Yes	151 (57.6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (25.0%) Yes	105 (40.1%) Yes
Quality indicators are used for internal benchmarking	-	134 (51.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (50.0%) 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	1 (25.0%) Yes	121 (46.2%) Yes
Oral nutrition supplements	1 (25.0%) Yes	99 (37.8%) Yes

Parenteral nutrition	3 (75.0%) Yes	139 (53.1%) Yes
Enteral nutrition	1 (25.0%) Yes	119 (45.4%) Yes
Dietary counseling	1 (25.0%) Yes	86 (32.8%) Yes
Specific dietary interventions	-	70 (26.7%) Yes
Screening for malnutrition	1 (25.0%) Yes	61 (23.3%) Yes
Risk of malnutrition	-	63 (24.0%) Yes
Malnutrition (in general)	-	118 (45.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	114 (43.5%) Yes
No information available from billing/finance/controlling	1 (25.0%) Yes	39 (14.9%) Yes
No answer given	-	21 (8.0%)

### Codes routinely used

Nutrition Support	1 (25.0%) Yes	100 (38.2%) Yes
Oral nutrition supplements	1 (25.0%) Yes	82 (31.3%) Yes
Parenteral nutrition	3 (75.0%) Yes	123 (46.9%) Yes
Enteral nutrition	1 (25.0%) Yes	103 (39.3%) Yes
Dietary counseling	-	68 (26.0%) Yes
Specific dietary interventions	-	59 (22.5%) Yes
Screening for malnutrition	-	48 (18.3%) Yes
Risk of malnutrition	-	44 (16.8%) Yes
Malnutrition (in general)	-	98 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	98 (37.4%) Yes
No information available from billing/finance/controlling	1 (25.0%) Yes	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	-	20.2%
Internal Medicine / Cardiology	-	5.5%
Internal Medicine / Gastroenterology & hepatology	2 (33.3%)	6.5%
Internal Medicine / Geriatrics	-	8.2%
Internal Medicine / Infectious diseases	-	1.1%
Internal Medicine / Nephrology	-	1.1%
Internal Medicine / Oncology (incl. radiotherapy)	-	7.6%
Interdisciplinary	-	4.4%
Long term care	1 (16.7%)	2.1%
Neurology	1 (16.7%)	2.9%
Surgery / General	1 (16.7%)	17.3%
Surgery/ Cardiac/Vascular/Thoracic	-	1.5%
Surgery / Neurosurgery	-	1.1%
Surgery / Orthopedic	-	4.2%
Trauma	-	1.5%
Ear Nose Throat (ENT)	-	1.5%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.0%
Psychiatry	-	0.6%
Others	1 (16.7%)	10.7%
<b>2. Number of registered inpatients at noon</b>	<b>24 [17-32]</b>	<b>25 [18-34]</b>
<b>3. Total bed capacity of the unit</b>	<b>30 [21-44]</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	6 [5-6]	4 [2-8]
Nurses	7 [5-9]	5 [4-8]
Nursing aides	0 [0-1]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-2]	1 [0-2]
Other staff involved in patient care	0 [0-1]	1 [0-3]
<b>In training</b>		
Medical doctors	2 [2-2]	1 [0-3]
Medical students	1 [1-2]	0 [0-2]
Nurses	2 [1-2]	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 [0-0]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 3 (50.0%) Yes 337 (74.2%) Yes

**6. Does the unit have a nutrition care strategy?** 4 (66.7%) Yes 330 (72.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 4 (66.7%) Yes 331 (72.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 3 (50.0%) Yes 410 (90.3%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 4 (66.7%) Yes 282 (62.1%) Yes

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

**At admission**

No routine screening	1 (16.7%) Yes	46 (9.7%) Yes
No fixed criteria	-	10 (2.1%) Yes
Experience / visual assessment only	3 (50.0%) Yes	43 (9.1%) Yes
Weighing / BMI only	1 (16.7%) Yes	66 (13.9%) Yes
Nutritional Risk Screening (NRS) 2002	1 (16.7%) 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	-	77 (16.2%) Yes
I do not know	-	3 (0.63%) Yes
Missing	-	21 (4.4%)

**During hospital stay**

No routine monitoring	2 (33.3%) Yes	44 (9.3%) Yes
No fixed criteria	-	44 (9.3%) Yes
Experience / visual assessment only	3 (50.0%) Yes	90 (18.9%) Yes
Weighing / BMI only	1 (16.7%) Yes	136 (28.6%) Yes
Other formal tool	-	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?** 3 (50.0%) Yes 354 (78.8%) Yes

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

International guidelines	-	91 (25.7%) Yes
National guidelines	-	56 (15.8%) Yes
Standards on hospital level	2 (66.7%) Yes	119 (33.6%) Yes
Standards on unit level	-	24 (6.8%) Yes
Individual patient nutrition care plans	1 (33.3%) 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	1 (16.7%) Yes	142 (29.9%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	199 (41.9%) Yes
Develop an individual nutrition care plan	3 (50.0%) Yes	251 (52.8%) Yes
Initiate treatment / nutrition intervention	3 (50.0%) Yes	286 (60.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%) Yes	292 (61.5%) Yes
Consult a medical professional	2 (33.3%) Yes	178 (37.5%) Yes
Calculate energy requirements	1 (16.7%) Yes	240 (50.5%) Yes
Calculate protein requirements	3 (50.0%) Yes	234 (49.3%) Yes

**Malnourished**

Watchful waiting	-	101 (21.3%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	218 (45.9%) Yes
Develop an individual nutrition care plan	5 (83.3%) Yes	267 (56.2%) Yes
Initiate treatment / nutrition intervention	5 (83.3%) Yes	316 (66.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%) Yes	294 (61.9%) Yes
Consult a medical professional	3 (50.0%) Yes	192 (40.4%) Yes
Calculate energy requirements	3 (50.0%) Yes	270 (56.8%) Yes
Calculate protein requirements	3 (50.0%) Yes	266 (56.0%) Yes

**Every patient**

Watchful waiting	2 (33.3%) Yes	204 (42.9%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	131 (27.6%) Yes
Develop an individual nutrition care plan	-	79 (16.6%) Yes
Initiate treatment / nutrition intervention	-	61 (12.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (16.7%) Yes	77 (16.2%) Yes
Consult a medical professional	3 (50.0%) Yes	105 (22.1%) Yes
Calculate energy requirements	-	56 (11.8%) Yes
Calculate protein requirements	-	50 (10.5%) Yes

**Never**

Watchful waiting	3 (50.0%) Yes	35 (7.4%) Yes
Discuss nutrition care activities during ward rounds	1 (16.7%) Yes	38 (8.0%) Yes

Develop an individual nutrition care plan	1 (16.7%) Yes	32 (6.7%) Yes
Initiate treatment / nutrition intervention	1 (16.7%) Yes	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (16.7%) Yes	8 (1.7%) Yes
Consult a medical professional	-	49 (10.3%) Yes
Calculate energy requirements	3 (50.0%) Yes	51 (10.7%) Yes
Calculate protein requirements	2 (33.3%) Yes	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	-	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	1 (16.7%) Yes	300 (63.2%) Yes
Within 24 hours	-	70 (14.7%) Yes
Within 48 hours	-	20 (4.2%) Yes
Within 72 hours	-	14 (2.9%) Yes
Every week	-	164 (34.5%) Yes
Occasionally	3 (50.0%) Yes	60 (12.6%) Yes
When requested	4 (66.7%) Yes	212 (44.6%) Yes
At discharge	-	22 (4.6%) Yes
Never	1 (16.7%) 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	4 (66.7%) Yes	350 (73.7%) Yes
Offer meal choices	1 (16.7%) Yes	348 (73.3%) Yes
Offer different portion sizes	1 (16.7%) Yes	292 (61.5%) Yes
Consider food presentation	-	198 (41.7%) Yes
Change food texture/consistency as needed	6 (100%) Yes	389 (81.9%) Yes
Consider patient problems with eating and drinking	5 (83.3%) Yes	385 (81.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	2 (33.3%) Yes	58 (12.2%) Yes
Promote positive eating environment	2 (33.3%) Yes	92 (19.4%) Yes
Consider cultural/religious preferences	4 (66.7%) Yes	200 (42.1%) Yes
Consider patient allergies / intolerances	6 (100%) 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	6 (100%) Yes	267 (56.2%) Yes
Reporting of nutrition related information to hospital managers	-	211 (44.4%) Yes
Quality indicators are recorded and reported to national or regional level	2 (33.3%) Yes	131 (27.6%) Yes
Quality indicators are used for internal benchmarking	4 (66.7%) Yes	175 (36.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (50.0%) 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	5 (83.3%) Yes	373 (78.5%) Yes
Eating habits/difficulties	6 (100%) Yes	349 (73.5%) Yes
Nutrition before admission	4 (66.7%) 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	5 (83.3%) Yes	335 (70.5%) Yes
nutrition treatment	1 (16.7%) Yes	280 (58.9%) Yes
None	1 (16.7%) Yes	30 (6.3%) Yes
I do not know	-	4 (0.84%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	-	171 (36.0%) Yes
makes future nutrition-related recommendations	4 (66.7%) Yes	269 (56.6%) Yes
None	1 (16.7%) Yes	56 (11.8%) Yes
I do not know	1 (16.7%) Yes	26 (5.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	1 (16.7%) Yes	171 (44.5%) Yes
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### 19. Who filled in this sheet?

Head staff	-	120 (25.3%) Yes
Dietician	-	244 (51.4%) Yes
Nurse	2 (33.3%) Yes	127 (26.7%) Yes
Physician	5 (83.3%) Yes	74 (15.6%) Yes
Administrative staff	-	4 (0.84%) Yes



Other	-	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	129	9133
Age	62 [50-71]	67 [53-78]
Female	49 (38.0%)	4630 (50.7%)
Weight	74.6±14.4	68.8±18.8
Height	173±9	164±10
BMI	24.8±4.3	25.4±6.0

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

planned	105 (81.4%)	3186 (34.9%)
an emergency	23 (17.8%)	5234 (57.3%)
I do not know	1 (0.78%)	713 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	8 (6.2%)	833 (9.1%)
0200 Neoplasms	39 (30.2%)	1451 (15.9%)
0300 Blood and bloodforming organs and the immune mechanism	11 (8.5%)	612 (6.7%)
0400 Endocrine, nutritional and metabolic diseases	23 (17.8%)	1103 (12.1%)
0500 Mental health	2 (1.6%)	340 (3.7%)
0600 Nervous system	31 (24.0%)	795 (8.7%)
0700 Eye and adnexa	1 (0.78%)	134 (1.5%)
0800 Ear and mastoid process	1 (0.78%)	71 (0.78%)
0900 Circulatory system	42 (32.6%)	1817 (19.9%)
1000 Respiratory system	8 (6.2%)	1407 (15.4%)
1100 Digestive system	36 (27.9%)	2255 (24.7%)
1200 Skin and subcutaneous tissue	4 (3.1%)	444 (4.9%)
1300 Musculoskeletal system and connective tissue	2 (1.6%)	1332 (14.6%)
1400 Genitourinary system	67 (51.9%)	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	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (3.9%)	410 (4.5%)
1900 Injury, poisoning	-	291 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.78%)	173 (1.9%)
2100 Factors influencing health status and contact with health services	-	214 (2.3%)
No answer given	-	-

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

Cardiac insufficiency	13 (10.2%)	1665 (22.5%)
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Myocardial infarction	8 (6.3%)	418 (5.9%)
Chronic lung disease	10 (7.8%)	1118 (15.3%)
Cerebral vascular disease	12 (9.4%)	768 (10.7%)
Peripheral vascular disease	29 (22.7%)	888 (12.3%)
Chronic liver disease	16 (12.5%)	457 (6.4%)
Chronic kidney disease	7 (5.5%)	853 (11.8%)
Diabetes	20 (15.6%)	1983 (26.8%)
Cancer	33 (25.8%)	1815 (24.8%)
Infection	15 (11.7%)	1166 (16.0%)
Dementia	1 (0.78%)	398 (5.6%)
Major depressive disorder	1 (0.78%)	390 (5.5%)
Other chronic mental disorder	1 (0.78%)	387 (5.5%)
Other chronic disease	45 (35.2%)	2029 (27.4%)
None	39 (30.2%)	1421 (15.6%)

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

Yes, planned	30 (23.3%)	1796 (19.7%)
Yes, acute	2 (1.6%)	561 (6.1%)
No	84 (65.1%)	6420 (70.3%)
I do not know	-	130 (1.4%)
Missing	13 (10.1%)	226 (2.5%)

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

Yes, today or tomorrow	1 (0.78%)	766 (8.4%)
Yes, later	30 (23.3%)	536 (5.9%)
No	76 (58.9%)	6795 (74.4%)
I do not know	-	417 (4.6%)
Missing	22 (17.1%)	619 (6.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	24 (18.6%)	982 (10.8%)
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<b>6. Is this patient terminally ill?</b>	3 (2.3%)	660 (7.2%)
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#### 7. Fluid status

Normal	121 (93.8%)	7154 (78.3%)
Overloaded	-	518 (5.7%)
Dehydrated	7 (5.4%)	475 (5.2%)
I do not know	1 (0.78%)	986 (10.8%)
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	3 (2.3%)	914 (10.0%)
At risk	17 (13.2%)	1610 (17.6%)
No	108 (83.7%)	5843 (64.0%)
I do not know	1 (0.78%)	766 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	57 (44.2%)	3595 (39.4%)
5% Glucose solution	27 (20.9%)	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	117 (90.7%)	5097 (55.8%)
Fortified/enriched hospital food	6 (4.7%)	801 (8.8%)
Protein/energy supplement (e.g. ONS drinks)	3 (2.3%)	1073 (11.7%)
Enteral nutrition	4 (3.1%)	495 (5.4%)
Parenteral nutrition	11 (8.5%)	485 (5.3%)
Special diet	7 (5.4%)	3173 (34.7%)
None	2 (1.6%)	506 (5.5%)

### 13a. All lines and Tubes

Central Venous	5 (3.9%)	752 (8.2%)
Peripheral venous access	75 (58.1%)	4362 (47.8%)
Nasogastric	3 (2.3%)	269 (2.9%)
Nasojejunal	-	38 (0.42%)
Nasoduodenal	-	22 (0.24%)
Enterostoma	-	46 (0.50%)
Percutaneous endoscopy/surgical gastrostomy	-	71 (0.78%)
Percutaneous endoscopy/surgical jejunostomy	-	29 (0.32%)
None	50 (38.8%)	4024 (44.1%)

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

Yes, previously	-	93 (1.0%)
Yes, ongoing	-	80 (0.88%)
No	123 (95.3%)	7577 (83.0%)
I do not know	-	871 (9.5%)
Missing	6 (4.7%)	512 (5.6%)

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

Energy requirements were determined	32 (24.8%)	3246 (35.5%)
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Protein requirements were determined	1 (0.78%)	2888 (31.6%)
Food/Nutrition intake was recorded in the patient record	33 (25.6%)	4124 (45.2%)
Nutrition treatment plan was developed	36 (27.9%)	3183 (34.9%)
Nutrition expert was consulted	46 (35.7%)	3050 (33.4%)
Malnutrition status is recorded in the patient record	81 (62.8%)	2529 (27.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	-	335 (3.7%)
500-999 kcal	2 (1.6%)	109 (1.2%)
1000-1499 kcal	5 (3.9%)	957 (10.5%)
1500-1999 kcal	95 (73.6%)	2729 (29.9%)
>=2000 kcal	23 (17.8%)	993 (10.9%)
Not determined	4 (3.1%)	3222 (35.3%)
I do not know	-	752 (8.2%)
Missing	-	36 (0.39%)

### 15b. Energy intake

< 500 kcal	-	615 (6.7%)
500-999 kcal	6 (4.7%)	525 (5.7%)
1000-1499 kcal	15 (11.6%)	1192 (13.1%)
1500-1999 kcal	58 (45.0%)	2032 (22.2%)
>=2000 kcal	15 (11.6%)	597 (6.5%)
Not determined	35 (27.1%)	2998 (32.8%)
I do not know	-	1122 (12.3%)
Missing	-	52 (0.57%)

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

Improved	44 (34.1%)	4626 (50.7%)
Deteriorated	4 (3.1%)	514 (5.6%)
Remained the same	74 (57.4%)	2506 (27.4%)
This patient has just been admitted	5 (3.9%)	574 (6.3%)
I do not know	2 (1.6%)	913 (10.0%)
Missing	-	-

Length of hospital stay (days)	17 [10-23]	12 [6-24]
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### Outcome Code

1= Still in the hospital	4 (3.1%)	796 (8.7%)
2= Transferred to another hospital	4 (3.1%)	219 (2.4%)
3= Transferred to long term care	1 (0.78%)	373 (4.1%)
4= Rehabilitation	2 (1.6%)	500 (5.5%)
5= Discharged home	78 (60.5%)	6731 (73.7%)
6= Death	1 (0.78%)	283 (3.1%)

7= Others	-	175 (1.9%)
Missing	39 (30.2%)	56 (0.61%)
Readmitted since ND		
1= No	82 (95.3%)	6273 (77.4%)
2= Yes, same hospital planned	3 (3.5%)	483 (6.0%)
3= Yes, same hospital unplanned	1 (1.2%)	471 (5.8%)
4= Yes, different hospital planned	-	45 (0.56%)
5= Yes, different hospital unplanned	-	45 (0.56%)
6= Unknown	-	366 (4.5%)
Missing	-	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	99 (76.7%)	6102 (69.3%)
I am vegetarian	-	153 (1.7%)
I adhere to a vegan diet	1 (0.78%)	53 (0.60%)
I eat gluten-free diet	3 (2.3%)	78 (0.89%)
I avoid added sugars	24 (18.6%)	1353 (15.4%)
I avoid carbohydrates	10 (7.8%)	515 (5.9%)
I eat a low fat-diet	21 (16.3%)	1034 (11.8%)
I am lactose intolerant	4 (3.1%)	343 (3.9%)
Other special diet due to intolerances/allergies	2 (1.6%)	179 (2.0%)
Other	2 (1.6%)	617 (7.0%)
No answer given	-	217 (2.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	126 (97.7%)	7771 (88.3%)
In a nursing home or other live-in facility	-	295 (3.4%)
I was transferred from another hospital	3 (2.3%)	456 (5.2%)
Other	-	147 (1.7%)
Missing	-	131 (1.5%)
<b>3. In general, are you able to walk?</b>		
Yes	109 (84.5%)	5599 (63.6%)
Yes, with someone's help	4 (3.1%)	963 (10.9%)
Yes, independently using a cane, walker, or crutches	11 (8.5%)	1142 (13.0%)
No, I have a wheelchair	2 (1.6%)	383 (4.4%)
No, I am bedridden	2 (1.6%)	579 (6.6%)
Missing	1 (0.78%)	134 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	13 (10.1%)	633 (7.2%)
Good	44 (34.1%)	3217 (36.6%)
Fair	35 (27.1%)	3329 (37.8%)
Poor	32 (24.8%)	1202 (13.7%)
Very poor	4 (3.1%)	268 (3.0%)
Missing	1 (0.78%)	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?	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?	3 [0-19]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	39 (30.2%)	1694 (19.3%)
3-5	36 (27.9%)	2352 (26.7%)
More than 5	24 (18.6%)	2722 (30.9%)
None	25 (19.4%)	1418 (16.1%)
I do not know	3 (2.3%)	449 (5.1%)
Missing	2 (1.6%)	165 (1.9%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	6 (4.7%)	1319 (15.0%)
Yes, public insurance only	115 (89.1%)	4350 (49.4%)
Yes, both	3 (2.3%)	1115 (12.7%)
None	3 (2.3%)	1177 (13.4%)
I prefer not to answer	1 (0.78%)	510 (5.8%)
Missing	1 (0.78%)	329 (3.7%)

<b>8. What was your weight 5 years ago?</b>		
	77 [70-90]	70 [60-83]
I do not know	14 (10.9%)	2377 (27.0%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	8 (6.2%)	827 (9.4%)
Yes, unintentionally	48 (37.2%)	3324 (37.8%)
No, my weight stayed the same	48 (37.2%)	2582 (29.3%)
No, I gained weight	12 (9.3%)	951 (10.8%)
I do not know	3 (2.3%)	907 (10.3%)
Missing	10 (7.8%)	209 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	6 [5-10]	6 [3-10]
I do not know	2 (3.6%)	701 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	97 (78.2%)	3271 (39.2%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	8 (6.3%)	4927 (56.7%)
... were informed about your nutrition status	44 (34.1%)	2797 (32.5%)
... were informed about nutrition care options	24 (18.6%)	2491 (29.0%)
... received special nutrition care	50 (38.8%)	2357 (27.5%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	5 (3.9%)	388 (4.4%)
Normal	97 (75.2%)	5401 (61.8%)
About 3/4 of normal	8 (6.2%)	844 (9.7%)
About half of normal	10 (7.8%)	1065 (12.2%)



About a quarter to nearly nothing	9 (7.0%)	791 (9.0%)
I do not know	-	88 (1.0%)
Missing	-	167 (1.9%)

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

Very satisfied	23 (17.8%)	2368 (27.1%)
Somewhat satisfied	65 (50.4%)	2629 (30.1%)
Neutral	14 (10.9%)	1752 (20.0%)
Dissatisfied	23 (17.8%)	691 (7.9%)
Very dissatisfied	3 (2.3%)	261 (3.0%)
I do not know	-	726 (8.3%)
Missing	1 (0.78%)	317 (3.6%)

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

Yes, from family or friends	2 (1.6%)	978 (11.2%)
Yes, from hospital staff	5 (3.9%)	581 (6.6%)
No	118 (91.5%)	6652 (76.1%)
I do not know	1 (0.78%)	113 (1.3%)
Missing	3 (2.3%)	420 (4.8%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	101 (80.2%)	6110 (74.6%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	66 (51.2%)	4213 (48.2%)
1/2	35 (27.1%)	2075 (23.7%)
1/4	17 (13.2%)	1064 (12.2%)
Nothing	9 (7.0%)	1004 (11.5%)
Missing	2 (1.6%)	388 (4.4%)

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

Standard	91 (70.5%)	5611 (64.2%)
Smaller	10 (7.8%)	811 (9.3%)
Larger	16 (12.4%)	344 (3.9%)
I do not know	8 (6.2%)	884 (10.1%)
Missing	4 (3.1%)	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	22 (36.1%)	608 (14.7%)
I did not like the smell/taste of the food	10 (16.4%)	474 (11.4%)
The food did not fit my cultural/religious preferences	3 (4.9%)	54 (1.3%)
The food was too hot	1 (1.6%)	15 (0.36%)
The food was too cold	13 (21.3%)	95 (2.3%)
Due to food allergy/intolerance	2 (3.3%)	27 (0.65%)
I was not hungry at that time	10 (16.4%)	709 (17.1%)

I do not have my usual appetite	18 (29.5%)	1167 (28.2%)
I have problems chewing/swallowing	1 (1.6%)	239 (5.8%)
I normally eat less than what was served	8 (13.1%)	457 (11.0%)
I had nausea/vomiting	1 (1.6%)	345 (8.3%)
I was too tired	5 (8.2%)	227 (5.5%)
I cannot eat without help	1 (1.6%)	73 (1.8%)
I was not allowed to eat	3 (4.9%)	460 (11.1%)
I had an exam, surgery, or test and missed my meal	6 (9.8%)	243 (5.9%)
I did not get requested food	1 (1.6%)	54 (1.3%)
No answer given	5 (8.2%)	510 (12.3%)

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

Water	5 [3-8]	3 [2-5]
Tea	1 [0-1]	1 [0-2]
Coffee	0 [0-1]	1 [0-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	0 [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?** 63 (53.8%) 2179 (27.2%)

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

Sweet snacks	18 (28.6%)	548 (25.1%)
Salty snacks	11 (17.5%)	290 (13.3%)
Homemade food	18 (28.6%)	320 (14.7%)
Fruits	29 (46.0%)	774 (35.5%)
Dairy products	4 (6.3%)	221 (10.1%)
Food delivered/restaurant	8 (12.7%)	85 (3.9%)
Sandwich	4 (6.3%)	145 (6.7%)
Other	12 (19.0%)	429 (19.7%)

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

Increased	15 (11.6%)	1201 (13.7%)
Decreased	33 (25.6%)	2809 (32.1%)
Stayed the same	73 (56.6%)	3616 (41.4%)
I do not know	2 (1.6%)	601 (6.9%)
Missing	6 (4.7%)	517 (5.9%)

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

Stronger than at admission	55 (42.6%)	3792 (43.4%)
Weaker than at admission	19 (14.7%)	1514 (17.3%)
Same as at admission	46 (35.7%)	2454 (28.1%)

I was admitted today	6 (4.7%)	239 (2.7%)
I do not know	2 (1.6%)	466 (5.3%)
Missing	1 (0.78%)	279 (3.2%)

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

Yes	116 (89.9%)	5103 (58.4%)
No, only with assistance	7 (5.4%)	2181 (24.9%)
No, I stay in bed	6 (4.7%)	984 (11.3%)
Missing	-	476 (5.4%)

<b>23. Did anyone help you complete this questionnaire?</b>	93 (72.7%)	5889 (69.0%)
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