



**nutritionDay**  
WORLDWIDE

**Country Report**  
**nutritionDay 2017**  
**Thailand**

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>1</b>
<b>Number of participated units:</b>	<b>14</b>
<b>Number of patients:</b>	<b>105</b>
<b>Number of patients who gave consent:</b>	<b>105</b>
<b>Number of patients completing Sheet 3a:</b>	<b>105</b>
<b>Number of patients completing Sheet 3b:</b>	<b>105</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>0</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>	2110 [2110-2110]	290 [162-548]
<b>2. Total number of admissions in the hospital last year</b>	83039 [83039-83039]	16544 [7529-35485]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	1441 [1441-1441]	161 [64-352]
Medical specialists	-	108 [42-202]
Medical non-specialists	-	33 [11-78]
Nurses	-	347 [123-753]
Dieticians	30 [30-30]	4 [2-8]
Nutritionists	-	1 [0-4]
Pharmacists	-	6 [3-17]
Kitchen staff	20 [20-20]	29 [13-53]
<b>Full time equivalent</b>		
Total medical doctors	1441 [1441-1441]	119 [53-333]
Medical specialists	-	88 [43-204]
Medical non-specialists	-	31 [10-79]
Nurses	-	309 [119-725]
Dieticians	30 [30-30]	4 [2-7]
Nutritionists	-	1 [0-3]
Pharmacists	-	5 [3-15]
Kitchen staff	20 [20-20]	22 [13-46]
<b>4. Does the hospital have a nutrition care strategy?</b>	Yes	203 (77.5%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	Yes	170 (64.9%) Yes
Nutrition steering committee is available	Yes	151 (57.6%) Yes
Quality indicators are recorded and reported to national or regional level	-	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	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	Yes	121 (46.2%) Yes
Oral nutrition supplements	-	99 (37.8%) Yes

Parenteral nutrition	Yes	139 (53.1%)	Yes
Enteral nutrition	Yes	119 (45.4%)	Yes
Dietary counseling	-	86 (32.8%)	Yes
Specific dietary interventions	-	70 (26.7%)	Yes
Screening for malnutrition	-	61 (23.3%)	Yes
Risk of malnutrition	-	63 (24.0%)	Yes
Malnutrition (in general)	Yes	118 (45.0%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	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	Yes	100 (38.2%)	Yes
Oral nutrition supplements	-	82 (31.3%)	Yes
Parenteral nutrition	Yes	123 (46.9%)	Yes
Enteral nutrition	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)	Yes	98 (37.4%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	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	9 (64.3%)	20.2%
Internal Medicine / Cardiology	-	5.5%
Internal Medicine / Gastroenterology & hepatology	-	6.5%
Internal Medicine / Geriatrics	-	8.2%
Internal Medicine / Infectious diseases	-	1.1%
Internal Medicine / Nephrology	-	1.1%
Internal Medicine / Oncology (incl. radiotherapy)	2 (14.3%)	7.6%
Interdisciplinary	-	4.4%
Long term care	-	2.1%
Neurology	-	2.9%
Surgery / General	3 (21.4%)	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	-	10.7%
<b>2. Number of registered inpatients at noon</b>	17 [16-19]	25 [18-34]
<b>3. Total bed capacity of the unit</b>	20 [18-20]	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	1 [1-2]	4 [2-8]
Nurses	7 [5-7]	5 [4-8]
Nursing aides	5 [4-5]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-2]
Other staff involved in patient care	0 [0-2]	1 [0-3]
<b>In training</b>		
Medical doctors	3 [3-7]	1 [0-3]
Medical students	5 [2-5]	0 [0-2]
Nurses	0 [0-0]	1 [0-3]

Nursing aides	0 [0-2]	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?** 14 (100%) Yes 337 (74.2%) Yes

**6. Does the unit have a nutrition care strategy?** 12 (85.7%) Yes 330 (72.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 13 (92.9%) Yes 331 (72.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 9 (64.3%) Yes 410 (90.3%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 11 (78.6%) Yes 282 (62.1%) Yes

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

**At admission**

No routine screening	-	46 (9.7%) Yes
No fixed criteria	-	10 (2.1%) Yes
Experience / visual assessment only	-	43 (9.1%) Yes
Weighing / BMI only	-	66 (13.9%) Yes
Nutritional Risk Screening (NRS) 2002	-	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	14 (100%) Yes	77 (16.2%) Yes
I do not know	-	3 (0.63%) Yes
Missing	-	21 (4.4%)

**During hospital stay**

No routine monitoring	-	44 (9.3%) Yes
No fixed criteria	-	44 (9.3%) Yes
Experience / visual assessment only	-	90 (18.9%) Yes
Weighing / BMI only	-	136 (28.6%) Yes
Other formal tool	14 (100%) 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?** 14 (100%) 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	10 (71.4%) Yes	119 (33.6%) Yes
Standards on unit level	1 (7.1%) Yes	24 (6.8%) Yes
Individual patient nutrition care plans	3 (21.4%) 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 (50.0%) Yes	142 (29.9%) Yes
Discuss nutrition care activities during ward rounds	7 (50.0%) Yes	199 (41.9%) Yes
Develop an individual nutrition care plan	6 (42.9%) Yes	251 (52.8%) Yes
Initiate treatment / nutrition intervention	6 (42.9%) Yes	286 (60.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (57.1%) Yes	292 (61.5%) Yes
Consult a medical professional	4 (28.6%) Yes	178 (37.5%) Yes
Calculate energy requirements	7 (50.0%) Yes	240 (50.5%) Yes
Calculate protein requirements	7 (50.0%) Yes	234 (49.3%) Yes

**Malnourished**

Watchful waiting	3 (21.4%) Yes	101 (21.3%) Yes
Discuss nutrition care activities during ward rounds	7 (50.0%) Yes	218 (45.9%) Yes
Develop an individual nutrition care plan	9 (64.3%) Yes	267 (56.2%) Yes
Initiate treatment / nutrition intervention	9 (64.3%) Yes	316 (66.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (71.4%) Yes	294 (61.9%) Yes
Consult a medical professional	11 (78.6%) Yes	192 (40.4%) Yes
Calculate energy requirements	9 (64.3%) Yes	270 (56.8%) Yes
Calculate protein requirements	9 (64.3%) Yes	266 (56.0%) Yes

**Every patient**

Watchful waiting	10 (71.4%) Yes	204 (42.9%) Yes
Discuss nutrition care activities during ward rounds	4 (28.6%) Yes	131 (27.6%) Yes
Develop an individual nutrition care plan	2 (14.3%) Yes	79 (16.6%) Yes
Initiate treatment / nutrition intervention	2 (14.3%) 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	2 (14.3%) Yes	56 (11.8%) Yes
Calculate protein requirements	2 (14.3%) Yes	50 (10.5%) Yes

**Never**

Watchful waiting	-	35 (7.4%) Yes
Discuss nutrition care activities during ward rounds	2 (14.3%) 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	1 (7.1%) Yes	49 (10.3%) Yes
Calculate energy requirements	1 (7.1%) Yes	51 (10.7%) Yes
Calculate protein requirements	1 (7.1%) 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	12 (85.7%) Yes	300 (63.2%) Yes
Within 24 hours	1 (7.1%) Yes	70 (14.7%) Yes
Within 48 hours	1 (7.1%) Yes	20 (4.2%) Yes
Within 72 hours	1 (7.1%) Yes	14 (2.9%) Yes
Every week	11 (78.6%) Yes	164 (34.5%) Yes
Occasionally	4 (28.6%) Yes	60 (12.6%) Yes
When requested	12 (85.7%) 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	5 (35.7%) Yes	350 (73.7%) Yes
Offer meal choices	-	348 (73.3%) Yes
Offer different portion sizes	3 (21.4%) Yes	292 (61.5%) Yes
Consider food presentation	1 (7.1%) Yes	198 (41.7%) Yes
Change food texture/consistency as needed	-	389 (81.9%) Yes
Consider patient problems with eating and drinking	8 (57.1%) Yes	385 (81.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (42.9%) Yes	58 (12.2%) Yes
Promote positive eating environment	4 (28.6%) Yes	92 (19.4%) Yes
Consider cultural/religious preferences	13 (92.9%) Yes	200 (42.1%) Yes
Consider patient allergies / intolerances	13 (92.9%) 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	1 (7.1%) Yes	267 (56.2%) Yes
Reporting of nutrition related information to hospital managers	3 (21.4%) Yes	211 (44.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	131 (27.6%) Yes
Quality indicators are used for internal benchmarking	5 (35.7%) Yes	175 (36.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (64.3%) 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	14 (100%) Yes	373 (78.5%) Yes
Eating habits/difficulties	14 (100%) Yes	349 (73.5%) Yes
Nutrition before admission	11 (78.6%) 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	14 (100%) Yes	335 (70.5%) Yes
nutrition treatment	12 (85.7%) Yes	280 (58.9%) Yes
None	-	30 (6.3%) Yes
I do not know	-	4 (0.84%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	6 (42.9%) Yes	171 (36.0%) Yes
makes future nutrition-related recommendations	12 (85.7%) Yes	269 (56.6%) Yes
None	-	56 (11.8%) Yes
I do not know	-	26 (5.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	1 (7.7%) Yes	171 (44.5%) Yes
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**19. Who filled in this sheet?**

Head staff	-	120 (25.3%) Yes
Dietician	2 (14.3%) Yes	244 (51.4%) Yes
Nurse	12 (85.7%) Yes	127 (26.7%) Yes
Physician	-	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	105	9133
Age	63 [44-73]	67 [53-78]
Female	51 (48.6%)	4630 (50.7%)
Weight	58.6±14.0	68.8±18.8
Height	161±9	164±10
BMI	22.5±4.9	25.4±6.0

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

planned	44 (41.9%)	3186 (34.9%)
an emergency	60 (57.1%)	5234 (57.3%)
I do not know	1 (0.95%)	713 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	24 (22.9%)	833 (9.1%)
0200 Neoplasms	28 (26.7%)	1451 (15.9%)
0300 Blood and bloodforming organs and the immune mechanism	20 (19.0%)	612 (6.7%)
0400 Endocrine, nutritional and metabolic diseases	20 (19.0%)	1103 (12.1%)
0500 Mental health	1 (0.95%)	340 (3.7%)
0600 Nervous system	6 (5.7%)	795 (8.7%)
0700 Eye and adnexa	-	134 (1.5%)
0800 Ear and mastoid process	-	71 (0.78%)
0900 Circulatory system	20 (19.0%)	1817 (19.9%)
1000 Respiratory system	19 (18.1%)	1407 (15.4%)
1100 Digestive system	24 (22.9%)	2255 (24.7%)
1200 Skin and subcutaneous tissue	3 (2.9%)	444 (4.9%)
1300 Musculoskeletal system and connective tissue	5 (4.8%)	1332 (14.6%)
1400 Genitourinary system	3 (2.9%)	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	3 (2.9%)	410 (4.5%)
1900 Injury, poisoning	-	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	-	214 (2.3%)
No answer given	-	-

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

Cardiac insufficiency	14 (13.5%)	1665 (22.5%)
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Myocardial infarction	4 (3.8%)	418 (5.9%)
Chronic lung disease	11 (10.6%)	1118 (15.3%)
Cerebral vascular disease	9 (8.7%)	768 (10.7%)
Peripheral vascular disease	6 (5.8%)	888 (12.3%)
Chronic liver disease	11 (10.5%)	457 (6.4%)
Chronic kidney disease	16 (15.4%)	853 (11.8%)
Diabetes	26 (24.8%)	1983 (26.8%)
Cancer	27 (25.7%)	1815 (24.8%)
Infection	25 (23.8%)	1166 (16.0%)
Dementia	-	398 (5.6%)
Major depressive disorder	1 (0.95%)	390 (5.5%)
Other chronic mental disorder	-	387 (5.5%)
Other chronic disease	28 (26.9%)	2029 (27.4%)
None	21 (20.0%)	1421 (15.6%)

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

Yes, planned	10 (9.5%)	1796 (19.7%)
Yes, acute	6 (5.7%)	561 (6.1%)
No	88 (83.8%)	6420 (70.3%)
I do not know	-	130 (1.4%)
Missing	1 (0.95%)	226 (2.5%)

Days since operation	1 [0-3]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	11 (10.5%)	766 (8.4%)
Yes, later	3 (2.9%)	536 (5.9%)
No	90 (85.7%)	6795 (74.4%)
I do not know	-	417 (4.6%)
Missing	1 (0.95%)	619 (6.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	5 (4.8%)	982 (10.8%)
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<b>6. Is this patient terminally ill?</b>	7 (6.7%)	660 (7.2%)
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#### 7. Fluid status

Normal	82 (78.1%)	7154 (78.3%)
Overloaded	15 (14.3%)	518 (5.7%)
Dehydrated	7 (6.7%)	475 (5.2%)
I do not know	1 (0.95%)	986 (10.8%)
Missing	-	-

#### 8. Number of different medications planned

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

Malnourished	11 (10.5%)	914 (10.0%)
At risk	24 (22.9%)	1610 (17.6%)
No	70 (66.7%)	5843 (64.0%)
I do not know	-	766 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	23 (21.9%)	3595 (39.4%)
5% Glucose solution	8 (7.6%)	877 (9.6%)

<b>11. Number of ONS drinks planned</b>	0 [0-0]	0 [0-0]
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### 12. Nutrition intake

Regular hospital food	80 (76.2%)	5097 (55.8%)
Fortified/enriched hospital food	8 (7.6%)	801 (8.8%)
Protein/energy supplement (e.g. ONS drinks)	16 (15.2%)	1073 (11.7%)
Enteral nutrition	12 (11.4%)	495 (5.4%)
Parenteral nutrition	4 (3.8%)	485 (5.3%)
Special diet	32 (30.5%)	3173 (34.7%)
None	3 (2.9%)	506 (5.5%)

### 13a. All lines and Tubes

Central Venous	1 (0.95%)	752 (8.2%)
Peripheral venous access	72 (68.6%)	4362 (47.8%)
Nasogastric	13 (12.4%)	269 (2.9%)
Nasojejunal	2 (1.9%)	38 (0.42%)
Nasoduodenal	-	22 (0.24%)
Enterostoma	-	46 (0.50%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.95%)	71 (0.78%)
Percutaneous endoscopy/surgical jejunostomy	-	29 (0.32%)
None	26 (24.8%)	4024 (44.1%)

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

Yes, previously	8 (7.6%)	93 (1.0%)
Yes, ongoing	1 (0.95%)	80 (0.88%)
No	92 (87.6%)	7577 (83.0%)
I do not know	-	871 (9.5%)
Missing	4 (3.8%)	512 (5.6%)

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

Energy requirements were determined	29 (27.6%)	3246 (35.5%)
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Protein requirements were determined	28 (26.7%)	2888 (31.6%)
Food/Nutrition intake was recorded in the patient record	61 (58.1%)	4124 (45.2%)
Nutrition treatment plan was developed	27 (25.7%)	3183 (34.9%)
Nutrition expert was consulted	6 (5.7%)	3050 (33.4%)
Malnutrition status is recorded in the patient record	15 (14.3%)	2529 (27.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	3 (2.9%)	335 (3.7%)
500-999 kcal	4 (3.8%)	109 (1.2%)
1000-1499 kcal	7 (6.7%)	957 (10.5%)
1500-1999 kcal	75 (71.4%)	2729 (29.9%)
>=2000 kcal	16 (15.2%)	993 (10.9%)
Not determined	-	3222 (35.3%)
I do not know	-	752 (8.2%)
Missing	-	36 (0.39%)

### 15b. Energy intake

< 500 kcal	11 (10.5%)	615 (6.7%)
500-999 kcal	21 (20.0%)	525 (5.7%)
1000-1499 kcal	25 (23.8%)	1192 (13.1%)
1500-1999 kcal	41 (39.0%)	2032 (22.2%)
>=2000 kcal	7 (6.7%)	597 (6.5%)
Not determined	-	2998 (32.8%)
I do not know	-	1122 (12.3%)
Missing	-	52 (0.57%)

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

Improved	57 (54.3%)	4626 (50.7%)
Deteriorated	4 (3.8%)	514 (5.6%)
Remained the same	41 (39.0%)	2506 (27.4%)
This patient has just been admitted	2 (1.9%)	574 (6.3%)
I do not know	1 (0.95%)	913 (10.0%)
Missing	-	-

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

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

7= Others	-	175 (1.9%)
Missing	105 (100%)	56 (0.61%)
Readmitted since ND		
1= No	-	6273 (77.4%)
2= Yes, same hospital planned	-	483 (6.0%)
3= Yes, same hospital unplanned	-	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	85 (81.0%)	6102 (69.3%)
I am vegetarian	1 (0.95%)	153 (1.7%)
I adhere to a vegan diet	1 (0.95%)	53 (0.60%)
I eat gluten-free diet	-	78 (0.89%)
I avoid added sugars	10 (9.5%)	1353 (15.4%)
I avoid carbohydrates	6 (5.7%)	515 (5.9%)
I eat a low fat-diet	6 (5.7%)	1034 (11.8%)
I am lactose intolerant	-	343 (3.9%)
Other special diet due to intolerances/allergies	5 (4.8%)	179 (2.0%)
Other	15 (14.3%)	617 (7.0%)
No answer given	2 (1.9%)	217 (2.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	99 (94.3%)	7771 (88.3%)
In a nursing home or other live-in facility	-	295 (3.4%)
I was transferred from another hospital	2 (1.9%)	456 (5.2%)
Other	3 (2.9%)	147 (1.7%)
Missing	1 (0.95%)	131 (1.5%)
<b>3. In general, are you able to walk?</b>		
Yes	76 (72.4%)	5599 (63.6%)
Yes, with someone's help	10 (9.5%)	963 (10.9%)
Yes, independently using a cane, walker, or crutches	13 (12.4%)	1142 (13.0%)
No, I have a wheelchair	-	383 (4.4%)
No, I am bedridden	6 (5.7%)	579 (6.6%)
Missing	-	134 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	11 (10.5%)	633 (7.2%)
Good	46 (43.8%)	3217 (36.6%)
Fair	34 (32.4%)	3329 (37.8%)
Poor	11 (10.5%)	1202 (13.7%)
Very poor	2 (1.9%)	268 (3.0%)
Missing	1 (0.95%)	151 (1.7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [3-7]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-3]	1 [0-2]
... how many nights in total have you spent in hospital?	3 [0-15]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	47 (44.8%)	1694 (19.3%)
3-5	29 (27.6%)	2352 (26.7%)
More than 5	5 (4.8%)	2722 (30.9%)
None	20 (19.0%)	1418 (16.1%)
I do not know	3 (2.9%)	449 (5.1%)
Missing	1 (0.95%)	165 (1.9%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	3 (2.9%)	1319 (15.0%)
Yes, public insurance only	92 (87.6%)	4350 (49.4%)
Yes, both	4 (3.8%)	1115 (12.7%)
None	5 (4.8%)	1177 (13.4%)
I prefer not to answer	-	510 (5.8%)
Missing	1 (0.95%)	329 (3.7%)

<b>8. What was your weight 5 years ago?</b>		
	60 [53-73]	70 [60-83]
I do not know	12 (11.4%)	2377 (27.0%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	4 (3.8%)	827 (9.4%)
Yes, unintentionally	55 (52.4%)	3324 (37.8%)
No, my weight stayed the same	25 (23.8%)	2582 (29.3%)
No, I gained weight	10 (9.5%)	951 (10.8%)
I do not know	10 (9.5%)	907 (10.3%)
Missing	1 (0.95%)	209 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	5 [3-8]	6 [3-10]
I do not know	3 (5.1%)	701 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	43 (41.3%)	3271 (39.2%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	94 (89.5%)	4927 (56.7%)
... were informed about your nutrition status	42 (40.0%)	2797 (32.5%)
... were informed about nutrition care options	30 (28.6%)	2491 (29.0%)
... received special nutrition care	20 (19.4%)	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 (6.7%)	388 (4.4%)
Normal	47 (44.8%)	5401 (61.8%)
About 3/4 of normal	16 (15.2%)	844 (9.7%)
About half of normal	24 (22.9%)	1065 (12.2%)



About a quarter to nearly nothing	11 (10.5%)	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	10 (9.5%)	2368 (27.1%)
Somewhat satisfied	20 (19.0%)	2629 (30.1%)
Neutral	51 (48.6%)	1752 (20.0%)
Dissatisfied	8 (7.6%)	691 (7.9%)
Very dissatisfied	4 (3.8%)	261 (3.0%)
I do not know	12 (11.4%)	726 (8.3%)
Missing	-	317 (3.6%)

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

Yes, from family or friends	13 (12.4%)	978 (11.2%)
Yes, from hospital staff	11 (10.5%)	581 (6.6%)
No	79 (75.2%)	6652 (76.1%)
I do not know	-	113 (1.3%)
Missing	2 (1.9%)	420 (4.8%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	65 (63.1%)	6110 (74.6%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	27 (25.7%)	4213 (48.2%)
1/2	34 (32.4%)	2075 (23.7%)
1/4	20 (19.0%)	1064 (12.2%)
Nothing	22 (21.0%)	1004 (11.5%)
Missing	2 (1.9%)	388 (4.4%)

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

Standard	79 (75.2%)	5611 (64.2%)
Smaller	2 (1.9%)	811 (9.3%)
Larger	3 (2.9%)	344 (3.9%)
I do not know	14 (13.3%)	884 (10.1%)
Missing	7 (6.7%)	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	13 (17.1%)	608 (14.7%)
I did not like the smell/taste of the food	21 (27.6%)	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	9 (11.8%)	95 (2.3%)
Due to food allergy/intolerance	-	27 (0.65%)
I was not hungry at that time	12 (15.8%)	709 (17.1%)

I do not have my usual appetite	24 (31.6%)	1167 (28.2%)
I have problems chewing/swallowing	7 (9.2%)	239 (5.8%)
I normally eat less than what was served	8 (10.5%)	457 (11.0%)
I had nausea/vomiting	8 (10.5%)	345 (8.3%)
I was too tired	8 (10.5%)	227 (5.5%)
I cannot eat without help	-	73 (1.8%)
I was not allowed to eat	14 (18.4%)	460 (11.1%)
I had an exam, surgery, or test and missed my meal	2 (2.6%)	243 (5.9%)
I did not get requested food	-	54 (1.3%)
No answer given	1 (1.3%)	510 (12.3%)

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

Water	4 [3-7]	3 [2-5]
Tea	1 [1-1]	1 [0-2]
Coffee	1 [1-1]	1 [0-2]
Milk	1 [1-3]	1 [0-1]
Fruit juice	1 [1-1]	1 [0-2]
Soft drinks	-	0 [0-1]
Nutrition drink	3 [2-4]	0 [0-1]
Other	1 [1-3]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 49 (48.5%) 2179 (27.2%)

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

Sweet snacks	8 (16.3%)	548 (25.1%)
Salty snacks	2 (4.1%)	290 (13.3%)
Homemade food	8 (16.3%)	320 (14.7%)
Fruits	21 (42.9%)	774 (35.5%)
Dairy products	9 (18.4%)	221 (10.1%)
Food delivered/restaurant	11 (22.4%)	85 (3.9%)
Sandwich	5 (10.2%)	145 (6.7%)
Other	10 (20.4%)	429 (19.7%)

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

Increased	18 (17.1%)	1201 (13.7%)
Decreased	37 (35.2%)	2809 (32.1%)
Stayed the same	42 (40.0%)	3616 (41.4%)
I do not know	5 (4.8%)	601 (6.9%)
Missing	3 (2.9%)	517 (5.9%)

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

Stronger than at admission	56 (53.3%)	3792 (43.4%)
Weaker than at admission	13 (12.4%)	1514 (17.3%)
Same as at admission	33 (31.4%)	2454 (28.1%)

I was admitted today	2 (1.9%)	239 (2.7%)
I do not know	1 (0.95%)	466 (5.3%)
Missing	-	279 (3.2%)

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

Yes	55 (52.4%)	5103 (58.4%)
No, only with assistance	21 (20.0%)	2181 (24.9%)
No, I stay in bed	29 (27.6%)	984 (11.3%)
Missing	-	476 (5.4%)

<b>23. Did anyone help you complete this questionnaire?</b>	48 (46.2%)	5889 (69.0%)
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