



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:

Number of participated center:	11
Number of participated units:	35
Number of patients:	801
Number of patients who gave consent:	694
Number of patients completing Sheet 3a:	643
Number of patients completing Sheet 3b:	638
Number of cancer patients:	174
Number of patients completing Sheet 2_onco:	180
Number of patients completing Sheet 3_onco:	179
Number of patients with 30-day outcome assessment:	497

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
1. Total number of beds in hospital	423 [222-451]	290 [162-548]
2. Total number of admissions in the hospital last year	103552 [35193-129254]	16544 [7529-35485]
3. Total number of staff in the hospital		
Total medical doctors	83 [26-200]	161 [64-352]
Medical specialists	44 [17-69]	108 [42-202]
Medical non-specialists	26 [25-31]	33 [11-78]
Nurses	394 [217-512]	347 [123-753]
Dieticians	8 [4-9]	4 [2-8]
Nutritionists	2 [1-3]	1 [0-4]
Pharmacists	24 [14-33]	6 [3-17]
Kitchen staff	8 [2-10]	29 [13-53]
Full time equivalent		
Total medical doctors	-	119 [53-333]
Medical specialists	-	88 [43-204]
Medical non-specialists	-	31 [10-79]
Nurses	-	309 [119-725]
Dieticians	-	4 [2-7]
Nutritionists	-	1 [0-3]
Pharmacists	-	5 [3-15]
Kitchen staff	-	22 [13-46]
4. Does the hospital have a nutrition care strategy?	8 (88.9%) Yes	203 (77.5%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	4 (44.4%) Yes	170 (64.9%) Yes
Nutrition steering committee is available	9 (100%) Yes	151 (57.6%) Yes
Quality indicators are recorded and reported to national or regional level	4 (44.4%) Yes	105 (40.1%) Yes
Quality indicators are used for internal benchmarking	5 (55.6%) Yes	134 (51.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	8 (88.9%) Yes	184 (70.2%) Yes
None	-	17 (6.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	7 (77.8%) Yes	121 (46.2%) Yes
Oral nutrition supplements	3 (33.3%) Yes	99 (37.8%) Yes

Parenteral nutrition	5 (55.6%) Yes	139 (53.1%) Yes
Enteral nutrition	4 (44.4%) Yes	119 (45.4%) Yes
Dietary counseling	4 (44.4%) 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	3 (33.3%) Yes	63 (24.0%) Yes
Malnutrition (in general)	3 (33.3%) Yes	118 (45.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (44.4%) Yes	114 (43.5%) Yes
No information available from billing/finance/controlling	1 (11.1%) Yes	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	3 (33.3%) Yes	82 (31.3%) Yes
Parenteral nutrition	6 (66.7%) Yes	123 (46.9%) Yes
Enteral nutrition	5 (55.6%) Yes	103 (39.3%) Yes
Dietary counseling	4 (44.4%) Yes	68 (26.0%) Yes
Specific dietary interventions	4 (44.4%) Yes	59 (22.5%) Yes
Screening for malnutrition	5 (55.6%) Yes	48 (18.3%) Yes
Risk of malnutrition	3 (33.3%) Yes	44 (16.8%) Yes
Malnutrition (in general)	3 (33.3%) Yes	98 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (44.4%) Yes	98 (37.4%) Yes
No information available from billing/finance/controlling	1 (11.1%) 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	4 (11.4%)	20.2%
Internal Medicine / Cardiology	2 (5.7%)	5.5%
Internal Medicine / Gastroenterology & hepatology	6 (17.1%)	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	1 (2.9%)	4.4%
Long term care	-	2.1%
Neurology	1 (2.9%)	2.9%
Surgery / General	7 (20.0%)	17.3%
Surgery/ Cardiac/Vascular/Thoracic	1 (2.9%)	1.5%
Surgery / Neurosurgery	1 (2.9%)	1.1%
Surgery / Orthopedic	4 (11.4%)	4.2%
Trauma	-	1.5%
Ear Nose Throat (ENT)	1 (2.9%)	1.5%
Gynecology / Obstetrics	1 (2.9%)	2.1%
Pediatrics	-	0.0%
Psychiatry	-	0.6%
Others	6 (17.1%)	10.7%
2. Number of registered inpatients at noon	33 [20-42]	25 [18-34]
3. Total bed capacity of the unit	44 [31-52]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	8 [7-14]	4 [2-8]
Nurses	13 [12-17]	5 [4-8]
Nursing aides	2 [1-3]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-2]
Other staff involved in patient care	0 [0-1]	1 [0-3]
In training		
Medical doctors	2 [1-4]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-0]	1 [0-3]

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

5. Is there a nutrition support team in your hospital available? 34 (100%) Yes 337 (74.2%) Yes

6. Does the unit have a nutrition care strategy? 25 (73.5%) Yes 330 (72.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 22 (64.7%) Yes 331 (72.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 32 (94.1%) Yes 410 (90.3%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 32 (94.1%) 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	1 (2.9%) Yes	10 (2.1%) Yes
Experience / visual assessment only	9 (25.7%) Yes	43 (9.1%) Yes
Weighing / BMI only	-	66 (13.9%) Yes
Nutritional Risk Screening (NRS) 2002	1 (2.9%) 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	22 (62.9%) Yes	77 (16.2%) Yes
I do not know	1 (2.9%) Yes	3 (0.63%) Yes
Missing	1 (2.9%)	21 (4.4%)

During hospital stay

No routine monitoring	-	44 (9.3%) Yes
No fixed criteria	20 (57.1%) Yes	44 (9.3%) Yes
Experience / visual assessment only	-	90 (18.9%) Yes
Weighing / BMI only	-	136 (28.6%) Yes
Other formal tool	11 (31.4%) Yes	130 (27.4%) Yes
I do not know	3 (8.6%) Yes	10 (2.1%) Yes
Missing	1 (2.9%)	21 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 25 (75.8%) Yes 354 (78.8%) Yes

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

International guidelines	7 (28.0%) Yes	91 (25.7%) Yes
National guidelines	8 (32.0%) Yes	56 (15.8%) Yes
Standards on hospital level	10 (40.0%) Yes	119 (33.6%) Yes
Standards on unit level	-	24 (6.8%) Yes
Individual patient nutrition care plans	-	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	21 (60.0%) Yes	142 (29.9%) Yes
Discuss nutrition care activities during ward rounds	20 (57.1%) Yes	199 (41.9%) Yes
Develop an individual nutrition care plan	16 (45.7%) Yes	251 (52.8%) Yes
Initiate treatment / nutrition intervention	16 (45.7%) Yes	286 (60.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	28 (80.0%) Yes	292 (61.5%) Yes
Consult a medical professional	23 (65.7%) Yes	178 (37.5%) Yes
Calculate energy requirements	15 (42.9%) Yes	240 (50.5%) Yes
Calculate protein requirements	14 (40.0%) Yes	234 (49.3%) Yes

Malnourished

Watchful waiting	20 (57.1%) Yes	101 (21.3%) Yes
Discuss nutrition care activities during ward rounds	29 (82.9%) Yes	218 (45.9%) Yes
Develop an individual nutrition care plan	25 (71.4%) Yes	267 (56.2%) Yes
Initiate treatment / nutrition intervention	27 (77.1%) Yes	316 (66.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	27 (77.1%) Yes	294 (61.9%) Yes
Consult a medical professional	27 (77.1%) Yes	192 (40.4%) Yes
Calculate energy requirements	20 (57.1%) Yes	270 (56.8%) Yes
Calculate protein requirements	20 (57.1%) Yes	266 (56.0%) Yes

Every patient

Watchful waiting	15 (42.9%) Yes	204 (42.9%) Yes
Discuss nutrition care activities during ward rounds	1 (2.9%) Yes	131 (27.6%) Yes
Develop an individual nutrition care plan	5 (14.3%) Yes	79 (16.6%) Yes
Initiate treatment / nutrition intervention	4 (11.4%) Yes	61 (12.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (2.9%) Yes	77 (16.2%) Yes
Consult a medical professional	1 (2.9%) Yes	105 (22.1%) Yes
Calculate energy requirements	12 (34.3%) Yes	56 (11.8%) Yes
Calculate protein requirements	10 (28.6%) Yes	50 (10.5%) Yes

Never

Watchful waiting	-	35 (7.4%) Yes
Discuss nutrition care activities during ward rounds	2 (5.7%) 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	2 (5.7%) Yes	49 (10.3%) Yes
Calculate energy requirements	1 (2.9%) Yes	51 (10.7%) Yes
Calculate protein requirements	3 (8.6%) Yes	55 (11.6%) Yes

I do not know

Watchful waiting	1 (2.9%) Yes	22 (4.6%) Yes
Discuss nutrition care activities during ward rounds	1 (2.9%) Yes	11 (2.3%) Yes
Develop an individual nutrition care plan	1 (2.9%) Yes	5 (1.1%) Yes
Initiate treatment / nutrition intervention	1 (2.9%) Yes	5 (1.1%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (2.9%) Yes	4 (0.84%) Yes
Consult a medical professional	2 (5.7%) Yes	19 (4.0%) Yes
Calculate energy requirements	1 (2.9%) Yes	12 (2.5%) Yes
Calculate protein requirements	1 (2.9%) Yes	14 (2.9%) Yes

13. When do you routinely weigh your patients?

at admission	32 (91.4%) 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	19 (54.3%) Yes	164 (34.5%) Yes
Occasionally	15 (42.9%) Yes	60 (12.6%) Yes
When requested	24 (68.6%) Yes	212 (44.6%) Yes
At discharge	-	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	28 (80.0%) Yes	350 (73.7%) Yes
Offer meal choices	28 (80.0%) Yes	348 (73.3%) Yes
Offer different portion sizes	33 (94.3%) Yes	292 (61.5%) Yes
Consider food presentation	17 (48.6%) Yes	198 (41.7%) Yes
Change food texture/consistency as needed	32 (91.4%) Yes	389 (81.9%) Yes
Consider patient problems with eating and drinking	26 (74.3%) Yes	385 (81.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	18 (51.4%) Yes	58 (12.2%) Yes
Promote positive eating environment	21 (60.0%) Yes	92 (19.4%) Yes
Consider cultural/religious preferences	11 (31.4%) Yes	200 (42.1%) Yes
Consider patient allergies / intolerances	33 (94.3%) Yes	228 (48.0%) Yes
Other	1 (2.9%) Yes	29 (6.1%) Yes
I do not know	1 (2.9%) Yes	6 (1.3%) Yes
No answer given	1 (2.9%)	21 (4.4%)

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

Nutrition training is available	18 (51.4%) Yes	267 (56.2%) Yes
Reporting of nutrition related information to hospital managers	8 (22.9%) Yes	211 (44.4%) Yes
Quality indicators are recorded and reported to national or regional level	10 (28.6%) Yes	131 (27.6%) Yes
Quality indicators are used for internal benchmarking	20 (57.1%) Yes	175 (36.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	31 (88.6%) Yes	302 (63.6%) Yes
None	1 (2.9%) Yes	21 (4.4%) Yes
I do not know	1 (2.9%) Yes	13 (2.7%) Yes
No answer given	1 (2.9%)	37 (7.8%)

16. At admission what is asked and documented?

Change in weight	33 (94.3%) Yes	373 (78.5%) Yes
Eating habits/difficulties	34 (97.1%) Yes	349 (73.5%) Yes
Nutrition before admission	29 (82.9%) Yes	271 (57.1%) Yes
None	1 (2.9%) Yes	9 (1.9%) Yes
I do not know	1 (2.9%) Yes	5 (1.1%) Yes
No answer given	1 (2.9%)	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	33 (94.3%) Yes	335 (70.5%) Yes
nutrition treatment	24 (68.6%) Yes	280 (58.9%) Yes
None	-	30 (6.3%) Yes
I do not know	1 (2.9%) Yes	4 (0.84%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	20 (57.1%) Yes	171 (36.0%) Yes
makes future nutrition-related recommendations	5 (14.3%) Yes	269 (56.6%) Yes
None	8 (22.9%) Yes	56 (11.8%) Yes
I do not know	4 (11.4%) Yes	26 (5.5%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	21 (61.8%) Yes	171 (44.5%) Yes
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19. Who filled in this sheet?

Head staff	1 (2.9%) Yes	120 (25.3%) Yes
Dietician	15 (42.9%) Yes	244 (51.4%) Yes
Nurse	10 (28.6%) Yes	127 (26.7%) Yes
Physician	8 (22.9%) Yes	74 (15.6%) Yes
Administrative staff	-	4 (0.84%) Yes

Other	-	8 (1.7%) Yes
None	1 (2.9%) Yes	-
I do not know	1 (2.9%) Yes	3 (0.63%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	694	9133
Age	73 [62-81]	67 [53-78]
Female	344 (49.6%)	4630 (50.7%)
Weight	56.4±13.6	68.8±18.8
Height	159±10	164±10
BMI	22.2±4.3	25.4±6.0

1. This hospital admission was...

planned	328 (47.3%)	3186 (34.9%)
an emergency	353 (50.9%)	5234 (57.3%)
I do not know	13 (1.9%)	713 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	31 (4.5%)	833 (9.1%)
0200 Neoplasms	170 (24.5%)	1451 (15.9%)
0300 Blood and bloodforming organs and the immune mechanism	32 (4.6%)	612 (6.7%)
0400 Endocrine, nutritional and metabolic diseases	73 (10.5%)	1103 (12.1%)
0500 Mental health	5 (0.72%)	340 (3.7%)
0600 Nervous system	40 (5.8%)	795 (8.7%)
0700 Eye and adnexa	27 (3.9%)	134 (1.5%)
0800 Ear and mastoid process	4 (0.58%)	71 (0.78%)
0900 Circulatory system	97 (14.0%)	1817 (19.9%)
1000 Respiratory system	79 (11.4%)	1407 (15.4%)
1100 Digestive system	191 (27.5%)	2255 (24.7%)
1200 Skin and subcutaneous tissue	27 (3.9%)	444 (4.9%)
1300 Musculoskeletal system and connective tissue	123 (17.7%)	1332 (14.6%)
1400 Genitourinary system	46 (6.6%)	847 (9.3%)
1500 Pregnancy, childbirth and the puerperium	10 (1.4%)	126 (1.4%)
1600 Conditions originating in the perinatal period	6 (0.86%)	22 (0.24%)
1700 Congenital/chromosomal abnormalities	1 (0.14%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (0.58%)	410 (4.5%)
1900 Injury, poisoning	28 (4.0%)	291 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	173 (1.9%)
2100 Factors influencing health status and contact with health services	4 (0.58%)	214 (2.3%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	57 (9.7%)	1665 (22.5%)
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Myocardial infarction	15 (2.6%)	418 (5.9%)
Chronic lung disease	44 (7.5%)	1118 (15.3%)
Cerebral vascular disease	60 (10.4%)	768 (10.7%)
Peripheral vascular disease	29 (5.0%)	888 (12.3%)
Chronic liver disease	49 (8.4%)	457 (6.4%)
Chronic kidney disease	59 (10.1%)	853 (11.8%)
Diabetes	148 (24.9%)	1983 (26.8%)
Cancer	174 (29.0%)	1815 (24.8%)
Infection	30 (5.1%)	1166 (16.0%)
Dementia	26 (4.5%)	398 (5.6%)
Major depressive disorder	9 (1.6%)	390 (5.5%)
Other chronic mental disorder	26 (4.5%)	387 (5.5%)
Other chronic disease	124 (20.5%)	2029 (27.4%)
None	180 (25.9%)	1421 (15.6%)

4a. Previous operation during this hospital stay

Yes, planned	177 (25.5%)	1796 (19.7%)
Yes, acute	52 (7.5%)	561 (6.1%)
No	448 (64.6%)	6420 (70.3%)
I do not know	12 (1.7%)	130 (1.4%)
Missing	5 (0.72%)	226 (2.5%)

Days since operation	6 [1-15]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	51 (7.3%)	766 (8.4%)
Yes, later	36 (5.2%)	536 (5.9%)
No	563 (81.1%)	6795 (74.4%)
I do not know	25 (3.6%)	417 (4.6%)
Missing	19 (2.7%)	619 (6.8%)

5. Previous ICU admission during this hospital stay? (Yes)	43 (6.2%)	982 (10.8%)
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6. Is this patient terminally ill?	21 (3.0%)	660 (7.2%)
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7. Fluid status

Normal	471 (67.9%)	7154 (78.3%)
Overloaded	22 (3.2%)	518 (5.7%)
Dehydrated	13 (1.9%)	475 (5.2%)
I do not know	188 (27.1%)	986 (10.8%)
Missing	-	-

8. Number of different medications planned

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

Malnourished	94 (13.5%)	914 (10.0%)
At risk	188 (27.1%)	1610 (17.6%)
No	383 (55.2%)	5843 (64.0%)
I do not know	29 (4.2%)	766 (8.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	180 (25.9%)	3595 (39.4%)
5% Glucose solution	28 (4.0%)	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	370 (53.3%)	5097 (55.8%)
Fortified/enriched hospital food	10 (1.4%)	801 (8.8%)
Protein/energy supplement (e.g. ONS drinks)	35 (5.0%)	1073 (11.7%)
Enteral nutrition	13 (1.9%)	495 (5.4%)
Parenteral nutrition	100 (14.4%)	485 (5.3%)
Special diet	234 (33.7%)	3173 (34.7%)
None	26 (3.7%)	506 (5.5%)

13a. All lines and Tubes

Central Venous	30 (4.3%)	752 (8.2%)
Peripheral venous access	236 (34.0%)	4362 (47.8%)
Nasogastric	6 (0.86%)	269 (2.9%)
Nasojejunal	2 (0.29%)	38 (0.42%)
Nasoduodenal	1 (0.14%)	22 (0.24%)
Enterostoma	2 (0.29%)	46 (0.50%)
Percutaneous endoscopy/surgical gastrostomy	4 (0.58%)	71 (0.78%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.14%)	29 (0.32%)
None	423 (61.0%)	4024 (44.1%)

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

Yes, previously	7 (1.0%)	93 (1.0%)
Yes, ongoing	4 (0.58%)	80 (0.88%)
No	499 (71.9%)	7577 (83.0%)
I do not know	28 (4.0%)	871 (9.5%)
Missing	156 (22.5%)	512 (5.6%)

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

Energy requirements were determined	418 (60.2%)	3246 (35.5%)
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Protein requirements were determined	397 (57.2%)	2888 (31.6%)
Food/Nutrition intake was recorded in the patient record	414 (59.7%)	4124 (45.2%)
Nutrition treatment plan was developed	369 (53.2%)	3183 (34.9%)
Nutrition expert was consulted	135 (19.5%)	3050 (33.4%)
Malnutrition status is recorded in the patient record	155 (22.3%)	2529 (27.7%)
None	-	-

15a. Energy goal

< 500 kcal	146 (21.0%)	335 (3.7%)
500-999 kcal	18 (2.6%)	109 (1.2%)
1000-1499 kcal	198 (28.5%)	957 (10.5%)
1500-1999 kcal	235 (33.9%)	2729 (29.9%)
>=2000 kcal	21 (3.0%)	993 (10.9%)
Not determined	26 (3.7%)	3222 (35.3%)
I do not know	50 (7.2%)	752 (8.2%)
Missing	-	36 (0.39%)

15b. Energy intake

< 500 kcal	178 (25.6%)	615 (6.7%)
500-999 kcal	54 (7.8%)	525 (5.7%)
1000-1499 kcal	167 (24.1%)	1192 (13.1%)
1500-1999 kcal	219 (31.6%)	2032 (22.2%)
>=2000 kcal	10 (1.4%)	597 (6.5%)
Not determined	8 (1.2%)	2998 (32.8%)
I do not know	58 (8.4%)	1122 (12.3%)
Missing	-	52 (0.57%)

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

Improved	254 (36.6%)	4626 (50.7%)
Deteriorated	32 (4.6%)	514 (5.6%)
Remained the same	298 (42.9%)	2506 (27.4%)
This patient has just been admitted	65 (9.4%)	574 (6.3%)
I do not know	45 (6.5%)	913 (10.0%)
Missing	-	-

Length of hospital stay (days)	21 [11-35]	12 [6-24]
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Outcome Code

1= Still in the hospital	87 (12.5%)	796 (8.7%)
2= Transferred to another hospital	30 (4.3%)	219 (2.4%)
3= Transferred to long term care	12 (1.7%)	373 (4.1%)
4= Rehabilitation	6 (0.86%)	500 (5.5%)
5= Discharged home	347 (50.0%)	6731 (73.7%)
6= Death	14 (2.0%)	283 (3.1%)

7= Others	1 (0.14%)	175 (1.9%)
Missing	197 (28.4%)	56 (0.61%)
Readmitted since ND		
1= No	370 (90.5%)	6273 (77.4%)
2= Yes, same hospital planned	19 (4.6%)	483 (6.0%)
3= Yes, same hospital unplanned	12 (2.9%)	471 (5.8%)
4= Yes, different hospital planned	-	45 (0.56%)
5= Yes, different hospital unplanned	-	45 (0.56%)
6= Unknown	5 (1.2%)	366 (4.5%)
Missing	3 (0.73%)	428 (5.3%)

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

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	394 (61.3%)	6102 (69.3%)
I am vegetarian	26 (4.0%)	153 (1.7%)
I adhere to a vegan diet	35 (5.4%)	53 (0.60%)
I eat gluten-free diet	7 (1.1%)	78 (0.89%)
I avoid added sugars	70 (10.9%)	1353 (15.4%)
I avoid carbohydrates	25 (3.9%)	515 (5.9%)
I eat a low fat-diet	53 (8.2%)	1034 (11.8%)
I am lactose intolerant	16 (2.5%)	343 (3.9%)
Other special diet due to intolerances/allergies	18 (2.8%)	179 (2.0%)
Other	25 (3.9%)	617 (7.0%)
No answer given	150 (23.3%)	217 (2.5%)
2. Where did you live before your current hospital admission?		
At home	477 (74.2%)	7771 (88.3%)
In a nursing home or other live-in facility	15 (2.3%)	295 (3.4%)
I was transferred from another hospital	15 (2.3%)	456 (5.2%)
Other	6 (0.93%)	147 (1.7%)
Missing	130 (20.2%)	131 (1.5%)
3. In general, are you able to walk?		
Yes	442 (68.7%)	5599 (63.6%)
Yes, with someone's help	37 (5.8%)	963 (10.9%)
Yes, independently using a cane, walker, or crutches	77 (12.0%)	1142 (13.0%)
No, I have a wheelchair	58 (9.0%)	383 (4.4%)
No, I am bedridden	21 (3.3%)	579 (6.6%)
Missing	8 (1.2%)	134 (1.5%)
4. In general, how would you say your health is?		
Very good	42 (6.5%)	633 (7.2%)
Good	149 (23.2%)	3217 (36.6%)
Fair	254 (39.5%)	3329 (37.8%)
Poor	148 (23.0%)	1202 (13.7%)
Very poor	27 (4.2%)	268 (3.0%)
Missing	23 (3.6%)	151 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	8 [3-12]	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 [0-16]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	81 (12.6%)	1694 (19.3%)
3-5	150 (23.3%)	2352 (26.7%)
More than 5	163 (25.3%)	2722 (30.9%)
None	81 (12.6%)	1418 (16.1%)
I do not know	23 (3.6%)	449 (5.1%)
Missing	145 (22.6%)	165 (1.9%)

7. Do you have health insurance?		
Yes, private insurance only	24 (3.7%)	1319 (15.0%)
Yes, public insurance only	228 (35.5%)	4350 (49.4%)
Yes, both	215 (33.4%)	1115 (12.7%)
None	11 (1.7%)	1177 (13.4%)
I prefer not to answer	17 (2.6%)	510 (5.8%)
Missing	148 (23.0%)	329 (3.7%)

8. What was your weight 5 years ago?	58 [51-68]	70 [60-83]
I do not know	160 (24.9%)	2377 (27.0%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	89 (13.8%)	827 (9.4%)
Yes, unintentionally	190 (29.5%)	3324 (37.8%)
No, my weight stayed the same	206 (32.0%)	2582 (29.3%)
No, I gained weight	79 (12.3%)	951 (10.8%)
I do not know	57 (8.9%)	907 (10.3%)
Missing	22 (3.4%)	209 (2.4%)

9b. If yes, how many kg did you lose?	5 [3-9]	6 [3-10]
I do not know	35 (12.5%)	701 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	230 (46.1%)	3271 (39.2%)
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11. Please indicate if you ...		
... were weighed at admission	415 (82.5%)	4927 (56.7%)
... were informed about your nutrition status	169 (34.2%)	2797 (32.5%)
... were informed about nutrition care options	78 (16.0%)	2491 (29.0%)
... received special nutrition care	46 (9.4%)	2357 (27.5%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	46 (7.2%)	388 (4.4%)
Normal	406 (63.6%)	5401 (61.8%)
About 3/4 of normal	65 (10.2%)	844 (9.7%)
About half of normal	56 (8.8%)	1065 (12.2%)

About a quarter to nearly nothing	47 (7.4%)	791 (9.0%)
I do not know	1 (0.16%)	88 (1.0%)
Missing	17 (2.7%)	167 (1.9%)

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

Very satisfied	75 (11.8%)	2368 (27.1%)
Somewhat satisfied	91 (14.3%)	2629 (30.1%)
Neutral	198 (31.0%)	1752 (20.0%)
Dissatisfied	60 (9.4%)	691 (7.9%)
Very dissatisfied	6 (0.94%)	261 (3.0%)
I do not know	39 (6.1%)	726 (8.3%)
Missing	169 (26.5%)	317 (3.6%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	13 (2.0%)	978 (11.2%)
Yes, from hospital staff	38 (6.0%)	581 (6.6%)
No	423 (66.3%)	6652 (76.1%)
I do not know	2 (0.31%)	113 (1.3%)
Missing	162 (25.4%)	420 (4.8%)

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

388 (83.4%) 6110 (74.6%)

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

About all	398 (62.4%)	4213 (48.2%)
1/2	98 (15.4%)	2075 (23.7%)
1/4	60 (9.4%)	1064 (12.2%)
Nothing	52 (8.2%)	1004 (11.5%)
Missing	30 (4.7%)	388 (4.4%)

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

Standard	292 (45.8%)	5611 (64.2%)
Smaller	59 (9.2%)	811 (9.3%)
Larger	37 (5.8%)	344 (3.9%)
I do not know	67 (10.5%)	884 (10.1%)
Missing	183 (28.7%)	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	23 (11.0%)	608 (14.7%)
I did not like the smell/taste of the food	23 (11.0%)	474 (11.4%)
The food did not fit my cultural/religious preferences	-	54 (1.3%)
The food was too hot	2 (0.95%)	15 (0.36%)
The food was too cold	6 (2.9%)	95 (2.3%)
Due to food allergy/intolerance	1 (0.48%)	27 (0.65%)
I was not hungry at that time	33 (15.7%)	709 (17.1%)

I do not have my usual appetite	55 (26.2%)	1167 (28.2%)
I have problems chewing/swallowing	15 (7.1%)	239 (5.8%)
I normally eat less than what was served	33 (15.7%)	457 (11.0%)
I had nausea/vomiting	23 (11.0%)	345 (8.3%)
I was too tired	14 (6.7%)	227 (5.5%)
I cannot eat without help	4 (1.9%)	73 (1.8%)
I was not allowed to eat	24 (11.4%)	460 (11.1%)
I had an exam, surgery, or test and missed my meal	26 (12.4%)	243 (5.9%)
I did not get requested food	4 (1.9%)	54 (1.3%)
No answer given	32 (15.2%)	510 (12.3%)

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

Water	3 [1-4]	3 [2-5]
Tea	3 [2-3]	1 [0-2]
Coffee	1 [1-2]	1 [0-2]
Milk	1 [1-1]	1 [0-1]
Fruit juice	1 [1-2]	1 [0-2]
Soft drinks	1 [1-2]	0 [0-1]
Nutrition drink	1 [1-2]	0 [0-1]
Other	1 [1-2]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 150 (24.8%) 2179 (27.2%)

19b. If yes, what did you eat?

Sweet snacks	45 (30.0%)	548 (25.1%)
Salty snacks	18 (12.0%)	290 (13.3%)
Homemade food	11 (7.3%)	320 (14.7%)
Fruits	37 (24.7%)	774 (35.5%)
Dairy products	26 (17.3%)	221 (10.1%)
Food delivered/restaurant	-	85 (3.9%)
Sandwich	7 (4.7%)	145 (6.7%)
Other	41 (27.3%)	429 (19.7%)

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

Increased	67 (10.5%)	1201 (13.7%)
Decreased	150 (23.5%)	2809 (32.1%)
Stayed the same	286 (44.8%)	3616 (41.4%)
I do not know	79 (12.4%)	601 (6.9%)
Missing	56 (8.8%)	517 (5.9%)

21. TODAY I feel...

Stronger than at admission	207 (32.4%)	3792 (43.4%)
Weaker than at admission	58 (9.1%)	1514 (17.3%)
Same as at admission	171 (26.8%)	2454 (28.1%)

I was admitted today	21 (3.3%)	239 (2.7%)
I do not know	37 (5.8%)	466 (5.3%)
Missing	144 (22.6%)	279 (3.2%)

22. Can you walk without assistance TODAY?

Yes	358 (56.1%)	5103 (58.4%)
No, only with assistance	99 (15.5%)	2181 (24.9%)
No, I stay in bed	48 (7.5%)	984 (11.3%)
Missing	133 (20.8%)	476 (5.4%)

23. Did anyone help you complete this questionnaire?	199 (32.4%)	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:	15	116
Computerized system in hospital:	15 units (100%) YES	112 units (97%) YES
Nutritional treatment of cancer patients is part of overall care plan	14 units (93%) YES	98 units (84%) YES
Nutritional treatment is considered...		
Routinely	7 (46,7%)	59 (50,9%)
When patient asks	6 (40,0%)	29 (25,0%)
When body weight loss > 10%	3 (20,0%)	39 (33,6%)
During palliative phase	6 (40,0%)	33 (28,4%)
Other	-	6 (5,17%)
Missing	1 (6,67%)	17 (14,7%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	1 (6,67%)	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%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	7 (46,7%)	67 (57,8%)
Calculation of energy needs	8 (53,3%)	85 (73,3%)
Monitoring patients intake and use of oral supplements	11 (73,3%)	102 (87,9%)
None	1 (6,67%)	4 (3,45%)
Other	-	5 (4,31%)
Missing	1 (6,67%)	2 (1,72%)
Nutritional therapy is not used due to		
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	1 (6,67%)	-

Assessment of parameters in cancer patients & methods used:

Anthropometry/Body composition:

Body weight

Regularly	13 (86,7%)	78 (67,2%)
At chemotherapy	-	12 (10,3%)
When necessary	1 (6,67%)	23 (19,8%)
Never	-	1 (0,86%)
Unknown	-	1 (0,86%)
Missing	1 (6,67%)	1 (0,86%)

Anthropometrics (circumference)

Regularly	1 (6,67%)	13 (11,2%)
At chemotherapy	-	1 (0,86%)
When necessary	10 (66,7%)	42 (36,2%)
Never	3 (20,0%)	53 (45,7%)
Unknown	-	1 (0,86%)
Missing	1 (6,67%)	6 (5,17%)

BIA

Regularly	-	5 (4,31%)
At chemotherapy	-	-
When necessary	4 (26,7%)	25 (21,6%)
Never	9 (60,0%)	78 (67,2%)
Unknown	1 (6,67%)	3 (2,59%)
Missing	1 (6,67%)	5 (4,31%)

CT SCAN

Regularly	1 (6,67%)	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	5 (33,3%)	32 (27,6%)
Never	8 (53,3%)	70 (60,3%)
Unknown	-	3 (2,59%)
Missing	1 (6,67%)	4 (3,45%)

DEXA

Regularly	-	2 (1,72%)
At chemotherapy	-	-
When necessary	2 (13,3%)	16 (13,8%)
Never	10 (66,7%)	85 (73,3%)
Unknown	2 (13,3%)	8 (6,90%)
Missing	1 (6,67%)	5 (4,31%)

Other (body composition)

Regularly	-	1 (0,86%)
At chemotherapy	-	-
When necessary	7 (46,7%)	17 (14,7%)

Never	3 (20,0%)	40 (34,5%)
Unknown	1 (6,67%)	21 (18,1%)
Missing	4 (26,7%)	37 (31,9%)

Body function:

Handgrip

Regularly	-	6 (5,17%)
At chemotherapy	-	1 (0,86%)
When necessary	7 (46,7%)	38 (32,8%)
Never	7 (46,7%)	61 (52,6%)
Unknown	-	4 (3,45%)
Missing	1 (6,67%)	6 (5,17%)

6-minutes walking test

Regularly	-	3 (2,59%)
At chemotherapy	-	-
When necessary	6 (40,0%)	33 (28,4%)
Never	8 (53,3%)	68 (58,6%)
Unknown	-	5 (4,31%)
Missing	1 (6,67%)	7 (6,03%)

Other (body function)

Regularly	-	4 (3,45%)
At chemotherapy	-	-
When necessary	5 (33,3%)	24 (20,7%)
Never	7 (46,7%)	45 (38,8%)
Unknown	1 (6,67%)	16 (13,8%)
Missing	2 (13,3%)	27 (23,3%)

Nutritional requirements, calculated

Regularly	4 (26,7%)	34 (29,3%)
At chemotherapy	-	-
When necessary	10 (66,7%)	65 (56,0%)
Never	-	5 (4,31%)
Unknown	-	-
Missing	1 (6,67%)	12 (10,3%)

Nutritional intake:

Every meal

Regularly	6 (40,0%)	32 (27,6%)
At chemotherapy	-	1 (0,86%)
When necessary	8 (53,3%)	51 (44,0%)
Never	-	13 (11,2%)
Unknown	-	6 (5,17%)

Missing	1 (6,67%)	13 (11,2%)
1 meal per day		
Regularly	2 (13,3%)	12 (10,3%)
At chemotherapy	-	1 (0,86%)
When necessary	8 (53,3%)	36 (31,0%)
Never	2 (13,3%)	19 (16,4%)
Unknown	1 (6,67%)	9 (7,76%)
Missing	2 (13,3%)	39 (33,6%)
2 meals per day		
Regularly	2 (13,3%)	12 (10,3%)
At chemotherapy	-	-
When necessary	7 (46,7%)	35 (30,2%)
Never	2 (13,3%)	20 (17,2%)
Unknown	1 (6,67%)	9 (7,76%)
Missing	3 (20,0%)	40 (34,5%)
24h recall		
Regularly	1 (6,67%)	28 (24,1%)
At chemotherapy	-	2 (1,72%)
When necessary	7 (46,7%)	41 (35,3%)
Never	2 (13,3%)	12 (10,3%)
Unknown	2 (13,3%)	7 (6,03%)
Missing	3 (20,0%)	26 (22,4%)
Other (nutritional intake)		
Regularly	-	2 (1,72%)
At chemotherapy	-	-
When necessary	6 (40,0%)	17 (14,7%)
Never	1 (6,67%)	22 (19,0%)
Unknown	3 (20,0%)	18 (15,5%)
Missing	5 (33,3%)	57 (49,1%)
Questionnaire completed by		
Dietitian	5 (33,3%)	42 (36,2%)
Nurse	4 (26,7%)	29 (25,0%)
Physician	5 (33,3%)	39 (33,6%)
Nutritional scientist	-	5 (4,31%)
Other	-	-
Missing	1 (6,67%)	1 (0,86%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	180	1064
Demographic data:		
Age (years)	71 [22-95]	66 [18-96]
Female gender	87 (48,3%)	423 (39,8%)
Weight (kg)	56,5 ± 13,7	64,3 ± 16,9
Height (cm)	159,8 ± 8,3	165,4 ± 9,8
BMI (kg/m2)	21,9 ± 4,3	23,6 ± 4,8
Outpatient (o)/Ward (w)		
Outpatient(o)	1 (0,56%)	63 (5,92%)
Ward (w)	179 (99,4%)	997 (93,7%)
Missing	-	4 (0,38%)
Goal of Therapy		
Curative	79 (43,9%)	606 (57,0%)
Palliative	74 (41,1%)	359 (33,7%)
Terminal	16 (8,89%)	74 (6,95%)
Missing	11 (6,11%)	25 (2,35%)
Reason for admission		
Clinical diagnostics	15 (8,33%)	109 (10,2%)
Therapy	109 (60,6%)	516 (48,5%)
Surgery related	17 (9,44%)	225 (21,1%)
Treatment complications	10 (5,56%)	124 (11,7%)
Poor health status	17 (9,44%)	139 (13,1%)
Independent care difficult	3 (1,67%)	8 (0,75%)
Missing	-	-
Present cancer diagnosis		
Breast	8 (4,44%)	59 (5,55%)
Colon, rectum	26 (14,4%)	172 (16,2%)
Prostate	2 (1,11%)	31 (2,91%)
Lung	20 (11,1%)	86 (8,08%)
Skin	-	8 (0,75%)
Kidney/bladder	1 (0,56%)	31 (2,91%)
Gastric/oesophageal	22 (12,2%)	152 (14,3%)
Pancreas	15 (8,33%)	69 (6,48%)
Lymphoma	10 (5,56%)	102 (9,59%)
Ears nose throat (ENT)	1 (0,56%)	51 (4,79%)
Leukaemia	4 (2,22%)	77 (7,24%)
Genital tract	4 (2,22%)	38 (3,57%)

Liver	16 (8,89%)	106 (9,96%)
Sarcoma	-	11 (1,03%)
Brain	1 (0,56%)	23 (2,16%)
Testicular	1 (0,56%)	-
Other	21 (11,7%)	85 (7,99%)
Missing	10 (5,56%)	11 (1,03%)

Time since diagnosis

0-2 months	58 (32,2%)	366 (34,4%)
3-5 months	27 (15,0%)	184 (17,3%)
6-12 months	22 (12,2%)	169 (15,9%)
1-2 years	24 (13,3%)	147 (13,8%)
2-4 years	19 (10,6%)	82 (7,71%)
> 4 years	11 (6,11%)	94 (8,83%)
Missing	17 (9,44%)	19 (1,79%)

Cancer staging

0=Carcinoma in situ	1 (0,56%)	55 (5,17%)
I=Localized	33 (18,3%)	244 (22,9%)
II=Early locally advanced	51 (28,3%)	176 (16,5%)
III=Late locally advanced	34 (18,9%)	176 (16,5%)
IV=Metastasised	35 (19,4%)	302 (28,4%)
Missing	26 (14,4%)	111 (10,4%)

Time since first therapy start

No therapy	10 (5,56%)	134 (12,6%)
Tumour staging/diagnosis	6 (3,33%)	67 (6,30%)
0-2 months	28 (15,6%)	290 (27,3%)
3-5 months	7 (3,89%)	145 (13,6%)
6-12 months	13 (7,22%)	153 (14,4%)
1-2 years	10 (5,56%)	114 (10,7%)
2-4 years	11 (6,11%)	64 (6,02%)
> 4 years	6 (3,33%)	104 (9,77%)
Missing	7 (3,89%)	16 (1,50%)

Therapy situation

Diagnosis	14 (7,78%)	109 (10,2%)
Chemotherapy 1st line	23 (12,8%)	191 (18,0%)
Chemotherapy > 1st line	28 (15,6%)	173 (16,3%)
Radiotherapy	15 (8,33%)	70 (6,58%)
Target therapy	4 (2,22%)	31 (2,91%)
Hormone therapy	1 (0,56%)	12 (1,13%)
Palliative	17 (9,44%)	121 (11,4%)
Surgery	39 (21,7%)	348 (32,7%)

Cancer related complications	16 (8,89%)	67 (6,30%)
Therapy related complications	12 (6,67%)	43 (4,04%)
Missing	11 (6,11%)	13 (1,22%)

Infections

None	153 (85,0%)	808 (75,9%)
Local	16 (8,89%)	161 (15,1%)
General	2 (1,11%)	73 (6,86%)
Missing	9 (5,00%)	22 (2,07%)

Nutrition Treatment

No special diet	81 (45,0%)	458 (43,0%)
Individualized diet plan	37 (20,6%)	305 (28,7%)
Energy rich/protein rich ONS	12 (6,67%)	121 (11,4%)
Enteral nutrition (via NGT/PEG)	5 (2,78%)	65 (6,11%)
Parenteral nutrition	18 (10,0%)	136 (12,8%)
ONS enriched with special nutrients	2 (1,11%)	25 (2,35%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	1 (0,56%)	13 (1,22%)
Personal preferences	12 (6,67%)	110 (10,3%)
Counselling	4 (2,22%)	54 (5,08%)
Other	13 (7,22%)	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:	179	1056
Body weight prior to becoming ill	60 [29-90]	70 [22-180]
Actual body weight	56 [30-85]	63 [21-128]
Change in weight was		
Intentional	18 (10,0%)	31 (2,91%)
Unintentional	124 (68,9%)	644 (60,5%)
Weight is stable	9 (5,00%)	180 (16,9%)
Missing	8 (4,44%)	31 (2,91%)
During the last week		
Patients who have had pain:		
Not at all	66 (36,7%)	366 (34,4%)
A little	61 (33,9%)	294 (27,6%)
Quite a bit	26 (14,4%)	192 (18,0%)
Very much	11 (6,11%)	108 (10,2%)
Missing	15 (8,33%)	90 (8,46%)
Patients who needed a rest:		
Not at all	57 (31,7%)	261 (24,5%)
A little	54 (30,0%)	311 (29,2%)
Quite a bit	38 (21,1%)	243 (22,8%)
Very much	15 (8,33%)	131 (12,3%)
Missing	15 (8,33%)	98 (9,21%)
Patients who felt weak:		
Not at all	23 (12,8%)	255 (24,0%)
A little	62 (34,4%)	297 (27,9%)
Quite a bit	50 (27,8%)	260 (24,4%)
Very much	28 (15,6%)	142 (13,3%)
Missing	16 (8,89%)	95 (8,93%)
Patients who felt depressed:		
Not at all	49 (27,2%)	382 (35,9%)
A little	66 (36,7%)	337 (31,7%)
Quite a bit	34 (18,9%)	148 (13,9%)
Very much	16 (8,89%)	80 (7,52%)
Missing	15 (8,33%)	92 (8,65%)
Patients who were tired:		

Not at all	42 (23,3%)	272 (25,6%)
A little	78 (43,3%)	317 (29,8%)
Quite a bit	28 (15,6%)	240 (22,6%)
Very much	14 (7,78%)	124 (11,7%)
Missing	18 (10,0%)	92 (8,65%)

Patients whose pain interfered with their daily activities:

Not at all	71 (39,4%)	412 (38,7%)
A little	54 (30,0%)	250 (23,5%)
Quite a bit	24 (13,3%)	168 (15,8%)
Very much	13 (7,22%)	114 (10,7%)
Missing	17 (9,44%)	97 (9,12%)

Patients who lacked appetite:

Not at all	70 (38,9%)	386 (36,3%)
A little	43 (23,9%)	270 (25,4%)
Quite a bit	32 (17,8%)	171 (16,1%)
Very much	19 (10,6%)	119 (11,2%)
Missing	16 (8,89%)	98 (9,21%)

Just now

Patients who have pain:

Not at all	72 (40,0%)	411 (38,6%)
A little	73 (40,6%)	337 (31,7%)
Quite a bit	16 (8,89%)	150 (14,1%)
Very much	4 (2,22%)	48 (4,51%)
Missing	15 (8,33%)	101 (9,49%)

Patients who need a rest:

Not at all	47 (26,1%)	225 (21,1%)
A little	79 (43,9%)	351 (33,0%)
Quite a bit	30 (16,7%)	263 (24,7%)
Very much	8 (4,44%)	102 (9,59%)
Missing	16 (8,89%)	100 (9,40%)

Patients who feel weak:

Not at all	17 (9,44%)	242 (22,7%)
A little	74 (41,1%)	337 (31,7%)
Quite a bit	47 (26,1%)	257 (24,2%)
Very much	26 (14,4%)	105 (9,87%)
Missing	14 (7,78%)	101 (9,49%)

Patients who are depressed:

Not at all	54 (30,0%)	413 (38,8%)
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A little	75 (41,7%)	338 (31,8%)
Quite a bit	23 (12,8%)	145 (13,6%)
Very much	11 (6,11%)	47 (4,42%)
Missing	17 (9,44%)	99 (9,30%)

Patients who are tired:

Not at all	42 (23,3%)	253 (23,8%)
A little	88 (48,9%)	372 (35,0%)
Quite a bit	24 (13,3%)	230 (21,6%)
Very much	11 (6,11%)	88 (8,27%)
Missing	15 (8,33%)	98 (9,21%)

Patients whose pain interferes with their daily activities:

Not at all	78 (43,3%)	378 (35,5%)
A little	57 (31,7%)	285 (26,8%)
Quite a bit	18 (10,0%)	185 (17,4%)
Very much	10 (5,56%)	84 (7,89%)
Missing	16 (8,89%)	103 (9,68%)

Patients who lack appetite:

Not at all	73 (40,6%)	359 (33,7%)
A little	55 (30,6%)	301 (28,3%)
Quite a bit	20 (11,1%)	180 (16,9%)
Very much	14 (7,78%)	98 (9,21%)
Missing	16 (8,89%)	102 (9,59%)

Reasons for change in appetite/food intake

Nausea/Vomiting	15 (8,33%)	161 (15,1%)
Inflammation in mouth	8 (4,44%)	57 (5,36%)
Pain	19 (10,6%)	120 (11,3%)
Constipation	22 (12,2%)	69 (6,48%)
Diarrhea	12 (6,67%)	44 (4,14%)
Change in taste/smell	17 (9,44%)	108 (10,2%)
Early satiation/Loss of appetite	28 (15,6%)	252 (23,7%)
Other	16 (8,89%)	201 (18,9%)
Missing	17 (9,44%)	51 (4,79%)

Maximum activity performed by patients

Able to do sports	7 (3,89%)	46 (4,32%)
Fully active	29 (16,1%)	141 (13,3%)
Able to carry out light activities	12 (6,67%)	210 (19,7%)
Able to carry out self care	71 (39,4%)	236 (22,2%)
Able to carry out limited self care	29 (16,1%)	156 (14,7%)
Confined to bed or chair	15 (8,33%)	156 (14,7%)

Missing	17 (9,44%)	99 (9,30%)
Patient takes additional (without prescription)		
Nothing	122 (67,8%)	696 (65,4%)
Herbal tea	1 (0,56%)	78 (7,33%)
Nutritional supplements	9 (5,00%)	67 (6,30%)
Multivitamin	1 (0,56%)	37 (3,48%)
Other medication	2 (1,11%)	44 (4,14%)
Other	6 (3,33%)	52 (4,89%)
Missing	39 (21,7%)	125 (11,7%)
Additional activities performed		
Nothing	118 (65,6%)	797 (74,9%)
Psychotherapy	-	17 (1,60%)
Yoga	2 (1,11%)	10 (0,94%)
Meditation	1 (0,56%)	22 (2,07%)
Progressive muscle relaxation	5 (2,78%)	15 (1,41%)
Qigong	-	1 (0,09%)
Other	12 (6,67%)	74 (6,95%)
Missing	42 (23,3%)	138 (13,0%)
Patients having difficulties in complying with treatment		
	17 (9,44%)	246 (23,1%)
Patients needing help to complete questionnaire		
	41 (22,8%)	640 (60,2%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:		
	77 (42,8%)	639 (60,1%)