



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>9</b>
<b>Number of participated units:</b>	<b>20</b>
<b>Number of patients:</b>	<b>256</b>
<b>Number of patients who gave consent:</b>	<b>212</b>
<b>Number of patients completing Sheet 3a:</b>	<b>211</b>
<b>Number of patients completing Sheet 3b:</b>	<b>209</b>
<b>Number of cancer patients:</b>	<b>53</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>22</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>22</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>212</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>	556 [225-715]	290 [162-548]
<b>2. Total number of admissions in the hospital last year</b>	23022 [12085-30949]	16544 [7529-35485]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	152 [83-263]	161 [64-352]
Medical specialists	65 [51-174]	108 [42-202]
Medical non-specialists	34 [33-67]	33 [11-78]
Nurses	364 [169-467]	347 [123-753]
Dieticians	2 [1-4]	4 [2-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	4 [3-7]	6 [3-17]
Kitchen staff	35 [21-57]	29 [13-53]
<b>Full time equivalent</b>		
Total medical doctors	146 [87-269]	119 [53-333]
Medical specialists	82 [36-155]	88 [43-204]
Medical non-specialists	51 [29-197]	31 [10-79]
Nurses	295 [170-487]	309 [119-725]
Dieticians	2 [1-4]	4 [2-7]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	4 [2-6]	5 [3-15]
Kitchen staff	15 [6-34]	22 [13-46]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (22.2%) Yes	203 (77.5%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	8 (88.9%) Yes	170 (64.9%) Yes
Nutrition steering committee is available	3 (33.3%) Yes	151 (57.6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (11.1%) Yes	105 (40.1%) Yes
Quality indicators are used for internal benchmarking	3 (33.3%) Yes	134 (51.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	7 (77.8%) 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	7 (77.8%) Yes	121 (46.2%) Yes
Oral nutrition supplements	6 (66.7%) Yes	99 (37.8%) Yes

Parenteral nutrition	9 (100%) Yes	139 (53.1%) Yes
Enteral nutrition	7 (77.8%) Yes	119 (45.4%) Yes
Dietary counseling	6 (66.7%) Yes	86 (32.8%) Yes
Specific dietary interventions	4 (44.4%) Yes	70 (26.7%) Yes
Screening for malnutrition	5 (55.6%) Yes	61 (23.3%) Yes
Risk of malnutrition	4 (44.4%) Yes	63 (24.0%) Yes
Malnutrition (in general)	9 (100%) Yes	118 (45.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	8 (88.9%) Yes	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	6 (66.7%) Yes	100 (38.2%) Yes
Oral nutrition supplements	6 (66.7%) Yes	82 (31.3%) Yes
Parenteral nutrition	8 (88.9%) Yes	123 (46.9%) Yes
Enteral nutrition	6 (66.7%) Yes	103 (39.3%) Yes
Dietary counseling	3 (33.3%) Yes	68 (26.0%) Yes
Specific dietary interventions	3 (33.3%) Yes	59 (22.5%) Yes
Screening for malnutrition	3 (33.3%) Yes	48 (18.3%) Yes
Risk of malnutrition	4 (44.4%) Yes	44 (16.8%) Yes
Malnutrition (in general)	7 (77.8%) Yes	98 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (77.8%) 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	3 (15.0%)	20.2%
Internal Medicine / Cardiology	-	5.5%
Internal Medicine / Gastroenterology & hepatology	5 (25.0%)	6.5%
Internal Medicine / Geriatrics	3 (15.0%)	8.2%
Internal Medicine / Infectious diseases	-	1.1%
Internal Medicine / Nephrology	-	1.1%
Internal Medicine / Oncology (incl. radiotherapy)	1 (5.0%)	7.6%
Interdisciplinary	-	4.4%
Long term care	-	2.1%
Neurology	3 (15.0%)	2.9%
Surgery / General	1 (5.0%)	17.3%
Surgery/ Cardiac/Vascular/Thoracic	-	1.5%
Surgery / Neurosurgery	-	1.1%
Surgery / Orthopedic	2 (10.0%)	4.2%
Trauma	-	1.5%
Ear Nose Throat (ENT)	-	1.5%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.0%
Psychiatry	-	0.6%
Others	2 (10.0%)	10.7%
<b>2. Number of registered inpatients at noon</b>	18 [7-29]	25 [18-34]
<b>3. Total bed capacity of the unit</b>	27 [20-37]	31 [25-44]
<b>4. Number of each type of staff in the unit for TODAY’s morning shift</b>		
<b>Fully trained</b>		
Medical doctors	2 [2-4]	4 [2-8]
Nurses	3 [2-4]	5 [4-8]
Nursing aides	1 [0-1]	2 [1-4]
Dieticians	1 [0-2]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-2]
Other staff involved in patient care	2 [1-4]	1 [0-3]
<b>In training</b>		
Medical doctors	1 [0-2]	1 [0-3]
Medical students	0 [0-1]	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	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-2]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 13 (65.0%) Yes 337 (74.2%) Yes

**6. Does the unit have a nutrition care strategy?** 14 (70.0%) Yes 330 (72.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 12 (60.0%) Yes 331 (72.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 19 (95.0%) Yes 410 (90.3%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (10.0%) Yes 282 (62.1%) Yes

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

**At admission**

No routine screening	3 (15.0%) Yes	46 (9.7%) Yes
No fixed criteria	-	10 (2.1%) Yes
Experience / visual assessment only	5 (25.0%) Yes	43 (9.1%) Yes
Weighing / BMI only	5 (25.0%) Yes	66 (13.9%) Yes
Nutritional Risk Screening (NRS) 2002	7 (35.0%) 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	-	77 (16.2%) Yes
I do not know	-	3 (0.63%) Yes
Missing	-	21 (4.4%)

**During hospital stay**

No routine monitoring	2 (10.0%) Yes	44 (9.3%) Yes
No fixed criteria	-	44 (9.3%) Yes
Experience / visual assessment only	6 (30.0%) Yes	90 (18.9%) Yes
Weighing / BMI only	11 (55.0%) Yes	136 (28.6%) Yes
Other formal tool	1 (5.0%) 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?** 15 (75.0%) Yes 354 (78.8%) Yes

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

International guidelines	1 (6.7%) Yes	91 (25.7%) Yes
National guidelines	5 (33.3%) Yes	56 (15.8%) Yes
Standards on hospital level	3 (20.0%) Yes	119 (33.6%) Yes
Standards on unit level	1 (6.7%) Yes	24 (6.8%) Yes
Individual patient nutrition care plans	5 (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	7 (35.0%) Yes	142 (29.9%) Yes
Discuss nutrition care activities during ward rounds	10 (50.0%) Yes	199 (41.9%) Yes
Develop an individual nutrition care plan	8 (40.0%) Yes	251 (52.8%) Yes
Initiate treatment / nutrition intervention	10 (50.0%) Yes	286 (60.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (60.0%) Yes	292 (61.5%) Yes
Consult a medical professional	10 (50.0%) Yes	178 (37.5%) Yes
Calculate energy requirements	7 (35.0%) Yes	240 (50.5%) Yes
Calculate protein requirements	9 (45.0%) Yes	234 (49.3%) Yes

**Malnourished**

Watchful waiting	-	101 (21.3%) Yes
Discuss nutrition care activities during ward rounds	13 (65.0%) Yes	218 (45.9%) Yes
Develop an individual nutrition care plan	13 (65.0%) Yes	267 (56.2%) Yes
Initiate treatment / nutrition intervention	15 (75.0%) Yes	316 (66.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	16 (80.0%) Yes	294 (61.9%) Yes
Consult a medical professional	12 (60.0%) Yes	192 (40.4%) Yes
Calculate energy requirements	13 (65.0%) Yes	270 (56.8%) Yes
Calculate protein requirements	11 (55.0%) Yes	266 (56.0%) Yes

**Every patient**

Watchful waiting	4 (20.0%) Yes	204 (42.9%) Yes
Discuss nutrition care activities during ward rounds	1 (5.0%) Yes	131 (27.6%) Yes
Develop an individual nutrition care plan	-	79 (16.6%) Yes
Initiate treatment / nutrition intervention	2 (10.0%) Yes	61 (12.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	77 (16.2%) Yes
Consult a medical professional	-	105 (22.1%) Yes
Calculate energy requirements	-	56 (11.8%) Yes
Calculate protein requirements	-	50 (10.5%) Yes

**Never**

Watchful waiting	3 (15.0%) Yes	35 (7.4%) Yes
Discuss nutrition care activities during ward rounds	1 (5.0%) Yes	38 (8.0%) Yes

Develop an individual nutrition care plan	2 (10.0%) Yes	32 (6.7%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (10.0%) Yes	8 (1.7%) Yes
Consult a medical professional	2 (10.0%) Yes	49 (10.3%) Yes
Calculate energy requirements	2 (10.0%) Yes	51 (10.7%) Yes
Calculate protein requirements	4 (20.0%) Yes	55 (11.6%) Yes

#### **I do not know**

Watchful waiting	6 (30.0%) Yes	22 (4.6%) Yes
Discuss nutrition care activities during ward rounds	4 (20.0%) Yes	11 (2.3%) Yes
Develop an individual nutrition care plan	2 (10.0%) Yes	5 (1.1%) Yes
Initiate treatment / nutrition intervention	2 (10.0%) Yes	5 (1.1%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (10.0%) Yes	4 (0.84%) Yes
Consult a medical professional	5 (25.0%) Yes	19 (4.0%) Yes
Calculate energy requirements	5 (25.0%) Yes	12 (2.5%) Yes
Calculate protein requirements	5 (25.0%) Yes	14 (2.9%) Yes

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

at admission	11 (55.0%) Yes	300 (63.2%) Yes
Within 24 hours	2 (10.0%) Yes	70 (14.7%) Yes
Within 48 hours	1 (5.0%) Yes	20 (4.2%) Yes
Within 72 hours	1 (5.0%) Yes	14 (2.9%) Yes
Every week	8 (40.0%) Yes	164 (34.5%) Yes
Occasionally	-	60 (12.6%) Yes
When requested	14 (70.0%) Yes	212 (44.6%) Yes
At discharge	2 (10.0%) Yes	22 (4.6%) Yes
Never	-	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	16 (80.0%) Yes	350 (73.7%) Yes
Offer meal choices	20 (100%) Yes	348 (73.3%) Yes
Offer different portion sizes	16 (80.0%) Yes	292 (61.5%) Yes
Consider food presentation	7 (35.0%) Yes	198 (41.7%) Yes
Change food texture/consistency as needed	17 (85.0%) Yes	389 (81.9%) Yes
Consider patient problems with eating and drinking	18 (90.0%) Yes	385 (81.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	7 (35.0%) Yes	58 (12.2%) Yes
Promote positive eating environment	5 (25.0%) Yes	92 (19.4%) Yes
Consider cultural/religious preferences	14 (70.0%) Yes	200 (42.1%) Yes
Consider patient allergies / intolerances	17 (85.0%) Yes	228 (48.0%) Yes
Other	2 (10.0%) Yes	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	15 (75.0%) Yes	267 (56.2%) Yes
Reporting of nutrition related information to hospital managers	3 (15.0%) Yes	211 (44.4%) Yes
Quality indicators are recorded and reported to national or regional level	2 (10.0%) Yes	131 (27.6%) Yes
Quality indicators are used for internal benchmarking	2 (10.0%) Yes	175 (36.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	14 (70.0%) Yes	302 (63.6%) Yes
None	-	21 (4.4%) Yes
I do not know	4 (20.0%) Yes	13 (2.7%) Yes
No answer given	-	37 (7.8%)

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

Change in weight	17 (85.0%) Yes	373 (78.5%) Yes
Eating habits/difficulties	20 (100%) Yes	349 (73.5%) Yes
Nutrition before admission	13 (65.0%) 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	18 (90.0%) Yes	335 (70.5%) Yes
nutrition treatment	11 (55.0%) Yes	280 (58.9%) Yes
None	1 (5.0%) Yes	30 (6.3%) Yes
I do not know	-	4 (0.84%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	16 (80.0%) Yes	171 (36.0%) Yes
makes future nutrition-related recommendations	17 (85.0%) Yes	269 (56.6%) Yes
None	-	56 (11.8%) Yes
I do not know	2 (10.0%) Yes	26 (5.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	11 (61.1%) Yes	171 (44.5%) Yes
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**19. Who filled in this sheet?**

Head staff	13 (65.0%) Yes	120 (25.3%) Yes
Dietician	8 (40.0%) Yes	244 (51.4%) Yes
Nurse	6 (30.0%) Yes	127 (26.7%) Yes
Physician	4 (20.0%) Yes	74 (15.6%) Yes
Administrative staff	2 (10.0%) Yes	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	212	9133
Age	73 [59-82]	67 [53-78]
Female	123 (58.0%)	4630 (50.7%)
Weight	73.0±19.5	68.8±18.8
Height	169±10	164±10
BMI	25.6±6.3	25.4±6.0

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

planned	76 (35.8%)	3186 (34.9%)
an emergency	104 (49.1%)	5234 (57.3%)
I do not know	32 (15.1%)	713 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	15 (7.1%)	833 (9.1%)
0200 Neoplasms	26 (12.3%)	1451 (15.9%)
0300 Blood and bloodforming organs and the immune mechanism	17 (8.0%)	612 (6.7%)
0400 Endocrine, nutritional and metabolic diseases	54 (25.5%)	1103 (12.1%)
0500 Mental health	13 (6.1%)	340 (3.7%)
0600 Nervous system	48 (22.6%)	795 (8.7%)
0700 Eye and adnexa	4 (1.9%)	134 (1.5%)
0800 Ear and mastoid process	-	71 (0.78%)
0900 Circulatory system	104 (49.1%)	1817 (19.9%)
1000 Respiratory system	55 (25.9%)	1407 (15.4%)
1100 Digestive system	83 (39.2%)	2255 (24.7%)
1200 Skin and subcutaneous tissue	2 (0.94%)	444 (4.9%)
1300 Musculoskeletal system and connective tissue	52 (24.5%)	1332 (14.6%)
1400 Genitourinary system	35 (16.5%)	847 (9.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.47%)	126 (1.4%)
1600 Conditions originating in the perinatal period	-	22 (0.24%)
1700 Congenital/chromosomal abnormalities	2 (0.94%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	21 (9.9%)	410 (4.5%)
1900 Injury, poisoning	10 (4.7%)	291 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	2 (0.94%)	173 (1.9%)
2100 Factors influencing health status and contact with health services	18 (8.5%)	214 (2.3%)
No answer given	-	-

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

Cardiac insufficiency	46 (22.8%)	1665 (22.5%)
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Myocardial infarction	6 (3.0%)	418 (5.9%)
Chronic lung disease	42 (20.9%)	1118 (15.3%)
Cerebral vascular disease	22 (11.2%)	768 (10.7%)
Peripheral vascular disease	50 (25.4%)	888 (12.3%)
Chronic liver disease	17 (8.6%)	457 (6.4%)
Chronic kidney disease	44 (22.2%)	853 (11.8%)
Diabetes	40 (20.4%)	1983 (26.8%)
Cancer	53 (26.5%)	1815 (24.8%)
Infection	31 (15.7%)	1166 (16.0%)
Dementia	15 (7.7%)	398 (5.6%)
Major depressive disorder	9 (4.6%)	390 (5.5%)
Other chronic mental disorder	18 (9.1%)	387 (5.5%)
Other chronic disease	68 (33.7%)	2029 (27.4%)
None	31 (14.6%)	1421 (15.6%)

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

Yes, planned	19 (9.0%)	1796 (19.7%)
Yes, acute	10 (4.7%)	561 (6.1%)
No	182 (85.8%)	6420 (70.3%)
I do not know	1 (0.47%)	130 (1.4%)
Missing	-	226 (2.5%)

Days since operation	6 [1-9]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	3 (1.4%)	766 (8.4%)
Yes, later	5 (2.4%)	536 (5.9%)
No	199 (93.9%)	6795 (74.4%)
I do not know	3 (1.4%)	417 (4.6%)
Missing	2 (0.94%)	619 (6.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	22 (10.4%)	982 (10.8%)
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<b>6. Is this patient terminally ill?</b>	21 (9.9%)	660 (7.2%)
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#### 7. Fluid status

Normal	102 (48.1%)	7154 (78.3%)
Overloaded	8 (3.8%)	518 (5.7%)
Dehydrated	14 (6.6%)	475 (5.2%)
I do not know	88 (41.5%)	986 (10.8%)
Missing	-	-

#### 8. Number of different medications planned

Oral	7 [3-9]	5 [2-8]
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Other	1 [1-2]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	35 (16.5%)	914 (10.0%)
At risk	24 (11.3%)	1610 (17.6%)
No	132 (62.3%)	5843 (64.0%)
I do not know	21 (9.9%)	766 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	47 (22.2%)	3595 (39.4%)
5% Glucose solution	2 (0.94%)	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	167 (78.8%)	5097 (55.8%)
Fortified/enriched hospital food	15 (7.1%)	801 (8.8%)
Protein/energy supplement (e.g. ONS drinks)	32 (15.1%)	1073 (11.7%)
Enteral nutrition	6 (2.8%)	495 (5.4%)
Parenteral nutrition	6 (2.8%)	485 (5.3%)
Special diet	27 (12.7%)	3173 (34.7%)
None	10 (4.7%)	506 (5.5%)

### 13a. All lines and Tubes

Central Venous	14 (6.6%)	752 (8.2%)
Peripheral venous access	128 (60.4%)	4362 (47.8%)
Nasogastric	-	269 (2.9%)
Nasojejunal	-	38 (0.42%)
Nasoduodenal	-	22 (0.24%)
Enterostoma	5 (2.4%)	46 (0.50%)
Percutaneous endoscopy/surgical gastrostomy	4 (1.9%)	71 (0.78%)
Percutaneous endoscopy/surgical jejunostomy	-	29 (0.32%)
None	73 (34.4%)	4024 (44.1%)

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

Yes, previously	2 (0.94%)	93 (1.0%)
Yes, ongoing	2 (0.94%)	80 (0.88%)
No	169 (79.7%)	7577 (83.0%)
I do not know	33 (15.6%)	871 (9.5%)
Missing	6 (2.8%)	512 (5.6%)

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

Energy requirements were determined	30 (14.2%)	3246 (35.5%)
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Protein requirements were determined	27 (12.7%)	2888 (31.6%)
Food/Nutrition intake was recorded in the patient record	25 (11.8%)	4124 (45.2%)
Nutrition treatment plan was developed	17 (8.0%)	3183 (34.9%)
Nutrition expert was consulted	41 (19.3%)	3050 (33.4%)
Malnutrition status is recorded in the patient record	36 (17.0%)	2529 (27.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	2 (0.94%)	335 (3.7%)
500-999 kcal	2 (0.94%)	109 (1.2%)
1000-1499 kcal	12 (5.7%)	957 (10.5%)
1500-1999 kcal	50 (23.6%)	2729 (29.9%)
>=2000 kcal	19 (9.0%)	993 (10.9%)
Not determined	111 (52.4%)	3222 (35.3%)
I do not know	16 (7.5%)	752 (8.2%)
Missing	-	36 (0.39%)

### 15b. Energy intake

< 500 kcal	3 (1.4%)	615 (6.7%)
500-999 kcal	7 (3.3%)	525 (5.7%)
1000-1499 kcal	14 (6.6%)	1192 (13.1%)
1500-1999 kcal	21 (9.9%)	2032 (22.2%)
>=2000 kcal	13 (6.1%)	597 (6.5%)
Not determined	109 (51.4%)	2998 (32.8%)
I do not know	45 (21.2%)	1122 (12.3%)
Missing	-	52 (0.57%)

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

Improved	83 (39.2%)	4626 (50.7%)
Deteriorated	9 (4.2%)	514 (5.6%)
Remained the same	47 (22.2%)	2506 (27.4%)
This patient has just been admitted	10 (4.7%)	574 (6.3%)
I do not know	63 (29.7%)	913 (10.0%)
Missing	-	-

Length of hospital stay (days)	11 [5-19]	12 [6-24]
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### Outcome Code

1= Still in the hospital	9 (4.2%)	796 (8.7%)
2= Transferred to another hospital	-	219 (2.4%)
3= Transferred to long term care	16 (7.5%)	373 (4.1%)
4= Rehabilitation	10 (4.7%)	500 (5.5%)
5= Discharged home	171 (80.7%)	6731 (73.7%)
6= Death	3 (1.4%)	283 (3.1%)

7= Others	3 (1.4%)	175 (1.9%)
Missing	-	56 (0.61%)
Readmitted since ND		
1= No	144 (72.0%)	6273 (77.4%)
2= Yes, same hospital planned	13 (6.5%)	483 (6.0%)
3= Yes, same hospital unplanned	9 (4.5%)	471 (5.8%)
4= Yes, different hospital planned	1 (0.50%)	45 (0.56%)
5= Yes, different hospital unplanned	1 (0.50%)	45 (0.56%)
6= Unknown	29 (14.5%)	366 (4.5%)
Missing	1 (0.50%)	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	156 (73.9%)	6102 (69.3%)
I am vegetarian	4 (1.9%)	153 (1.7%)
I adhere to a vegan diet	-	53 (0.60%)
I eat gluten-free diet	1 (0.47%)	78 (0.89%)
I avoid added sugars	31 (14.7%)	1353 (15.4%)
I avoid carbohydrates	11 (5.2%)	515 (5.9%)
I eat a low fat-diet	34 (16.1%)	1034 (11.8%)
I am lactose intolerant	5 (2.4%)	343 (3.9%)
Other special diet due to intolerances/allergies	2 (0.95%)	179 (2.0%)
Other	18 (8.5%)	617 (7.0%)
No answer given	4 (1.9%)	217 (2.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	177 (83.9%)	7771 (88.3%)
In a nursing home or other live-in facility	21 (10.0%)	295 (3.4%)
I was transferred from another hospital	8 (3.8%)	456 (5.2%)
Other	3 (1.4%)	147 (1.7%)
Missing	2 (0.95%)	131 (1.5%)
<b>3. In general, are you able to walk?</b>		
Yes	120 (56.9%)	5599 (63.6%)
Yes, with someone's help	17 (8.1%)	963 (10.9%)
Yes, independently using a cane, walker, or crutches	48 (22.7%)	1142 (13.0%)
No, I have a wheelchair	16 (7.6%)	383 (4.4%)
No, I am bedridden	6 (2.8%)	579 (6.6%)
Missing	4 (1.9%)	134 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	6 (2.8%)	633 (7.2%)
Good	50 (23.7%)	3217 (36.6%)
Fair	97 (46.0%)	3329 (37.8%)
Poor	47 (22.3%)	1202 (13.7%)
Very poor	8 (3.8%)	268 (3.0%)
Missing	3 (1.4%)	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 [3-10]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-3]	1 [0-2]
... how many nights in total have you spent in hospital?	13 [3-30]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	39 (18.5%)	1694 (19.3%)
3-5	68 (32.2%)	2352 (26.7%)
More than 5	60 (28.4%)	2722 (30.9%)
None	26 (12.3%)	1418 (16.1%)
I do not know	17 (8.1%)	449 (5.1%)
Missing	1 (0.47%)	165 (1.9%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	19 (9.0%)	1319 (15.0%)
Yes, public insurance only	160 (75.8%)	4350 (49.4%)
Yes, both	25 (11.8%)	1115 (12.7%)
None	-	1177 (13.4%)
I prefer not to answer	4 (1.9%)	510 (5.8%)
Missing	3 (1.4%)	329 (3.7%)

<b>8. What was your weight 5 years ago?</b>		
	74 [64-85]	70 [60-83]
I do not know	40 (19.0%)	2377 (27.0%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	11 (5.2%)	827 (9.4%)
Yes, unintentionally	89 (42.2%)	3324 (37.8%)
No, my weight stayed the same	80 (37.9%)	2582 (29.3%)
No, I gained weight	10 (4.7%)	951 (10.8%)
I do not know	17 (8.1%)	907 (10.3%)
Missing	4 (1.9%)	209 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	6 [4-10]	6 [3-10]
I do not know	13 (13.0%)	701 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	78 (39.2%)	3271 (39.2%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	69 (33.2%)	4927 (56.7%)
... were informed about your nutrition status	52 (25.9%)	2797 (32.5%)
... were informed about nutrition care options	41 (20.6%)	2491 (29.0%)
... received special nutrition care	32 (15.9%)	2357 (27.5%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	7 (3.3%)	388 (4.4%)
Normal	127 (60.8%)	5401 (61.8%)
About 3/4 of normal	15 (7.2%)	844 (9.7%)
About half of normal	27 (12.9%)	1065 (12.2%)



About a quarter to nearly nothing	30 (14.4%)	791 (9.0%)
I do not know	-	88 (1.0%)
Missing	3 (1.4%)	167 (1.9%)

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

Very satisfied	48 (23.0%)	2368 (27.1%)
Somewhat satisfied	69 (33.0%)	2629 (30.1%)
Neutral	34 (16.3%)	1752 (20.0%)
Dissatisfied	27 (12.9%)	691 (7.9%)
Very dissatisfied	6 (2.9%)	261 (3.0%)
I do not know	18 (8.6%)	726 (8.3%)
Missing	7 (3.3%)	317 (3.6%)

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

Yes, from family or friends	3 (1.4%)	978 (11.2%)
Yes, from hospital staff	23 (11.0%)	581 (6.6%)
No	171 (81.8%)	6652 (76.1%)
I do not know	3 (1.4%)	113 (1.3%)
Missing	9 (4.3%)	420 (4.8%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	137 (72.9%)	6110 (74.6%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	86 (41.1%)	4213 (48.2%)
1/2	62 (29.7%)	2075 (23.7%)
1/4	26 (12.4%)	1064 (12.2%)
Nothing	21 (10.0%)	1004 (11.5%)
Missing	14 (6.7%)	388 (4.4%)

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

Standard	128 (61.2%)	5611 (64.2%)
Smaller	36 (17.2%)	811 (9.3%)
Larger	3 (1.4%)	344 (3.9%)
I do not know	19 (9.1%)	884 (10.1%)
Missing	23 (11.0%)	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	15 (13.8%)	608 (14.7%)
I did not like the smell/taste of the food	8 (7.3%)	474 (11.4%)
The food did not fit my cultural/religious preferences	-	54 (1.3%)
The food was too hot	-	15 (0.36%)
The food was too cold	1 (0.92%)	95 (2.3%)
Due to food allergy/intolerance	1 (0.92%)	27 (0.65%)
I was not hungry at that time	22 (20.2%)	709 (17.1%)

I do not have my usual appetite	34 (31.2%)	1167 (28.2%)
I have problems chewing/swallowing	5 (4.6%)	239 (5.8%)
I normally eat less than what was served	22 (20.2%)	457 (11.0%)
I had nausea/vomiting	9 (8.3%)	345 (8.3%)
I was too tired	2 (1.8%)	227 (5.5%)
I cannot eat without help	1 (0.92%)	73 (1.8%)
I was not allowed to eat	14 (12.8%)	460 (11.1%)
I had an exam, surgery, or test and missed my meal	8 (7.3%)	243 (5.9%)
I did not get requested food	4 (3.7%)	54 (1.3%)
No answer given	13 (11.9%)	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	2 [1-3]	1 [0-2]
Coffee	2 [1-3]	1 [0-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	1 [0-1]	1 [0-2]
Soft drinks	0 [0-1]	0 [0-1]
Nutrition drink	1 [0-1]	0 [0-1]
Other	0 [0-1]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 55 (28.1%) 2179 (27.2%)

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

Sweet snacks	24 (43.6%)	548 (25.1%)
Salty snacks	4 (7.3%)	290 (13.3%)
Homemade food	8 (14.5%)	320 (14.7%)
Fruits	13 (23.6%)	774 (35.5%)
Dairy products	5 (9.1%)	221 (10.1%)
Food delivered/restaurant	2 (3.6%)	85 (3.9%)
Sandwich	5 (9.1%)	145 (6.7%)
Other	6 (10.9%)	429 (19.7%)

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

Increased	25 (12.0%)	1201 (13.7%)
Decreased	86 (41.1%)	2809 (32.1%)
Stayed the same	54 (25.8%)	3616 (41.4%)
I do not know	19 (9.1%)	601 (6.9%)
Missing	25 (12.0%)	517 (5.9%)

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

Stronger than at admission	71 (34.0%)	3792 (43.4%)
Weaker than at admission	37 (17.7%)	1514 (17.3%)
Same as at admission	69 (33.0%)	2454 (28.1%)

I was admitted today	5 (2.4%)	239 (2.7%)
I do not know	16 (7.7%)	466 (5.3%)
Missing	11 (5.3%)	279 (3.2%)

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

Yes	115 (55.0%)	5103 (58.4%)
No, only with assistance	58 (27.8%)	2181 (24.9%)
No, I stay in bed	28 (13.4%)	984 (11.3%)
Missing	8 (3.8%)	476 (5.4%)

<b>23. Did anyone help you complete this questionnaire?</b>	112 (54.4%)	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:	6	116
Computerized system in hospital:	6 units (100%) YES	112 units (97%) YES
Nutritional treatment of cancer patients is part of overall care plan	5 units (83%) YES	98 units (84%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	1 (16,7%)	59 (50,9%)
When patient asks	1 (16,7%)	29 (25,0%)
When body weight loss > 10%	1 (16,7%)	39 (33,6%)
During palliative phase	1 (16,7%)	33 (28,4%)
Other	3 (50,0%)	6 (5,17%)
Missing	1 (16,7%)	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	-	4 (3,45%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	5 (83,3%)	67 (57,8%)
Calculation of energy needs	4 (66,7%)	85 (73,3%)
Monitoring patients intake and use of oral supplements	6 (100%)	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	2 (33,3%)	78 (67,2%)
At chemotherapy	1 (16,7%)	12 (10,3%)
When necessary	3 (50,0%)	23 (19,8%)
Never	-	1 (0,86%)
Unknown	-	1 (0,86%)
Missing	-	1 (0,86%)

**Anthropometrics (circumference)**

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

**BIA**

Regularly	-	5 (4,31%)
At chemotherapy	-	-
When necessary	5 (83,3%)	25 (21,6%)
Never	1 (16,7%)	78 (67,2%)
Unknown	-	3 (2,59%)
Missing	-	5 (4,31%)

**CT SCAN**

Regularly	1 (16,7%)	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	-	32 (27,6%)
Never	2 (33,3%)	70 (60,3%)
Unknown	3 (50,0%)	3 (2,59%)
Missing	-	4 (3,45%)

**DEXA**

Regularly	-	2 (1,72%)
At chemotherapy	-	-
When necessary	5 (83,3%)	16 (13,8%)
Never	1 (16,7%)	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	-	40 (34,5%)
Unknown	2 (33,3%)	21 (18,1%)
Missing	4 (66,7%)	37 (31,9%)
<b>Body function:</b>		
<b>Handgrip</b>		
Regularly	-	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	2 (33,3%)	38 (32,8%)
Never	3 (50,0%)	61 (52,6%)
Unknown	1 (16,7%)	4 (3,45%)
Missing	-	6 (5,17%)
<b>6-minutes walking test</b>		
Regularly	-	3 (2,59%)
At chemotherapy	-	-
When necessary	1 (16,7%)	33 (28,4%)
Never	4 (66,7%)	68 (58,6%)
Unknown	1 (16,7%)	5 (4,31%)
Missing	-	7 (6,03%)
<b>Other (body function)</b>		
Regularly	-	4 (3,45%)
At chemotherapy	-	-
When necessary	1 (16,7%)	24 (20,7%)
Never	-	45 (38,8%)
Unknown	4 (66,7%)	16 (13,8%)
Missing	1 (16,7%)	27 (23,3%)
<b>Nutritional requirements, calculated</b>		
Regularly	1 (16,7%)	34 (29,3%)
At chemotherapy	-	-
When necessary	4 (66,7%)	65 (56,0%)
Never	1 (16,7%)	5 (4,31%)
Unknown	-	-
Missing	-	12 (10,3%)
<b>Nutritional intake:</b>		
<b>Every meal</b>		
Regularly	-	32 (27,6%)
At chemotherapy	-	1 (0,86%)
When necessary	1 (16,7%)	51 (44,0%)
Never	1 (16,7%)	13 (11,2%)
Unknown	4 (66,7%)	6 (5,17%)

Missing	-	13 (11,2%)
<b>1 meal per day</b>		
Regularly	-	12 (10,3%)
At chemotherapy	-	1 (0,86%)
When necessary	1 (16,7%)	36 (31,0%)
Never	1 (16,7%)	19 (16,4%)
Unknown	4 (66,7%)	9 (7,76%)
Missing	-	39 (33,6%)
<b>2 meals per day</b>		
Regularly	-	12 (10,3%)
At chemotherapy	-	-
When necessary	1 (16,7%)	35 (30,2%)
Never	1 (16,7%)	20 (17,2%)
Unknown	4 (66,7%)	9 (7,76%)
Missing	-	40 (34,5%)
<b>24h recall</b>		
Regularly	-	28 (24,1%)
At chemotherapy	-	2 (1,72%)
When necessary	1 (16,7%)	41 (35,3%)
Never	1 (16,7%)	12 (10,3%)
Unknown	4 (66,7%)	7 (6,03%)
Missing	-	26 (22,4%)
<b>Other (nutritional intake)</b>		
Regularly	1 (16,7%)	2 (1,72%)
At chemotherapy	-	-
When necessary	-	17 (14,7%)
Never	-	22 (19,0%)
Unknown	5 (83,3%)	18 (15,5%)
Missing	-	57 (49,1%)
<b>Questionnaire completed by</b>		
Dietitian	4 (66,7%)	42 (36,2%)
Nurse	2 (33,3%)	29 (25,0%)
Physician	-	39 (33,6%)
Nutritional scientist	-	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:	22	1064
<b>Demographic data:</b>		
Age (years)	69 [47-84]	66 [18-96]
Female gender	12 (54,5%)	423 (39,8%)
Weight (kg)	69,9 ± 14,7	64,3 ± 16,9
Height (cm)	171,0 ± 8,6	165,4 ± 9,8
BMI (kg/m2)	23,9 ± 4,3	23,6 ± 4,8
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	-	63 (5,92%)
Ward (w)	22 (100%)	997 (93,7%)
Missing	-	4 (0,38%)
<b>Goal of Therapy</b>		
Curative	9 (40,9%)	606 (57,0%)
Palliative	13 (59,1%)	359 (33,7%)
Terminal	-	74 (6,95%)
Missing	-	25 (2,35%)
<b>Reason for admission</b>		
Clinical diagnostics	3 (13,6%)	109 (10,2%)
Therapy	9 (40,9%)	516 (48,5%)
Surgery related	-	225 (21,1%)
Treatment complications	4 (18,2%)	124 (11,7%)
Poor health status	7 (31,8%)	139 (13,1%)
Independent care difficult	-	8 (0,75%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	-	59 (5,55%)
Colon, rectum	4 (18,2%)	172 (16,2%)
Prostate	1 (4,55%)	31 (2,91%)
Lung	5 (22,7%)	86 (8,08%)
Skin	-	8 (0,75%)
Kidney/bladder	1 (4,55%)	31 (2,91%)
Gastric/oesophageal	2 (9,09%)	152 (14,3%)
Pancreas	2 (9,09%)	69 (6,48%)
Lymphoma	3 (13,6%)	102 (9,59%)
Ears nose throat (ENT)	-	51 (4,79%)
Leukaemia	1 (4,55%)	77 (7,24%)
Genital tract	-	38 (3,57%)



Liver	6 (27,3%)	106 (9,96%)
Sarcoma	-	11 (1,03%)
Brain	-	23 (2,16%)
Testicular	-	-
Other	4 (18,2%)	85 (7,99%)
Missing	-	11 (1,03%)

#### Time since diagnosis

0-2 months	3 (13,6%)	366 (34,4%)
3-5 months	3 (13,6%)	184 (17,3%)
6-12 months	2 (9,09%)	169 (15,9%)
1-2 years	5 (22,7%)	147 (13,8%)
2-4 years	1 (4,55%)	82 (7,71%)
> 4 years	2 (9,09%)	94 (8,83%)
Missing	1 (4,55%)	19 (1,79%)

#### Cancer staging

0=Carcinoma in situ	-	55 (5,17%)
I=Localized	2 (9,09%)	244 (22,9%)
II=Early locally advanced	-	176 (16,5%)
III=Late locally advanced	2 (9,09%)	176 (16,5%)
IV=Metastasised	16 (72,7%)	302 (28,4%)
Missing	2 (9,09%)	111 (10,4%)

#### Time since first therapy start

No therapy	6 (27,3%)	134 (12,6%)
Tumour staging/diagnosis	-	67 (6,30%)
0-2 months	3 (13,6%)	290 (27,3%)
3-5 months	1 (4,55%)	145 (13,6%)
6-12 months	3 (13,6%)	153 (14,4%)
1-2 years	3 (13,6%)	114 (10,7%)
2-4 years	-	64 (6,02%)
> 4 years	2 (9,09%)	104 (9,77%)
Missing	-	16 (1,50%)

#### Therapy situation

Diagnosis	4 (18,2%)	109 (10,2%)
Chemotherapy 1st line	3 (13,6%)	191 (18,0%)
Chemotherapy > 1st line	4 (18,2%)	173 (16,3%)
Radiotherapy	5 (22,7%)	70 (6,58%)
Target therapy	-	31 (2,91%)
Hormone therapy	-	12 (1,13%)
Palliative	3 (13,6%)	121 (11,4%)
Surgery	-	348 (32,7%)

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

### Infections

None	11 (50,0%)	808 (75,9%)
Local	6 (27,3%)	161 (15,1%)
General	4 (18,2%)	73 (6,86%)
Missing	1 (4,55%)	22 (2,07%)

### Nutrition Treatment

No special diet	14 (63,6%)	458 (43,0%)
Individualized diet plan	-	305 (28,7%)
Energy rich/protein rich ONS	7 (31,8%)	121 (11,4%)
Enteral nutrition (via NGT/PEG)	1 (4,55%)	65 (6,11%)
Parenteral nutrition	-	136 (12,8%)
ONS enriched with special nutrients	-	25 (2,35%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	13 (1,22%)
Personal preferences	-	110 (10,3%)
Counselling	-	54 (5,08%)
Other	-	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:	22	1056
Body weight prior to becoming ill	78 [50-105]	70 [22-180]
Actual body weight	68 [40-102]	63 [21-128]
<b>Change in weight was</b>		
Intentional	1 (4,55%)	31 (2,91%)
Unintentional	16 (72,7%)	644 (60,5%)
Weight is stable	3 (13,6%)	180 (16,9%)
Missing	1 (4,55%)	31 (2,91%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	9 (40,9%)	366 (34,4%)
A little	5 (22,7%)	294 (27,6%)
Quite a bit	4 (18,2%)	192 (18,0%)
Very much	3 (13,6%)	108 (10,2%)
Missing	1 (4,55%)	90 (8,46%)
<b>Patients who needed a rest:</b>		
Not at all	1 (4,55%)	261 (24,5%)
A little	1 (4,55%)	311 (29,2%)
Quite a bit	9 (40,9%)	243 (22,8%)
Very much	9 (40,9%)	131 (12,3%)
Missing	2 (9,09%)	98 (9,21%)
<b>Patients who felt weak:</b>		
Not at all	2 (9,09%)	255 (24,0%)
A little	1 (4,55%)	297 (27,9%)
Quite a bit	6 (27,3%)	260 (24,4%)
Very much	10 (45,5%)	142 (13,3%)
Missing	2 (9,09%)	95 (8,93%)
<b>Patients who felt depressed:</b>		
Not at all	6 (27,3%)	382 (35,9%)
A little	3 (13,6%)	337 (31,7%)
Quite a bit	3 (13,6%)	148 (13,9%)
Very much	7 (31,8%)	80 (7,52%)
Missing	3 (13,6%)	92 (8,65%)
<b>Patients who were tired:</b>		

Not at all	2 (9,09%)	272 (25,6%)
A little	2 (9,09%)	317 (29,8%)
Quite a bit	3 (13,6%)	240 (22,6%)
Very much	14 (63,6%)	124 (11,7%)
Missing	1 (4,55%)	92 (8,65%)

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

Not at all	10 (45,5%)	412 (38,7%)
A little	3 (13,6%)	250 (23,5%)
Quite a bit	4 (18,2%)	168 (15,8%)
Very much	4 (18,2%)	114 (10,7%)
Missing	1 (4,55%)	97 (9,12%)

#### Patients who lacked appetite:

Not at all	7 (31,8%)	386 (36,3%)
A little	3 (13,6%)	270 (25,4%)
Quite a bit	2 (9,09%)	171 (16,1%)
Very much	8 (36,4%)	119 (11,2%)
Missing	2 (9,09%)	98 (9,21%)

#### Just now

##### Patients who have pain:

Not at all	11 (50,0%)	411 (38,6%)
A little	1 (4,55%)	337 (31,7%)
Quite a bit	5 (22,7%)	150 (14,1%)
Very much	1 (4,55%)	48 (4,51%)
Missing	4 (18,2%)	101 (9,49%)

##### Patients who need a rest:

Not at all	1 (4,55%)	225 (21,1%)
A little	4 (18,2%)	351 (33,0%)
Quite a bit	9 (40,9%)	263 (24,7%)
Very much	5 (22,7%)	102 (9,59%)
Missing	3 (13,6%)	100 (9,40%)

##### Patients who feel weak:

Not at all	4 (18,2%)	242 (22,7%)
A little	2 (9,09%)	337 (31,7%)
Quite a bit	9 (40,9%)	257 (24,2%)
Very much	3 (13,6%)	105 (9,87%)
Missing	4 (18,2%)	101 (9,49%)

##### Patients who are depressed:

Not at all	7 (31,8%)	413 (38,8%)
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A little	2 (9,09%)	338 (31,8%)
Quite a bit	5 (22,7%)	145 (13,6%)
Very much	4 (18,2%)	47 (4,42%)
Missing	4 (18,2%)	99 (9,30%)

#### Patients who are tired:

Not at all	2 (9,09%)	253 (23,8%)
A little	4 (18,2%)	372 (35,0%)
Quite a bit	5 (22,7%)	230 (21,6%)
Very much	7 (31,8%)	88 (8,27%)
Missing	4 (18,2%)	98 (9,21%)

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

Not at all	9 (40,9%)	378 (35,5%)
A little	3 (13,6%)	285 (26,8%)
Quite a bit	2 (9,09%)	185 (17,4%)
Very much	4 (18,2%)	84 (7,89%)
Missing	4 (18,2%)	103 (9,68%)

#### Patients who lack appetite:

Not at all	9 (40,9%)	359 (33,7%)
A little	2 (9,09%)	301 (28,3%)
Quite a bit	3 (13,6%)	180 (16,9%)
Very much	5 (22,7%)	98 (9,21%)
Missing	3 (13,6%)	102 (9,59%)

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

Nausea/Vomiting	5 (22,7%)	161 (15,1%)
Inflammation in mouth	-	57 (5,36%)
Pain	1 (4,55%)	120 (11,3%)
Constipation	1 (4,55%)	69 (6,48%)
Diarrhea	1 (4,55%)	44 (4,14%)
Change in taste/smell	5 (22,7%)	108 (10,2%)
Early satiation/Loss of appetite	7 (31,8%)	252 (23,7%)
Other	3 (13,6%)	201 (18,9%)
Missing	1 (4,55%)	51 (4,79%)

#### Maximum activity performed by patients

Able to do sports	1 (4,55%)	46 (4,32%)
Fully active	4 (18,2%)	141 (13,3%)
Able to carry out light activities	9 (40,9%)	210 (19,7%)
Able to carry out self care	4 (18,2%)	236 (22,2%)
Able to carry out limited self care	3 (13,6%)	156 (14,7%)
Confined to bed or chair	-	156 (14,7%)

Missing	1 (4,55%)	99 (9,30%)
<b>Patient takes additional (without prescription)</b>		
Nothing	16 (72,7%)	696 (65,4%)
Herbal tea	2 (9,09%)	78 (7,33%)
Nutritional supplements	1 (4,55%)	67 (6,30%)
Multivitamin	1 (4,55%)	37 (3,48%)
Other medication	1 (4,55%)	44 (4,14%)
Other	-	52 (4,89%)
Missing	1 (4,55%)	125 (11,7%)
<b>Additional activities performed</b>		
Nothing	15 (68,2%)	797 (74,9%)
Psychotherapy	1 (4,55%)	17 (1,60%)
Yoga	1 (4,55%)	10 (0,94%)
Meditation	1 (4,55%)	22 (2,07%)
Progressive muscle relaxation	-	15 (1,41%)
Qigong	2 (9,09%)	1 (0,09%)
Other	2 (9,09%)	74 (6,95%)
Missing	1 (4,55%)	138 (13,0%)
Patients having difficulties in complying with treatment	2 (9,09%)	246 (23,1%)
Patients needing help to complete questionnaire	13 (59,1%)	640 (60,2%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	5 (22,7%)	639 (60,1%)