



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>1</b>
<b>Number of participated units:</b>	<b>8</b>
<b>Number of patients:</b>	<b>80</b>
<b>Number of patients who gave consent:</b>	<b>80</b>
<b>Number of patients completing Sheet 3a:</b>	<b>80</b>
<b>Number of patients completing Sheet 3b:</b>	<b>80</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>	-	333 [194-630]
<b>2. Total number of admissions in the hospital last year</b>	-	18005 [9101-36130]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	-	173 [80-399]
Medical specialists	-	116 [53-250]
Medical non-specialists	-	37 [14-84]
Nurses	-	420 [183-836]
Dieticians	-	5 [2-9]
Nutritionists	-	1 [0-4]
Pharmacists	-	7 [4-21]
Kitchen staff	-	31 [15-59]
<b>Full time equivalent</b>		
Total medical doctors	-	148 [60-373]
Medical specialists	-	98 [45-251]
Medical non-specialists	-	36 [11-99]
Nurses	-	364 [180-788]
Dieticians	-	5 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	6 [3-18]
Kitchen staff	-	29 [15-55]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	498 (79,4%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	-	434 (66,7%) Yes
Nutrition steering committee is available	-	388 (59,6%) Yes
Quality indicators are recorded and reported to national or regional level	-	263 (40,4%) Yes
Quality indicators are used for internal benchmarking	-	337 (51,8%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	475 (73,0%) Yes
None	-	30 (4,6%) Yes
No answer given	(%)	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	-	313 (48,1%) Yes

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

### Codes routinely used

Nutrition Support	-	270 (41,5%)	Yes
Oral nutrition supplements	-	209 (32,1%)	Yes
Parenteral nutrition	-	343 (52,7%)	Yes
Enteral nutrition	-	307 (47,2%)	Yes
Dietary counseling	-	198 (30,4%)	Yes
Specific dietary interventions	-	159 (24,4%)	Yes
Screening for malnutrition	-	149 (22,9%)	Yes
Risk of malnutrition	-	128 (19,7%)	Yes
Malnutrition (in general)	-	255 (39,2%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	242 (37,2%)	Yes
No information available from billing/finance/controlling	-	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	0 (0,0%)	21.1%
Internal Medicine / Cardiology	1 (12,5%)	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	1 (12,5%)	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	1 (12,5%)	15.7%
Surgery/ Cardiac/Vascular/Thoracic	1 (12,5%)	1.4%
Surgery / Neurosurgery	0 (0,0%)	0.9%
Surgery / Orthopedic	1 (12,5%)	4.2%
Trauma	0 (0,0%)	0.9%
Ear Nose Throat (ENT)	0 (0,0%)	1.7%
Gynecology / Obstetrics	0 (0,0%)	1.4%
Pediatrics	0 (0,0%)	0.1%
Psychiatry	0 (0,0%)	0.9%
Others	3 (37,5%)	11.1%
<b>2. Number of registered inpatients at noon</b>	22 [13-31]	25 [19-32]
<b>3. Total bed capacity of the unit</b>	26 [23-40]	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	2 [2-3]	4 [2-7]
Nurses	5 [4-6]	5 [3-8]
Nursing aides	1 [0-1]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	2 [1-2]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-1]
Other staff involved in patient care	1 [1-2]	1 [0-2]
<b>In training</b>		
Medical doctors	1 [1-2]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	5 [0-6]	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?** 5 (100,0%) Yes 1018 (78,3%) Yes

**6. Does the unit have a nutrition care strategy?** 5 (100,0%) Yes 984 (75,7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 5 (100,0%) Yes 922 (70,9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 5 (100,0%) Yes 1239 (90,8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 5 (100,0%) Yes 780 (60,0%) Yes

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

#### At admission

No routine screening	-	109 (7,6%)
No fixed criteria	-	21 (1,5%)
Experience / visual assessment only	-	102 (7,1%)
Weighing / BMI only	-	201 (14,1%)
Nutritional Risk Screening (NRS) 2002	-	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	5 (62,5%) Yes	249 (17,4%)
I do not know	-	11 (0,77%)
Missing	3 (37,5%)	66 (4,6%)

#### During hospital stay

No routine monitoring	-	133 (9,3%)
No fixed criteria	5 (62,5%) Yes	118 (8,3%)
Experience / visual assessment only	-	235 (16,4%)
Weighing / BMI only	-	471 (32,9%)
Other formal tool	-	375 (26,2%)
I do not know	-	32 (2,2%)
Missing	3 (37,5%)	66 (4,6%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 5 (100,0%) Yes 1043 (82,1%) Yes

<b>11b. If yes, which one is mainly used?</b>		
International guidelines	-	257 (24,6%)
National guidelines	-	166 (15,9%)
Standards on hospital level	5 (100%) Yes	378 (36,2%)
Standards on unit level	-	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	3 (37,5%) Yes	614 (42,9%)
Develop an individual nutrition care plan	4 (50,0%) Yes	720 (50,3%)
Initiate treatment / nutrition intervention	4 (50,0%) Yes	820 (57,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (62,5%) Yes	828 (57,9%)
Consult a medical professional	4 (50,0%) Yes	505 (35,3%)
Calculate energy requirements	3 (37,5%) Yes	652 (45,6%)
Calculate protein requirements	3 (37,5%) Yes	630 (44,1%)

### **Malnourished**

Watchful waiting	-	280 (19,6%)
Discuss nutrition care activities during ward rounds	4 (50,0%) Yes	675 (47,2%)
Develop an individual nutrition care plan	4 (50,0%) Yes	792 (55,4%)
Initiate treatment / nutrition intervention	5 (62,5%) Yes	884 (61,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (62,5%) Yes	823 (57,6%)
Consult a medical professional	3 (37,5%) Yes	579 (40,5%)
Calculate energy requirements	5 (62,5%) Yes	763 (53,4%)
Calculate protein requirements	5 (62,5%) Yes	745 (52,1%)

### **Every patient**

Watchful waiting	5 (62,5%) Yes	700 (49,0%)
Discuss nutrition care activities during ward rounds	1 (12,5%) Yes	358 (25,0%)
Develop an individual nutrition care plan	-	250 (17,5%)
Initiate treatment / nutrition intervention	-	197 (13,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	264 (18,5%)
Consult a medical professional	1 (12,5%) Yes	307 (21,5%)
Calculate energy requirements	1 (12,5%) Yes	186 (13,0%)
Calculate protein requirements	-	168 (11,7%)

### **Never**

Watchful waiting	-	105 (7,3%)
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Discuss nutrition care activities during ward rounds	-	77 (5,4%)
Develop an individual nutrition care plan	1 (12,5%) Yes	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	2 (25,0%) Yes	928 (64,9%)
Within 24 hours	-	210 (14,7%)
Within 48 hours	-	79 (5,5%)
Within 72 hours	1 (12,5%) Yes	39 (2,7%)
Every week	4 (50,0%) Yes	627 (43,8%)
Occasionally	-	158 (11,0%)
When requested	4 (50,0%) 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	5 (62,5%) Yes	1096 (76,6%)
Offer meal choices	5 (62,5%) Yes	1055 (73,8%)
Offer different portion sizes	5 (62,5%) Yes	934 (65,3%)
Consider food presentation	2 (25,0%) Yes	502 (35,1%)
Change food texture/consistency as needed	5 (62,5%) Yes	1175 (82,2%)
Consider patient problems with eating and drinking	5 (62,5%) Yes	1166 (81,5%)
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (12,5%) Yes	324 (22,7%)
Promote positive eating environment	1 (12,5%) Yes	419 (29,3%)
Consider cultural/religious preferences	4 (50,0%) Yes	903 (63,1%)
Consider patient allergies / intolerances	5 (62,5%) Yes	1045 (73,1%)
Other	-	103 (7,2%)

I do not know	-	26 (1,8%)
No answer given	3 (37,5%)	67 (4,7%)

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

Nutrition training is available	5 (62,5%) Yes	821 (57,4%)
Reporting of nutrition related information to hospital managers	5 (62,5%) Yes	608 (42,5%)
Quality indicators are recorded and reported to national or regional level	5 (62,5%) Yes	448 (31,3%)
Quality indicators are used for internal benchmarking	-	513 (35,9%)
Patient feedback about food and food service is collected using a questionnaire	5 (62,5%) Yes	884 (61,8%)
None	-	41 (2,9%)
I do not know	-	61 (4,3%)
No answer given	3 (37,5%)	151 (10,6%)

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

Change in weight	4 (50,0%) Yes	1104 (77,2%)
Eating habits/difficulties	4 (50,0%) Yes	1041 (72,8%)
Nutrition before admission	5 (62,5%) Yes	823 (57,6%)
None	-	18 (1,3%)
I do not know	-	33 (2,3%)
No answer given	3 (37,5%)	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	5 (62,5%) Yes	1037 (72,5%)
nutrition treatment	5 (62,5%) Yes	837 (58,5%)
None	-	65 (4,5%)
I do not know	-	42 (2,9%)

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	3 (37,5%) Yes	592 (41,4%)
makes future nutrition-related recommendations	3 (37,5%) 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>	5 (100,0%) Yes	519 (45,2%) Yes
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### 19. Who filled in this sheet?

Head staff	-	411 (28,7%)
Dietician	4 (50,0%) Yes	717 (50,1%)
Nurse	3 (37,5%) Yes	388 (27,1%)

Physician	-	175 (12,2%)
Administrative staff	-	13 (0,91%)
Other	2 (25,0%) Yes	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	80	27195
Age	70 [57-79]	67 [53-78]
Female	32 (40,0%)	13525 (49,7%)
Weight	81,1±15,3	69,9±18,9
Height	172±10	165±10
BMI	27,3±4,3	25,5±5,9

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

planned	28 (35,0%)	9881 (36,3%)
an emergency	52 (65,0%)	14977 (55,1%)
I do not know	-	2337 (8,6%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	5 (6,3%)	2442 (9,0%)
0200 Neoplasms	7 (8,8%)	4873 (17,9%)
0300 Blood and bloodforming organs and the immune mechanism	-	1724 (6,3%)
0400 Endocrine, nutritional and metabolic diseases	4 (5,0%)	3266 (12,0%)
0500 Mental health	2 (2,5%)	1218 (4,5%)
0600 Nervous system	1 (1,3%)	2493 (9,2%)
0700 Eye and adnexa	1 (1,3%)	339 (1,2%)
0800 Ear and mastoid process	-	172 (0,63%)
0900 Circulatory system	26 (32,5%)	5629 (20,7%)
1000 Respiratory system	5 (6,3%)	4217 (15,5%)
1100 Digestive system	4 (5,0%)	6840 (25,2%)
1200 Skin and subcutaneous tissue	3 (3,8%)	1244 (4,6%)
1300 Musculoskeletal system and connective tissue	24 (30,0%)	4246 (15,6%)
1400 Genitourinary system	9 (11,3%)	2809 (10,3%)
1500 Pregnancy, childbirth and the puerperium	-	222 (0,82%)
1600 Conditions originating in the perinatal period	-	36 (0,13%)
1700 Congenital/chromosomal abnormalities	-	52 (0,19%)
1800 Symptoms, signs, abnormal clinical/lab findings	7 (8,8%)	1319 (4,9%)
1900 Injury, poisoning	1 (1,3%)	724 (2,7%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	4 (5,0%)	671 (2,5%)
2100 Factors influencing health status and contact with health services	1 (1,3%)	990 (3,6%)
No answer given	-	-

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

Cardiac insufficiency	35 (43,8%)	5264 (21,3%)
Myocardial infarction	9 (11,3%)	1338 (5,5%)
Chronic lung disease	15 (18,8%)	3466 (14,1%)
Cerebral vascular disease	6 (7,5%)	2274 (9,3%)
Peripheral vascular disease	13 (16,3%)	2842 (11,6%)
Chronic liver disease	-	1477 (6,1%)
Chronic kidney disease	12 (15,0%)	2817 (11,6%)
Diabetes	17 (21,5%)	5968 (24,2%)
Cancer	9 (11,3%)	5709 (23,2%)
Infection	4 (5,0%)	3578 (14,6%)
Dementia	-	1229 (5,1%)
Major depressive disorder	6 (7,5%)	1233 (5,1%)
Other chronic mental disorder	5 (6,3%)	1229 (5,1%)
Other chronic disease	18 (22,5%)	6369 (25,9%)
None	15 (18,8%)	4869 (17,9%)

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

Yes, planned	32 (40,0%)	5304 (19,5%)
Yes, acute	9 (11,3%)	1634 (6,0%)
No	39 (48,8%)	17917 (65,9%)
I do not know	-	313 (1,2%)
Missing	-	2027 (7,5%)

Days since operation	2 [1-6]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	3 (3,8%)	1998 (7,3%)
Yes, later	5 (6,3%)	1411 (5,2%)
No	71 (88,8%)	19908 (73,2%)
I do not know	1 (1,3%)	1082 (4,0%)
Missing	-	2796 (10,3%)

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

4 (5,0%)	2731 (10,6%)
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#### 6. Is this patient terminally ill?

2 (2,5%)	1729 (6,4%)
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#### 7. Fluid status

Normal	59 (73,8%)	20820 (76,6%)
Overloaded	17 (21,3%)	1466 (5,4%)
Dehydrated	2 (2,5%)	1298 (4,8%)
I do not know	2 (2,5%)	3611 (13,3%)
Missing	-	-

**8. Number of different medications planned**

Oral	10 [6-13]	5 [2-8]
Other	2 [1-4]	2 [1-4]

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

Malnourished	6 (7,5%)	3264 (12,0%)
At risk	8 (10,0%)	4856 (17,9%)
No	60 (75,0%)	16820 (61,8%)
I do not know	6 (7,5%)	2255 (8,3%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	16 (20,0%)	9496 (34,9%)
5% Glucose solution	-	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	59 (73,8%)	15788 (58,1%)
Fortified/enriched hospital food	12 (15,0%)	3133 (11,5%)
Protein/energy supplement (e.g. ONS drinks)	12 (15,0%)	4012 (14,8%)
Enteral nutrition	-	1315 (4,8%)
Parenteral nutrition	-	1286 (4,7%)
Special diet	21 (26,3%)	8834 (32,5%)
None	0 (0,0%)	1283 (4,7%)

**13a. All lines and Tubes**

Central Venous	2 (2,5%)	2360 (9,2%)
Peripheral venous access	42 (52,5%)	12501 (48,7%)
Nasogastric	-	680 (2,6%)
Nasojejunal	-	135 (0,53%)
Nasoduodenal	-	99 (0,39%)
Enterostoma	-	126 (0,49%)
Percutaneous endoscopy/surgical gastrostomy	-	234 (0,91%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0,37%)
None	36 (45,0%)	12303 (45,2%)

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

Yes, previously	3 (3,8%)	362 (1,3%)
Yes, ongoing	-	227 (0,83%)
No	67 (83,8%)	21227 (78,1%)
I do not know	7 (8,8%)	2312 (8,5%)
Missing	3 (3,8%)	3067 (11,3%)

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

Energy requirements were determined	17 (21,3%)	9593 (37,3%)
Protein requirements were determined	17 (21,3%)	8543 (33,3%)
Food/Nutrition intake was recorded in the patient record	17 (21,3%)	11079 (43,1%)
Nutrition treatment plan was developed	17 (21,3%)	9042 (35,2%)
Nutrition expert was consulted	17 (21,3%)	9313 (36,3%)
Malnutrition status is recorded in the patient record	25 (31,3%)	8238 (32,1%)
None	-	-

**15a. Energy goal**

< 500 kcal	-	1046 (3,8%)
500-999 kcal	-	269 (0,99%)
1000-1499 kcal	-	2400 (8,8%)
1500-1999 kcal	10 (12,5%)	8218 (30,2%)
>=2000 kcal	6 (7,5%)	2704 (9,9%)
Not determined	54 (67,5%)	8749 (32,2%)
I do not know	10 (12,5%)	2265 (8,3%)
Missing	-	1544 (5,7%)

**15b. Energy intake**

< 500 kcal	-	1697 (6,2%)
500-999 kcal	2 (2,5%)	1257 (4,6%)
1000-1499 kcal	5 (6,3%)	3424 (12,6%)
1500-1999 kcal	4 (5,0%)	5999 (22,1%)
>=2000 kcal	2 (2,5%)	1448 (5,3%)
Not determined	24 (30,0%)	8533 (31,4%)
I do not know	43 (53,8%)	3276 (12,0%)
Missing	-	1561 (5,7%)

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

Improved	41 (51,3%)	12837 (47,2%)
Deteriorated	3 (3,8%)	1433 (5,3%)
Remained the same	27 (33,8%)	7057 (25,9%)
This patient has just been admitted	2 (2,5%)	1699 (6,2%)
I do not know	7 (8,8%)	2663 (9,8%)
Missing	-	1506 (5,5%)

Length of hospital stay (days)	8 [4-12]	12 [6-23]
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**Outcome Code**

1= Still in the hospital	2 (2,5%)	2601 (9,6%)
2= Transferred to another hospital	3 (3,8%)	571 (2,1%)
3= Transferred to long term care	4 (5,0%)	1107 (4,1%)

4= Rehabilitation	6 (7,5%)	1222 (4,5%)
5= Discharged home	55 (68,8%)	20149 (74,1%)
6= Death	1 (1,3%)	845 (3,1%)
7= Others	1 (1,3%)	507 (1,9%)
Missing	8 (10,0%)	193 (0,71%)

#### Readmitted since ND

1= No	59 (85,5%)	18115 (75,8%)
2= Yes, same hospital planned	2 (2,9%)	1637 (6,9%)
3= Yes, same hospital unplanned	6 (8,7%)	1465 (6,1%)
4= Yes, different hospital planned	1 (1,4%)	112 (0,47%)
5= Yes, different hospital unplanned	1 (1,4%)	112 (0,47%)
6= Unknown	-	796 (3,3%)
Missing	-	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	56 (70,0%)	17526 (66,5%)
I am vegetarian	4 (5,0%)	510 (1,9%)
I adhere to a vegan diet	-	193 (0,73%)
I eat gluten-free diet	2 (2,5%)	244 (0,93%)
I avoid added sugars	16 (20,0%)	3934 (14,9%)
I avoid carbohydrates	2 (2,5%)	1502 (5,7%)
I eat a low fat-diet	5 (6,3%)	2899 (11,0%)
I am lactose intolerant	1 (1,3%)	946 (3,6%)
Other special diet due to intolerances/allergies	-	469 (1,8%)
Other	7 (8,8%)	1854 (7,0%)
No answer given	1 (1,3%)	1891 (7,2%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	76 (95,0%)	22025 (83,6%)
In a nursing home or other live-in facility	2 (2,5%)	836 (3,2%)
I was transferred from another hospital	1 (1,3%)	1411 (5,4%)
Other	-	374 (1,4%)
Missing	1 (1,3%)	1694 (6,4%)
<b>3. In general, are you able to walk?</b>		
Yes	46 (57,5%)	16014 (60,8%)
Yes, with someone's help	3 (3,8%)	2580 (9,8%)
Yes, independently using a cane, walker, or crutches	23 (28,8%)	3466 (13,2%)
No, I have a wheelchair	6 (7,5%)	1033 (3,9%)
No, I am bedridden	2 (2,5%)	1462 (5,6%)
Missing	-	1785 (6,8%)
<b>4. In general, how would you say your health is?</b>		
Very good	5 (6,3%)	1854 (7,0%)
Good	34 (42,5%)	8966 (34,0%)
Fair	28 (35,0%)	9409 (35,7%)
Poor	12 (15,0%)	3513 (13,3%)
Very poor	1 (1,3%)	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 [2-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-1]	1 [0-2]

... how many nights in total have you spent in hospital?	0 [0-7]	5 [0-15]
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**6. How many different medications do you take routinely each day (prior to hospitalisation)?**

1-2	17 (21,3%)	4936 (18,7%)
3-5	18 (22,5%)	6672 (25,3%)
More than 5	38 (47,5%)	7906 (30,0%)
None	6 (7,5%)	3926 (14,9%)
I do not know	-	1077 (4,1%)
Missing	1 (1,3%)	1823 (6,9%)

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

Yes, private insurance only	75 (93,8%)	4253 (16,1%)
Yes, public insurance only	4 (5,0%)	12350 (46,9%)
Yes, both	-	3229 (12,3%)
None	-	2938 (11,2%)
I prefer not to answer	1 (1,3%)	1314 (5,0%)
Missing	-	2256 (8,6%)

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

	83 [73-93]	72 [60-85]
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I do not know	10 (12,5%)	6267 (23,8%)
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**9a. Have you lost weight within the last 3 months?**

Yes, intentionally	11 (13,8%)	2468 (9,4%)
Yes, unintentionally	20 (25,0%)	10065 (38,2%)
No, my weight stayed the same	34 (42,5%)	7869 (29,9%)
No, I gained weight	13 (16,3%)	2857 (10,8%)
I do not know	2 (2,5%)	2512 (9,5%)
Missing	-	569 (2,2%)

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

	6 [4-9]	6 [4-10]
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I do not know	4 (12,9%)	1997 (15,9%)
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**10. Did you know about your hospitalisation two days before admission? (Yes)**

	27 (33,8%)	9602 (40,6%)
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**11. Please indicate if you ...**

... were weighed at admission	28 (35,4%)	14112 (57,4%)
... were informed about your nutrition status	14 (17,7%)	8364 (34,3%)
... were informed about nutrition care options	23 (29,1%)	7769 (31,9%)
... received special nutrition care	14 (17,5%)	7463 (30,7%)

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

More than normal	2 (2,5%)	1163 (4,4%)
Normal	52 (65,0%)	15832 (60,4%)

About 3/4 of normal	4 (5,0%)	2728 (10,4%)
About half of normal	9 (11,3%)	3287 (12,5%)
About a quarter to nearly nothing	10 (12,5%)	2496 (9,5%)
I do not know	2 (2,5%)	264 (1,0%)
Missing	1 (1,3%)	443 (1,7%)

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

Very satisfied	24 (30,0%)	6066 (23,1%)
Somewhat satisfied	42 (52,5%)	8166 (31,2%)
Neutral	8 (10,0%)	4867 (18,6%)
Dissatisfied	4 (5,0%)	2103 (8,0%)
Very dissatisfied	1 (1,3%)	726 (2,8%)
I do not know	1 (1,3%)	2021 (7,7%)
Missing	-	2264 (8,6%)

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

Yes, from family or friends	1 (1,3%)	2448 (9,3%)
Yes, from hospital staff	5 (6,3%)	1670 (6,4%)
No	73 (91,3%)	19193 (73,2%)
I do not know	1 (1,3%)	302 (1,2%)
Missing	-	2600 (9,9%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	67 (83,8%)	17231 (74,2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	49 (61,3%)	12095 (46,1%)
1/2	18 (22,5%)	6486 (24,7%)
1/4	10 (12,5%)	3353 (12,8%)
Nothing	3 (3,8%)	3130 (11,9%)
Missing	-	1149 (4,4%)

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

Standard	47 (58,8%)	15979 (61,0%)
Smaller	21 (26,3%)	2367 (9,0%)
Larger	5 (6,3%)	1119 (4,3%)
I do not know	7 (8,8%)	2429 (9,3%)
Missing	-	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	1 (3,2%)	2061 (15,9%)
I did not like the smell/taste of the food	-	1569 (12,1%)
The food did not fit my cultural/religious preferences	-	143 (1,1%)
The food was too hot	-	59 (0,45%)

The food was too cold	-	296 (2,3%)
Due to food allergy/intolerance	-	96 (0,74%)
I was not hungry at that time	3 (9,7%)	2205 (17,0%)
I do not have my usual appetite	4 (12,9%)	3830 (29,5%)
I have problems chewing/swallowing	1 (3,2%)	761 (5,9%)
I normally eat less than what was served	4 (12,9%)	1427 (11,0%)
I had nausea/vomiting	1 (3,2%)	1029 (7,9%)
I was too tired	-	789 (6,1%)
I cannot eat without help	-	208 (1,6%)
I was not allowed to eat	1 (3,2%)	1289 (9,9%)
I had an exam, surgery, or test and missed my meal	1 (3,2%)	766 (5,9%)
I did not get requested food	-	139 (1,1%)
No answer given	18 (58,1%)	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	2 [1-3]	1 [0-2]
Coffee	2 [0-3]	1 [1-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	1 [0-2]	1 [0-2]
Soft drinks	0 [0-1]	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?** 34 (43,0%) 6580 (28,9%)

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

Sweet snacks	13 (38,2%)	1928 (29,3%)
Salty snacks	6 (17,6%)	749 (11,4%)
Homemade food	3 (8,8%)	963 (14,6%)
Fruits	13 (38,2%)	2551 (38,8%)
Dairy products	4 (11,8%)	724 (11,0%)
Food delivered/restaurant	1 (2,9%)	293 (4,5%)
Sandwich	1 (2,9%)	421 (6,4%)
Other	1 (2,9%)	1042 (15,8%)

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

Increased	15 (18,8%)	3706 (14,1%)
Decreased	16 (20,0%)	7774 (29,7%)
Stayed the same	43 (53,8%)	10331 (39,4%)
I do not know	6 (7,5%)	1690 (6,4%)
Missing	-	2712 (10,3%)

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

Stronger than at admission	27 (33,8%)	11240 (42,9%)
Weaker than at admission	18 (22,5%)	4893 (18,7%)
Same as at admission	32 (40,0%)	7428 (28,3%)
I was admitted today	-	662 (2,5%)
I do not know	2 (2,5%)	1384 (5,3%)
Missing	1 (1,3%)	606 (2,3%)

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

Yes	45 (56,3%)	15438 (58,9%)
No, only with assistance	27 (33,8%)	6458 (24,6%)
No, I stay in bed	8 (10,0%)	3018 (11,5%)
Missing	-	1299 (5,0%)

<b>23. Did anyone help you complete this questionnaire?</b>	31 (38,8%)	15731 (65,1%)
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