



Dear participant,

Thank you for your participation in nutritionDay worldwide in 2019 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>3</b>
<b>Number of participated units:</b>	<b>6</b>
<b>Number of patients:</b>	<b>72</b>
<b>Number of patients who gave consent:</b>	<b>72</b>
<b>Number of patients completing Sheet 3a:</b>	<b>72</b>
<b>Number of patients completing Sheet 3b:</b>	<b>69</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>72</b>

This report compares your country data to international reference database based on data from nutritionDay 2016-2018.

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 2020. Again, we would very much appreciate your participation. You will be provided with further information on a regular**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	700 [514-743]	333 [194-630]
<b>2. Total number of admissions in the hospital last year</b>	16958 [11585-17076]	18005 [9101-36130]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	337 [235-495]	173 [80-399]
Medical specialists	335 [234-406]	116 [53-250]
Medical non-specialists	89 [46-133]	37 [14-84]
Nurses	1163 [959-1399]	420 [183-836]
Dieticians	12 [12-13]	5 [2-9]
Nutritionists	5 [5-7]	1 [0-4]
Pharmacists	62 [55-80]	7 [4-21]
Kitchen staff	110 [100-121]	31 [15-59]
<b>Full time equivalent</b>		
Total medical doctors	133 [133-133]	148 [60-373]
Medical specialists	133 [133-133]	98 [45-251]
Medical non-specialists	-	36 [11-99]
Nurses	754 [754-754]	364 [180-788]
Dieticians	12 [12-12]	5 [2-8]
Nutritionists	5 [5-5]	1 [0-3]
Pharmacists	48 [48-48]	6 [3-18]
Kitchen staff	90 [90-90]	29 [15-55]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (100,0%) Yes	498 (79,4%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	3 (100,0%) Yes	434 (66,7%) Yes
Nutrition steering committee is available	2 (66,7%) Yes	388 (59,6%) Yes
Quality indicators are recorded and reported to national or regional level	3 (100,0%) Yes	263 (40,4%) Yes
Quality indicators are used for internal benchmarking	3 (100,0%) Yes	337 (51,8%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (100,0%) Yes	475 (73,0%) Yes
None	0 (0,0%) Yes	30 (4,6%) Yes
No answer given	0 (0,0%)	24 (3,7%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	2 (66,7%) Yes	313 (48,1%) Yes

Oral nutrition supplements	3 (100,0%) Yes	239 (36,7%) Yes
Parenteral nutrition	2 (66,7%) Yes	375 (57,6%) Yes
Enteral nutrition	3 (100,0%) Yes	334 (51,3%) Yes
Dietary counseling	3 (100,0%) Yes	235 (36,1%) Yes
Specific dietary interventions	1 (33,3%) Yes	181 (27,8%) Yes
Screening for malnutrition	0 (0,0%) Yes	187 (28,7%) Yes
Risk of malnutrition	0 (0,0%) Yes	160 (24,6%) Yes
Malnutrition (in general)	0 (0,0%) Yes	294 (45,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	0 (0,0%) Yes	280 (43,0%) Yes
No information available from billing/finance/controlling	0 (0,0%) Yes	109 (16,7%) Yes
No answer given	-	42 (6,5%)

### Codes routinely used

Nutrition Support	1 (33,3%) Yes	270 (41,5%) Yes
Oral nutrition supplements	2 (66,7%) Yes	209 (32,1%) Yes
Parenteral nutrition	1 (33,3%) Yes	343 (52,7%) Yes
Enteral nutrition	1 (33,3%) Yes	307 (47,2%) Yes
Dietary counseling	2 (66,7%) Yes	198 (30,4%) Yes
Specific dietary interventions	0 (0,0%) Yes	159 (24,4%) Yes
Screening for malnutrition	0 (0,0%) Yes	149 (22,9%) Yes
Risk of malnutrition	0 (0,0%) Yes	128 (19,7%) Yes
Malnutrition (in general)	0 (0,0%) Yes	255 (39,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	0 (0,0%) Yes	242 (37,2%) Yes
No information available from billing/finance/controlling	1 (33,3%) Yes	120 (18,4%) Yes
No answer given	-	53 (8,1%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	2 (33,3%)	21.1%
Internal Medicine / Cardiology	1 (16,7%)	4.3%
Internal Medicine / Gastroenterology & hepatology	0 (0,0%)	7.8%
Internal Medicine / Geriatrics	0 (0,0%)	9.7%
Internal Medicine / Infectious diseases	0 (0,0%)	0.6%
Internal Medicine / Nephrology	0 (0,0%)	1.2%
Internal Medicine / Oncology (incl. radiotherapy)	0 (0,0%)	8.1%
Interdisciplinary	0 (0,0%)	3.4%
Long term care	0 (0,0%)	2.0%
Neurology	0 (0,0%)	3.6%
Surgery / General	0 (0,0%)	15.7%
Surgery/ Cardiac/Vascular/Thoracic	0 (0,0%)	1.4%
Surgery / Neurosurgery	0 (0,0%)	0.9%
Surgery / Orthopedic	0 (0,0%)	4.2%
Trauma	0 (0,0%)	0.9%
Ear Nose Throat (ENT)	0 (0,0%)	1.7%
Gynecology / Obstetrics	3 (50,0%)	1.4%
Pediatrics	0 (0,0%)	0.1%
Psychiatry	0 (0,0%)	0.9%
Others	0 (0,0%)	11.1%
<b>2. Number of registered inpatients at noon</b>	18 [14-25]	25 [19-32]
<b>3. Total bed capacity of the unit</b>	27 [16-36]	30 [24-40]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [3-9]	4 [2-7]
Nurses	9 [6-12]	5 [3-8]
Nursing aides	1 [0-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [0-1]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-1]
Other staff involved in patient care	2 [0-3]	1 [0-2]
<b>In training</b>		
Medical doctors	0 [0-0]	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?** 6 (100,0%) Yes 1018 (78,3%) Yes

**6. Does the unit have a nutrition care strategy?** 6 (100,0%) Yes 984 (75,7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 5 (83,3%) Yes 922 (70,9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 5 (83,3%) Yes 1239 (90,8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (33,3%) Yes 780 (60,0%) Yes

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

**At admission**

No routine screening	1 (16,7%) Yes	109 (7,6%)
No fixed criteria	-	21 (1,5%)
Experience / visual assessment only	-	102 (7,1%)
Weighing / BMI only	3 (50,0%) Yes	201 (14,1%)
Nutritional Risk Screening (NRS) 2002	2 (33,3%) Yes	462 (32,3%)
Malnutrition Universal Screening Tool (MUST)	-	81 (5,7%)
Malnutrition Screening tool (MST)	-	115 (8,0%)
SNAQ	-	13 (0,91%)
Other formal tool	-	249 (17,4%)
I do not know	-	11 (0,77%)
Missing	-	66 (4,6%)

**During hospital stay**

No routine monitoring	1 (16,7%) Yes	133 (9,3%)
No fixed criteria	-	118 (8,3%)
Experience / visual assessment only	-	235 (16,4%)
Weighing / BMI only	3 (50,0%) Yes	471 (32,9%)
Other formal tool	1 (16,7%) Yes	375 (26,2%)
I do not know	1 (16,7%) Yes	32 (2,2%)
Missing	-	66 (4,6%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 6 (100,0%) Yes 1043 (82,1%) Yes

<b>11b. If yes, which one is mainly used?</b>			
International guidelines	3 (50,0%)	Yes	257 (24,6%)
National guidelines	-		166 (15,9%)
Standards on hospital level	2 (33,3%)	Yes	378 (36,2%)
Standards on unit level	1 (16,7%)	Yes	65 (6,2%)
Individual patient nutrition care plans	-		155 (14,9%)
Other	-		11 (1,1%)
Missing	-		11 (1,1%)

## 12. What is routinely done in your unit for given patient groups?

### At risk

Watchful waiting	-		399 (27,9%)
Discuss nutrition care activities during ward rounds	2 (33,3%)	Yes	614 (42,9%)
Develop an individual nutrition care plan	2 (33,3%)	Yes	720 (50,3%)
Initiate treatment / nutrition intervention	3 (50,0%)	Yes	820 (57,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (100%)	Yes	828 (57,9%)
Consult a medical professional	4 (66,7%)	Yes	505 (35,3%)
Calculate energy requirements	5 (83,3%)	Yes	652 (45,6%)
Calculate protein requirements	6 (100%)	Yes	630 (44,1%)

### Malnourished

Watchful waiting	-		280 (19,6%)
Discuss nutrition care activities during ward rounds	-		675 (47,2%)
Develop an individual nutrition care plan	-		792 (55,4%)
Initiate treatment / nutrition intervention	1 (16,7%)	Yes	884 (61,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (16,7%)	Yes	823 (57,6%)
Consult a medical professional	1 (16,7%)	Yes	579 (40,5%)
Calculate energy requirements	2 (33,3%)	Yes	763 (53,4%)
Calculate protein requirements	2 (33,3%)	Yes	745 (52,1%)

### Every patient

Watchful waiting	4 (66,7%)	Yes	700 (49,0%)
Discuss nutrition care activities during ward rounds	4 (66,7%)	Yes	358 (25,0%)
Develop an individual nutrition care plan	4 (66,7%)	Yes	250 (17,5%)
Initiate treatment / nutrition intervention	3 (50,0%)	Yes	197 (13,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-		264 (18,5%)
Consult a medical professional	2 (33,3%)	Yes	307 (21,5%)
Calculate energy requirements	1 (16,7%)	Yes	186 (13,0%)
Calculate protein requirements	-		168 (11,7%)

### Never

Watchful waiting	2 (33,3%)	Yes	105 (7,3%)
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Discuss nutrition care activities during ward rounds	-	77 (5,4%)
Develop an individual nutrition care plan	-	62 (4,3%)
Initiate treatment / nutrition intervention	-	19 (1,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1,4%)
Consult a medical professional	-	146 (10,2%)
Calculate energy requirements	-	141 (9,9%)
Calculate protein requirements	-	165 (11,5%)

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

Watchful waiting	-	71 (5,0%)
Discuss nutrition care activities during ward rounds	-	54 (3,8%)
Develop an individual nutrition care plan	-	41 (2,9%)
Initiate treatment / nutrition intervention	-	34 (2,4%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	33 (2,3%)
Consult a medical professional	-	86 (6,0%)
Calculate energy requirements	-	65 (4,5%)
Calculate protein requirements	-	71 (5,0%)

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

at admission	4 (66,7%) Yes	928 (64,9%)
Within 24 hours	-	210 (14,7%)
Within 48 hours	-	79 (5,5%)
Within 72 hours	-	39 (2,7%)
Every week	5 (83,3%) Yes	627 (43,8%)
Occasionally	-	158 (11,0%)
When requested	1 (16,7%) Yes	728 (50,9%)
At discharge	-	67 (4,7%)
Never	-	17 (1,2%)
I do not know	-	6 (0,42%)
No answer given	3 (16,7%)	69 (4,8%)

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

Offer additional meals or in between snacks	4 (66,7%) Yes	1096 (76,6%)
Offer meal choices	5 (83,3%) Yes	1055 (73,8%)
Offer different portion sizes	-	934 (65,3%)
Consider food presentation	3 (50,0%) Yes	502 (35,1%)
Change food texture/consistency as needed	3 (50,0%) Yes	1175 (82,2%)
Consider patient problems with eating and drinking	4 (66,7%) Yes	1166 (81,5%)
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (50,0%) Yes	324 (22,7%)
Promote positive eating environment	4 (66,7%) Yes	419 (29,3%)
Consider cultural/religious preferences	4 (66,7%) Yes	903 (63,1%)
Consider patient allergies / intolerances	6 (100%) Yes	1045 (73,1%)
Other	1 (16,7%) Yes	103 (7,2%)

I do not know	-	26 (1,8%)
No answer given	-	67 (4,7%)

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

Nutrition training is available	2 (33,3%) Yes	821 (57,4%)
Reporting of nutrition related information to hospital managers	3 (50,0%) Yes	608 (42,5%)
Quality indicators are recorded and reported to national or regional level	1 (16,7%) Yes	448 (31,3%)
Quality indicators are used for internal benchmarking	1 (16,7%) Yes	513 (35,9%)
Patient feedback about food and food service is collected using a questionnaire	5 (83,3%) Yes	884 (61,8%)
None	1 (16,7%) Yes	41 (2,9%)
I do not know	-	61 (4,3%)
No answer given	-	151 (10,6%)

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

Change in weight	5 (83,3%) Yes	1104 (77,2%)
Eating habits/difficulties	5 (83,3%) Yes	1041 (72,8%)
Nutrition before admission	5 (83,3%) Yes	823 (57,6%)
None	-	18 (1,3%)
I do not know	-	33 (2,3%)
No answer given	-	153 (10,7%)

### 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	6 (100%) Yes	1037 (72,5%)
nutrition treatment	2 (33,3%) Yes	837 (58,5%)
None	1 (16,7%) Yes	65 (4,5%)
I do not know	-	42 (2,9%)

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (83,3%) Yes	592 (41,4%)
makes future nutrition-related recommendations	4 (66,7%) Yes	816 (57,1%)
None	-	137 (9,6%)
I do not know	-	128 (9,0%)

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	3 (50,0%) Yes	519 (45,2%) Yes
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### 19. Who filled in this sheet?

Head staff	4 (66,7%) Yes	411 (28,7%)
Dietician	1 (16,7%) Yes	717 (50,1%)
Nurse	2 (33,3%) Yes	388 (27,1%)



Physician	-	175 (12,2%)
Administrative staff	-	13 (0,91%)
Other	-	71 (5,0%)
None	-	-
I do not know	-	15 (1,0%)

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

	YOUR RESULTS	REFERENCE RESULTS
Total	72	27195
Age	37 [31-60]	67 [53-78]
Female	57 (79,2%)	13525 (49,7%)
Weight	73,1±16,4	69,9±18,9
Height	160±7	165±10
BMI	28,4±6,3	25,5±5,9

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

planned	7 (9,7%)	9881 (36,3%)
an emergency	63 (87,5%)	14977 (55,1%)
I do not know	2 (2,8%)	2337 (8,6%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	6 (8,3%)	2442 (9,0%)
0200 Neoplasms	1 (1,4%)	4873 (17,9%)
0300 Blood and bloodforming organs and the immune mechanism	1 (1,4%)	1724 (6,3%)
0400 Endocrine, nutritional and metabolic diseases	4 (5,6%)	3266 (12,0%)
0500 Mental health	-	1218 (4,5%)
0600 Nervous system	4 (5,6%)	2493 (9,2%)
0700 Eye and adnexa	-	339 (1,2%)
0800 Ear and mastoid process	-	172 (0,63%)
0900 Circulatory system	7 (9,7%)	5629 (20,7%)
1000 Respiratory system	8 (11,1%)	4217 (15,5%)
1100 Digestive system	-	6840 (25,2%)
1200 Skin and subcutaneous tissue	1 (1,4%)	1244 (4,6%)
1300 Musculoskeletal system and connective tissue	1 (1,4%)	4246 (15,6%)
1400 Genitourinary system	3 (4,2%)	2809 (10,3%)
1500 Pregnancy, childbirth and the puerperium	37 (51,4%)	222 (0,82%)
1600 Conditions originating in the perinatal period	5 (6,9%)	36 (0,13%)
1700 Congenital/chromosomal abnormalities	-	52 (0,19%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (1,4%)	1319 (4,9%)
1900 Injury, poisoning	1 (1,4%)	724 (2,7%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	671 (2,5%)
2100 Factors influencing health status and contact with health services	3 (4,2%)	990 (3,6%)
No answer given	-	-

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

Cardiac insufficiency	7 (11,3%)	5264 (21,3%)
Myocardial infarction	2 (3,3%)	1338 (5,5%)
Chronic lung disease	4 (6,6%)	3466 (14,1%)
Cerebral vascular disease	7 (11,5%)	2274 (9,3%)
Peripheral vascular disease	-	2842 (11,6%)
Chronic liver disease	1 (1,7%)	1477 (6,1%)
Chronic kidney disease	7 (11,1%)	2817 (11,6%)
Diabetes	21 (30,9%)	5968 (24,2%)
Cancer	2 (3,3%)	5709 (23,2%)
Infection	6 (9,5%)	3578 (14,6%)
Dementia	5 (7,9%)	1229 (5,1%)
Major depressive disorder	2 (3,2%)	1233 (5,1%)
Other chronic mental disorder	1 (1,6%)	1229 (5,1%)
Other chronic disease	19 (29,2%)	6369 (25,9%)
None	31 (43,1%)	4869 (17,9%)

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

Yes, planned	10 (13,9%)	5304 (19,5%)
Yes, acute	-	1634 (6,0%)
No	62 (86,1%)	17917 (65,9%)
I do not know	-	313 (1,2%)
Missing	-	2027 (7,5%)

Days since operation	2 [2-2]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	5 (6,9%)	1998 (7,3%)
Yes, later	5 (6,9%)	1411 (5,2%)
No	61 (84,7%)	19908 (73,2%)
I do not know	-	1082 (4,0%)
Missing	1 (1,4%)	2796 (10,3%)

#### 5. Previous ICU admission during this hospital stay? (Yes)

5 (6,9%)	2731 (10,6%)
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#### 6. Is this patient terminally ill?

12 (16,7%)	1729 (6,4%)
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#### 7. Fluid status

Normal	62 (86,1%)	20820 (76,6%)
Overloaded	3 (4,2%)	1466 (5,4%)
Dehydrated	7 (9,7%)	1298 (4,8%)
I do not know	-	3611 (13,3%)
Missing	-	-

**8. Number of different medications planned**

Oral	3 [2-5]	5 [2-8]
Other	1 [0-2]	2 [1-4]

**9. Was this patient identified as malnourished or at risk of malnutrition?**

Malnourished	11 (15,3%)	3264 (12,0%)
At risk	9 (12,5%)	4856 (17,9%)
No	47 (65,3%)	16820 (61,8%)
I do not know	5 (6,9%)	2255 (8,3%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	37 (51,4%)	9496 (34,9%)
5% Glucose solution	8 (11,1%)	2615 (9,6%)

**11. Number of ONS drinks planned**

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

Regular hospital food	57 (79,2%)	15788 (58,1%)
Fortified/enriched hospital food	29 (40,3%)	3133 (11,5%)
Protein/energy supplement (e.g. ONS drinks)	7 (9,7%)	4012 (14,8%)
Enteral nutrition	5 (6,9%)	1315 (4,8%)
Parenteral nutrition	2 (2,8%)	1286 (4,7%)
Special diet	19 (26,4%)	8834 (32,5%)
None	2 (2,8%)	1283 (4,7%)

**13a. All lines and Tubes**

Central Venous	-	2360 (9,2%)
Peripheral venous access	12 (16,7%)	12501 (48,7%)
Nasogastric	-	680 (2,6%)
Nasojejunal	-	135 (0,53%)
Nasoduodenal	-	99 (0,39%)
Enterostoma	-	126 (0,49%)
Percutaneous endoscopy/surgical gastrostomy	3 (4,2%)	234 (0,91%)
Percutaneous endoscopy/surgical jejunostomy	2 (2,8%)	95 (0,37%)
None	56 (77,8%)	12303 (45,2%)

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

Yes, previously	3 (4,2%)	362 (1,3%)
Yes, ongoing	2 (2,8%)	227 (0,83%)
No	63 (87,5%)	21227 (78,1%)
I do not know	2 (2,8%)	2312 (8,5%)
Missing	2 (2,8%)	3067 (11,3%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	39 (54,2%)	9593 (37,3%)
Protein requirements were determined	30 (41,7%)	8543 (33,3%)
Food/Nutrition intake was recorded in the patient record	39 (54,2%)	11079 (43,1%)
Nutrition treatment plan was developed	23 (31,9%)	9042 (35,2%)
Nutrition expert was consulted	24 (33,3%)	9313 (36,3%)
Malnutrition status is recorded in the patient record	25 (34,7%)	8238 (32,1%)
None	-	-

#### **15a. Energy goal**

< 500 kcal	1 (1,4%)	1046 (3,8%)
500-999 kcal	-	269 (0,99%)
1000-1499 kcal	9 (12,5%)	2400 (8,8%)
1500-1999 kcal	29 (40,3%)	8218 (30,2%)
>=2000 kcal	19 (26,4%)	2704 (9,9%)
Not determined	14 (19,4%)	8749 (32,2%)
I do not know	-	2265 (8,3%)
Missing	-	1544 (5,7%)

#### **15b. Energy intake**

< 500 kcal	1 (1,4%)	1697 (6,2%)
500-999 kcal	2 (2,8%)	1257 (4,6%)
1000-1499 kcal	12 (16,7%)	3424 (12,6%)
1500-1999 kcal	24 (33,3%)	5999 (22,1%)
>=2000 kcal	19 (26,4%)	1448 (5,3%)
Not determined	14 (19,4%)	8533 (31,4%)
I do not know	-	3276 (12,0%)
Missing	-	1561 (5,7%)

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

Improved	54 (75,0%)	12837 (47,2%)
Deteriorated	2 (2,8%)	1433 (5,3%)
Remained the same	16 (22,2%)	7057 (25,9%)
This patient has just been admitted	-	1699 (6,2%)
I do not know	-	2663 (9,8%)
Missing	-	1506 (5,5%)

Length of hospital stay (days)	5 [3-12]	12 [6-23]
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#### **Outcome Code**

1= Still in the hospital	10 (13,9%)	2601 (9,6%)
2= Transferred to another hospital	-	571 (2,1%)
3= Transferred to long term care	1 (1,4%)	1107 (4,1%)

4= Rehabilitation	-	1222 (4,5%)
5= Discharged home	59 (81,9%)	20149 (74,1%)
6= Death	1 (1,4%)	845 (3,1%)
7= Others	1 (1,4%)	507 (1,9%)
Missing	-	193 (0,71%)

#### Readmitted since ND

1= No	47 (77,0%)	18115 (75,8%)
2= Yes, same hospital planned	1 (1,6%)	1637 (6,9%)
3= Yes, same hospital unplanned	11 (18,0%)	1465 (6,1%)
4= Yes, different hospital planned	-	112 (0,47%)
5= Yes, different hospital unplanned	-	112 (0,47%)
6= Unknown	1 (1,6%)	796 (3,3%)
Missing	1 (1,6%)	1597 (6,7%)

#### 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	50 (69,4%)	17526 (66,5%)
I am vegetarian	3 (4,2%)	510 (1,9%)
I adhere to a vegan diet	-	193 (0,73%)
I eat gluten-free diet	-	244 (0,93%)
I avoid added sugars	3 (4,2%)	3934 (14,9%)
I avoid carbohydrates	2 (2,8%)	1502 (5,7%)
I eat a low fat-diet	4 (5,6%)	2899 (11,0%)
I am lactose intolerant	2 (2,8%)	946 (3,6%)
Other special diet due to intolerances/allergies	2 (2,8%)	469 (1,8%)
Other	14 (19,4%)	1854 (7,0%)
No answer given	-	1891 (7,2%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	59 (81,9%)	22025 (83,6%)
In a nursing home or other live-in facility	-	836 (3,2%)
I was transferred from another hospital	11 (15,3%)	1411 (5,4%)
Other	2 (2,8%)	374 (1,4%)
Missing	-	1694 (6,4%)
<b>3. In general, are you able to walk?</b>		
Yes	47 (65,3%)	16014 (60,8%)
Yes, with someone's help	10 (13,9%)	2580 (9,8%)
Yes, independently using a cane, walker, or crutches	-	3466 (13,2%)
No, I have a wheelchair	2 (2,8%)	1033 (3,9%)
No, I am bedridden	12 (16,7%)	1462 (5,6%)
Missing	1 (1,4%)	1785 (6,8%)
<b>4. In general, how would you say your health is?</b>		
Very good	14 (19,4%)	1854 (7,0%)
Good	24 (33,3%)	8966 (34,0%)
Fair	28 (38,9%)	9409 (35,7%)
Poor	6 (8,3%)	3513 (13,3%)
Very poor	-	824 (3,1%)
Missing	-	1774 (6,7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-9]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-2]	1 [0-2]

... how many nights in total have you spent in hospital?	4 [2-8]	5 [0-15]
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**6. How many different medications do you take routinely each day (prior to hospitalisation)?**

1-2	14 (19,4%)	4936 (18,7%)
3-5	14 (19,4%)	6672 (25,3%)
More than 5	12 (16,7%)	7906 (30,0%)
None	29 (40,3%)	3926 (14,9%)
I do not know	2 (2,8%)	1077 (4,1%)
Missing	1 (1,4%)	1823 (6,9%)

**7. Do you have health insurance?**

Yes, private insurance only	17 (23,6%)	4253 (16,1%)
Yes, public insurance only	30 (41,7%)	12350 (46,9%)
Yes, both	12 (16,7%)	3229 (12,3%)
None	11 (15,3%)	2938 (11,2%)
I prefer not to answer	1 (1,4%)	1314 (5,0%)
Missing	1 (1,4%)	2256 (8,6%)

**8. What was your weight 5 years ago?**

	65 [58-72]	72 [60-85]
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I do not know	14 (19,4%)	6267 (23,8%)
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**9a. Have you lost weight within the last 3 months?**

Yes, intentionally	8 (11,1%)	2468 (9,4%)
Yes, unintentionally	16 (22,2%)	10065 (38,2%)
No, my weight stayed the same	10 (13,9%)	7869 (29,9%)
No, I gained weight	28 (38,9%)	2857 (10,8%)
I do not know	7 (9,7%)	2512 (9,5%)
Missing	3 (4,2%)	569 (2,2%)

**9b. If yes, how many kg did you lose?**

	7 [4-10]	6 [4-10]
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I do not know	7 (29,2%)	1997 (15,9%)
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**10. Did you know about your hospitalisation two days before admission? (Yes)**

	19 (28,4%)	9602 (40,6%)
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**11. Please indicate if you ...**

... were weighed at admission	42 (58,3%)	14112 (57,4%)
... were informed about your nutrition status	42 (58,3%)	8364 (34,3%)
... were informed about nutrition care options	19 (26,4%)	7769 (31,9%)
... received special nutrition care	17 (23,6%)	7463 (30,7%)

**12. How well have you eaten in the week before you were admitted to the hospital?**

More than normal	8 (11,6%)	1163 (4,4%)
Normal	43 (62,3%)	15832 (60,4%)



About 3/4 of normal	7 (10,1%)	2728 (10,4%)
About half of normal	7 (10,1%)	3287 (12,5%)
About a quarter to nearly nothing	4 (5,8%)	2496 (9,5%)
I do not know	-	264 (1,0%)
Missing	-	443 (1,7%)

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

Very satisfied	12 (17,4%)	6066 (23,1%)
Somewhat satisfied	23 (33,3%)	8166 (31,2%)
Neutral	20 (29,0%)	4867 (18,6%)
Dissatisfied	7 (10,1%)	2103 (8,0%)
Very dissatisfied	3 (4,3%)	726 (2,8%)
I do not know	3 (4,3%)	2021 (7,7%)
Missing	1 (1,4%)	2264 (8,6%)

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

Yes, from family or friends	11 (15,9%)	2448 (9,3%)
Yes, from hospital staff	2 (2,9%)	1670 (6,4%)
No	51 (73,9%)	19193 (73,2%)
I do not know	-	302 (1,2%)
Missing	5 (7,2%)	2600 (9,9%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	41 (62,1%)	17231 (74,2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	12 (17,4%)	12095 (46,1%)
1/2	32 (46,4%)	6486 (24,7%)
1/4	20 (29,0%)	3353 (12,8%)
Nothing	5 (7,2%)	3130 (11,9%)
Missing	-	1149 (4,4%)

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

Standard	42 (60,9%)	15979 (61,0%)
Smaller	3 (4,3%)	2367 (9,0%)
Larger	6 (8,7%)	1119 (4,3%)
I do not know	15 (21,7%)	2429 (9,3%)
Missing	3 (4,3%)	4319 (16,5%)

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

I did not like the type of food offered	22 (38,6%)	2061 (15,9%)
I did not like the smell/taste of the food	14 (24,6%)	1569 (12,1%)
The food did not fit my cultural/religious preferences	6 (10,5%)	143 (1,1%)
The food was too hot	-	59 (0,45%)

The food was too cold	1 (1,8%)	296 (2,3%)
Due to food allergy/intolerance	3 (5,3%)	96 (0,74%)
I was not hungry at that time	1 (1,8%)	2205 (17,0%)
I do not have my usual appetite	18 (31,6%)	3830 (29,5%)
I have problems chewing/swallowing	1 (1,8%)	761 (5,9%)
I normally eat less than what was served	9 (15,8%)	1427 (11,0%)
I had nausea/vomiting	6 (10,5%)	1029 (7,9%)
I was too tired	9 (15,8%)	789 (6,1%)
I cannot eat without help	1 (1,8%)	208 (1,6%)
I was not allowed to eat	-	1289 (9,9%)
I had an exam, surgery, or test and missed my meal	1 (1,8%)	766 (5,9%)
I did not get requested food	5 (8,8%)	139 (1,1%)
No answer given	4 (7,0%)	1829 (14,1%)

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

Water	4 [3-6]	3 [2-5]
Tea	1 [0-1]	1 [0-2]
Coffee	0 [0-1]	1 [1-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	1 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 24 (37,5%) 6580 (28,9%)

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

Sweet snacks	2 (8,3%)	1928 (29,3%)
Salty snacks	6 (25,0%)	749 (11,4%)
Homemade food	7 (29,2%)	963 (14,6%)
Fruits	4 (16,7%)	2551 (38,8%)
Dairy products	3 (12,5%)	724 (11,0%)
Food delivered/restaurant	4 (16,7%)	293 (4,5%)
Sandwich	4 (16,7%)	421 (6,4%)
Other	5 (20,8%)	1042 (15,8%)

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

Increased	8 (11,6%)	3706 (14,1%)
Decreased	23 (33,3%)	7774 (29,7%)
Stayed the same	31 (44,9%)	10331 (39,4%)
I do not know	7 (10,1%)	1690 (6,4%)
Missing	-	2712 (10,3%)

**21. TODAY I feel...**

Stronger than at admission	44 (63,8%)	11240 (42,9%)
Weaker than at admission	8 (11,6%)	4893 (18,7%)
Same as at admission	14 (20,3%)	7428 (28,3%)
I was admitted today	-	662 (2,5%)
I do not know	2 (2,9%)	1384 (5,3%)
Missing	1 (1,4%)	606 (2,3%)

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

Yes	54 (78,3%)	15438 (58,9%)
No, only with assistance	11 (15,9%)	6458 (24,6%)
No, I stay in bed	4 (5,8%)	3018 (11,5%)
Missing	-	1299 (5,0%)

<b>23. Did anyone help you complete this questionnaire?</b>	64 (92,8%)	15731 (65,1%)
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