



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>2</b>
<b>Number of participated units:</b>	<b>12</b>
<b>Number of patients:</b>	<b>157</b>
<b>Number of patients who gave consent:</b>	<b>136</b>
<b>Number of patients completing Sheet 3a:</b>	<b>119</b>
<b>Number of patients completing Sheet 3b:</b>	<b>118</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>133</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>	659 [401-916]	333 [194-630]
<b>2. Total number of admissions in the hospital last year</b>	48287 [29745-66828]	18005 [9101-36130]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	1310 [735-1884]	173 [80-399]
Medical specialists	1470 [1470-1470]	116 [53-250]
Medical non-specialists	988 [988-988]	37 [14-84]
Nurses	2327 [1354-3301]	420 [183-836]
Dieticians	31 [18-44]	5 [2-9]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	10 [10-10]	7 [4-21]
Kitchen staff	29 [23-34]	31 [15-59]
<b>Full time equivalent</b>		
Total medical doctors	161 [161-161]	148 [60-373]
Medical specialists	-	98 [45-251]
Medical non-specialists	-	36 [11-99]
Nurses	380 [380-380]	364 [180-788]
Dieticians	5 [5-5]	5 [2-8]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	10 [10-10]	6 [3-18]
Kitchen staff	17 [17-17]	29 [15-55]
<b>4. Does the hospital have a nutrition care strategy?</b>	1 (50,0%) Yes	498 (79,4%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (50,0%) Yes	434 (66,7%) Yes
Nutrition steering committee is available	1 (50,0%) Yes	388 (59,6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (50,0%) Yes	263 (40,4%) Yes
Quality indicators are used for internal benchmarking	2 (100,0%) Yes	337 (51,8%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (50,0%) Yes	475 (73,0%) Yes
None	1 (50,0%) 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 (100,0%) Yes	313 (48,1%) Yes

Oral nutrition supplements	1 (50,0%) Yes	239 (36,7%) Yes
Parenteral nutrition	1 (50,0%) Yes	375 (57,6%) Yes
Enteral nutrition	2 (100,0%) Yes	334 (51,3%) Yes
Dietary counseling	1 (50,0%) Yes	235 (36,1%) Yes
Specific dietary interventions	1 (50,0%) Yes	181 (27,8%) Yes
Screening for malnutrition	1 (50,0%) Yes	187 (28,7%) Yes
Risk of malnutrition	1 (50,0%) Yes	160 (24,6%) Yes
Malnutrition (in general)	1 (50,0%) Yes	294 (45,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (50,0%) Yes	280 (43,0%) Yes
No information available from billing/finance/controlling	1 (50,0%) Yes	109 (16,7%) Yes
No answer given	-	42 (6,5%)

### Codes routinely used

Nutrition Support	2 (100,0%) Yes	270 (41,5%) Yes
Oral nutrition supplements	1 (50,0%) Yes	209 (32,1%) Yes
Parenteral nutrition	2 (100,0%) Yes	343 (52,7%) Yes
Enteral nutrition	1 (50,0%) Yes	307 (47,2%) Yes
Dietary counseling	1 (50,0%) Yes	198 (30,4%) Yes
Specific dietary interventions	1 (50,0%) Yes	159 (24,4%) Yes
Screening for malnutrition	1 (50,0%) Yes	149 (22,9%) Yes
Risk of malnutrition	1 (50,0%) Yes	128 (19,7%) Yes
Malnutrition (in general)	1 (50,0%) Yes	255 (39,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (50,0%) Yes	242 (37,2%) Yes
No information available from billing/finance/controlling	1 (50,0%) 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	5 (41,7%)	21.1%
Internal Medicine / Cardiology	0 (0,0%)	4.3%
Internal Medicine / Gastroenterology & hepatology	1 (8,3%)	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)	1 (8,3%)	8.1%
Interdisciplinary	0 (0,0%)	3.4%
Long term care	0 (0,0%)	2.0%
Neurology	2 (16,7%)	3.6%
Surgery / General	1 (8,3%)	15.7%
Surgery/ Cardiac/Vascular/Thoracic	1 (8,3%)	1.4%
Surgery / Neurosurgery	0 (0,0%)	0.9%
Surgery / Orthopedic	1 (8,3%)	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	0 (0,0%)	11.1%
<b>2. Number of registered inpatients at noon</b>	14 [12-14]	25 [19-32]
<b>3. Total bed capacity of the unit</b>	19 [16-24]	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	3 [2-4]	4 [2-7]
Nurses	5 [3-6]	5 [3-8]
Nursing aides	4 [4-6]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	3 [2-4]	1 [0-1]
Other staff involved in patient care	2 [1-4]	1 [0-2]
<b>In training</b>		
Medical doctors	2 [1-3]	1 [0-3]
Medical students	1 [1-2]	0 [0-2]
Nurses	1 [1-1]	1 [0-3]

Nursing aides	1 [1-1]	0 [0-0]
Dieticians	0 [0-1]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	1 [1-2]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 9 (75,0%) Yes 1018 (78,3%) Yes

**6. Does the unit have a nutrition care strategy?** 11 (91,7%) Yes 984 (75,7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 11 (91,7%) Yes 922 (70,9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 12 (100,0%) Yes 1239 (90,8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (16,7%) 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	2 (16,7%) Yes	102 (7,1%)
Weighing / BMI only	3 (25,0%) Yes	201 (14,1%)
Nutritional Risk Screening (NRS) 2002	4 (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	3 (25,0%) Yes	249 (17,4%)
I do not know	-	11 (0,77%)
Missing	-	66 (4,6%)

#### During hospital stay

No routine monitoring	-	133 (9,3%)
No fixed criteria	-	118 (8,3%)
Experience / visual assessment only	2 (16,7%) Yes	235 (16,4%)
Weighing / BMI only	4 (33,3%) Yes	471 (32,9%)
Other formal tool	6 (50,0%) Yes	375 (26,2%)
I do not know	-	32 (2,2%)
Missing	-	66 (4,6%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 12 (100,0%) Yes 1043 (82,1%) Yes

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

International guidelines	-	257 (24,6%)
National guidelines	9 (75,0%) Yes	166 (15,9%)
Standards on hospital level	-	378 (36,2%)
Standards on unit level	1 (8,3%) Yes	65 (6,2%)
Individual patient nutrition care plans	2 (16,7%) Yes	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	6 (50,0%) Yes	399 (27,9%)
Discuss nutrition care activities during ward rounds	6 (50,0%) Yes	614 (42,9%)
Develop an individual nutrition care plan	11 (91,7%) Yes	720 (50,3%)
Initiate treatment / nutrition intervention	10 (83,3%) Yes	820 (57,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	11 (91,7%) Yes	828 (57,9%)
Consult a medical professional	9 (75,0%) Yes	505 (35,3%)
Calculate energy requirements	11 (91,7%) Yes	652 (45,6%)
Calculate protein requirements	7 (58,3%) Yes	630 (44,1%)

**Malnourished**

Watchful waiting	3 (25,0%) Yes	280 (19,6%)
Discuss nutrition care activities during ward rounds	6 (50,0%) Yes	675 (47,2%)
Develop an individual nutrition care plan	10 (83,3%) Yes	792 (55,4%)
Initiate treatment / nutrition intervention	11 (91,7%) Yes	884 (61,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (83,3%) Yes	823 (57,6%)
Consult a medical professional	9 (75,0%) Yes	579 (40,5%)
Calculate energy requirements	9 (75,0%) Yes	763 (53,4%)
Calculate protein requirements	8 (66,7%) Yes	745 (52,1%)

**Every patient**

Watchful waiting	5 (41,7%) Yes	700 (49,0%)
Discuss nutrition care activities during ward rounds	6 (50,0%) Yes	358 (25,0%)
Develop an individual nutrition care plan	2 (16,7%) Yes	250 (17,5%)
Initiate treatment / nutrition intervention	1 (8,3%) Yes	197 (13,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	264 (18,5%)
Consult a medical professional	1 (8,3%) Yes	307 (21,5%)
Calculate energy requirements	2 (16,7%) Yes	186 (13,0%)
Calculate protein requirements	1 (8,3%) Yes	168 (11,7%)

**Never**

Watchful waiting	1 (8,3%) 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	1 (8,3%) Yes	165 (11,5%)

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

Watchful waiting	1 (8,3%) Yes	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	9 (75,0%) Yes	928 (64,9%)
Within 24 hours	8 (66,7%) Yes	210 (14,7%)
Within 48 hours	-	79 (5,5%)
Within 72 hours	-	39 (2,7%)
Every week	4 (33,3%) Yes	627 (43,8%)
Occasionally	2 (16,7%) Yes	158 (11,0%)
When requested	7 (58,3%) Yes	728 (50,9%)
At discharge	4 (33,3%) Yes	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	12 (100%) Yes	1096 (76,6%)
Offer meal choices	9 (75,0%) Yes	1055 (73,8%)
Offer different portion sizes	10 (83,3%) Yes	934 (65,3%)
Consider food presentation	10 (83,3%) Yes	502 (35,1%)
Change food texture/consistency as needed	12 (100%) Yes	1175 (82,2%)
Consider patient problems with eating and drinking	12 (100%) Yes	1166 (81,5%)
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (33,3%) Yes	324 (22,7%)
Promote positive eating environment	5 (41,7%) Yes	419 (29,3%)
Consider cultural/religious preferences	9 (75,0%) Yes	903 (63,1%)
Consider patient allergies / intolerances	12 (100%) Yes	1045 (73,1%)
Other	2 (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	12 (100%) Yes	821 (57,4%)
Reporting of nutrition related information to hospital managers	3 (25,0%) Yes	608 (42,5%)
Quality indicators are recorded and reported to national or regional level	7 (58,3%) Yes	448 (31,3%)
Quality indicators are used for internal benchmarking	6 (50,0%) Yes	513 (35,9%)
Patient feedback about food and food service is collected using a questionnaire	7 (58,3%) Yes	884 (61,8%)
None	-	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	11 (91,7%) Yes	1104 (77,2%)
Eating habits/difficulties	11 (91,7%) Yes	1041 (72,8%)
Nutrition before admission	9 (75,0%) 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	12 (100%) Yes	1037 (72,5%)
nutrition treatment	10 (83,3%) Yes	837 (58,5%)
None	-	65 (4,5%)
I do not know	-	42 (2,9%)

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	8 (66,7%) Yes	592 (41,4%)
makes future nutrition-related recommendations	9 (75,0%) Yes	816 (57,1%)
None	-	137 (9,6%)
I do not know	3 (25,0%) Yes	128 (9,0%)

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	3 (25,0%) Yes	519 (45,2%) Yes
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### 19. Who filled in this sheet?

Head staff	1 (8,3%) Yes	411 (28,7%)
Dietician	4 (33,3%) Yes	717 (50,1%)
Nurse	11 (91,7%) Yes	388 (27,1%)



Physician	-	175 (12,2%)
Administrative staff	1 (8,3%) Yes	13 (0,91%)
Other	9 (75,0%) 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	136	27195
Age	76 [63-84]	67 [53-78]
Female	69 (50,7%)	13525 (49,7%)
Weight	75,3±19,9	69,9±18,9
Height	169±10	165±10
BMI	26,2±6,4	25,5±5,9

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

planned	15 (11,0%)	9881 (36,3%)
an emergency	110 (80,9%)	14977 (55,1%)
I do not know	11 (8,1%)	2337 (8,6%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	22 (16,2%)	2442 (9,0%)
0200 Neoplasms	26 (19,1%)	4873 (17,9%)
0300 Blood and bloodforming organs and the immune mechanism	18 (13,2%)	1724 (6,3%)
0400 Endocrine, nutritional and metabolic diseases	27 (19,9%)	3266 (12,0%)
0500 Mental health	3 (2,2%)	1218 (4,5%)
0600 Nervous system	21 (15,4%)	2493 (9,2%)
0700 Eye and adnexa	2 (1,5%)	339 (1,2%)
0800 Ear and mastoid process	-	172 (0,63%)
0900 Circulatory system	53 (39,0%)	5629 (20,7%)
1000 Respiratory system	23 (16,9%)	4217 (15,5%)
1100 Digestive system	26 (19,1%)	6840 (25,2%)
1200 Skin and subcutaneous tissue	5 (3,7%)	1244 (4,6%)
1300 Musculoskeletal system and connective tissue	15 (11,0%)	4246 (15,6%)
1400 Genitourinary system	12 (8,8%)	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	1 (0,74%)	52 (0,19%)
1800 Symptoms, signs, abnormal clinical/lab findings	7 (5,1%)	1319 (4,9%)
1900 Injury, poisoning	16 (11,8%)	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	9 (6,6%)	990 (3,6%)
No answer given	-	-

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

Cardiac insufficiency	23 (16,9%)	5264 (21,3%)
Myocardial infarction	18 (13,2%)	1338 (5,5%)
Chronic lung disease	19 (14,0%)	3466 (14,1%)
Cerebral vascular disease	21 (15,4%)	2274 (9,3%)
Peripheral vascular disease	26 (19,1%)	2842 (11,6%)
Chronic liver disease	7 (5,2%)	1477 (6,1%)
Chronic kidney disease	10 (7,4%)	2817 (11,6%)
Diabetes	38 (27,9%)	5968 (24,2%)
Cancer	41 (30,1%)	5709 (23,2%)
Infection	34 (25,0%)	3578 (14,6%)
Dementia	8 (5,9%)	1229 (5,1%)
Major depressive disorder	4 (2,9%)	1233 (5,1%)
Other chronic mental disorder	10 (7,4%)	1229 (5,1%)
Other chronic disease	38 (28,8%)	6369 (25,9%)
None	19 (14,0%)	4869 (17,9%)

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

Yes, planned	13 (9,6%)	5304 (19,5%)
Yes, acute	13 (9,6%)	1634 (6,0%)
No	110 (80,9%)	17917 (65,9%)
I do not know	-	313 (1,2%)
Missing	-	2027 (7,5%)

Days since operation	3 [1-7]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	2 (1,5%)	1998 (7,3%)
Yes, later	3 (2,2%)	1411 (5,2%)
No	127 (93,4%)	19908 (73,2%)
I do not know	-	1082 (4,0%)
Missing	4 (2,9%)	2796 (10,3%)

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

11 (8,1%)	2731 (10,6%)
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#### 6. Is this patient terminally ill?

64 (47,1%)	1729 (6,4%)
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#### 7. Fluid status

Normal	77 (56,6%)	20820 (76,6%)
Overloaded	9 (6,6%)	1466 (5,4%)
Dehydrated	12 (8,8%)	1298 (4,8%)
I do not know	38 (27,9%)	3611 (13,3%)
Missing	-	-

**8. Number of different medications planned**

Oral	7 [5-10]	5 [2-8]
Other	2 [1-3]	2 [1-4]

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

Malnourished	11 (8,1%)	3264 (12,0%)
At risk	55 (40,4%)	4856 (17,9%)
No	53 (39,0%)	16820 (61,8%)
I do not know	17 (12,5%)	2255 (8,3%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	16 (11,8%)	9496 (34,9%)
5% Glucose solution	-	2615 (9,6%)

**11. Number of ONS drinks planned**

1 [0-2]	0 [0-0]
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**12. Nutrition intake**

Regular hospital food	107 (78,7%)	15788 (58,1%)
Fortified/enriched hospital food	18 (13,2%)	3133 (11,5%)
Protein/energy supplement (e.g. ONS drinks)	34 (25,0%)	4012 (14,8%)
Enteral nutrition	7 (5,1%)	1315 (4,8%)
Parenteral nutrition	7 (5,1%)	1286 (4,7%)
Special diet	9 (6,6%)	8834 (32,5%)
None	2 (1,5%)	1283 (4,7%)

**13a. All lines and Tubes**

Central Venous	18 (13,2%)	2360 (9,2%)
Peripheral venous access	96 (70,6%)	12501 (48,7%)
Nasogastric	5 (3,7%)	680 (2,6%)
Nasojejunal	-	135 (0,53%)
Nasoduodenal	-	99 (0,39%)
Enterostoma	1 (0,74%)	126 (0,49%)
Percutaneous endoscopy/surgical gastrostomy	1 (0,74%)	234 (0,91%)
Percutaneous endoscopy/surgical jejunostomy	1 (0,74%)	95 (0,37%)
None	26 (19,1%)	12303 (45,2%)

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

Yes, previously	8 (5,9%)	362 (1,3%)
Yes, ongoing	3 (2,2%)	227 (0,83%)
No	114 (83,8%)	21227 (78,1%)
I do not know	10 (7,4%)	2312 (8,5%)
Missing	1 (0,74%)	3067 (11,3%)

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

Energy requirements were determined	43 (31,6%)	9593 (37,3%)
Protein requirements were determined	30 (22,1%)	8543 (33,3%)
Food/Nutrition intake was recorded in the patient record	72 (52,9%)	11079 (43,1%)
Nutrition treatment plan was developed	50 (36,8%)	9042 (35,2%)
Nutrition expert was consulted	27 (19,9%)	9313 (36,3%)
Malnutrition status is recorded in the patient record	40 (29,4%)	8238 (32,1%)
None	-	-

**15a. Energy goal**

< 500 kcal	1 (0,74%)	1046 (3,8%)
500-999 kcal	2 (1,5%)	269 (0,99%)
1000-1499 kcal	6 (4,4%)	2400 (8,8%)
1500-1999 kcal	27 (19,9%)	8218 (30,2%)
>=2000 kcal	24 (17,6%)	2704 (9,9%)
Not determined	67 (49,3%)	8749 (32,2%)
I do not know	9 (6,6%)	2265 (8,3%)
Missing	-	1544 (5,7%)

**15b. Energy intake**

< 500 kcal	6 (4,4%)	1697 (6,2%)
500-999 kcal	11 (8,1%)	1257 (4,6%)
1000-1499 kcal	11 (8,1%)	3424 (12,6%)
1500-1999 kcal	16 (11,8%)	5999 (22,1%)
>=2000 kcal	3 (2,2%)	1448 (5,3%)
Not determined	47 (34,6%)	8533 (31,4%)
I do not know	42 (30,9%)	3276 (12,0%)
Missing	-	1561 (5,7%)

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

Improved	66 (48,5%)	12837 (47,2%)
Deteriorated	9 (6,6%)	1433 (5,3%)
Remained the same	28 (20,6%)	7057 (25,9%)
This patient has just been admitted	18 (13,2%)	1699 (6,2%)
I do not know	15 (11,0%)	2663 (9,8%)
Missing	-	1506 (5,5%)

Length of hospital stay (days)	9 [5-19]	12 [6-23]
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**Outcome Code**

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

4= Rehabilitation	6 (4,4%)	1222 (4,5%)
5= Discharged home	97 (71,3%)	20149 (74,1%)
6= Death	6 (4,4%)	845 (3,1%)
7= Others	3 (2,2%)	507 (1,9%)
Missing	3 (2,2%)	193 (0,71%)

#### Readmitted since ND

1= No	101 (83,5%)	18115 (75,8%)
2= Yes, same hospital planned	3 (2,5%)	1637 (6,9%)
3= Yes, same hospital unplanned	11 (9,1%)	1465 (6,1%)
4= Yes, different hospital planned	3 (2,5%)	112 (0,47%)
5= Yes, different hospital unplanned	3 (2,5%)	112 (0,47%)
6= Unknown	2 (1,7%)	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	93 (78,2%)	17526 (66,5%)
I am vegetarian	4 (3,4%)	510 (1,9%)
I adhere to a vegan diet	-	193 (0,73%)
I eat gluten-free diet	1 (0,84%)	244 (0,93%)
I avoid added sugars	14 (11,8%)	3934 (14,9%)
I avoid carbohydrates	2 (1,7%)	1502 (5,7%)
I eat a low fat-diet	1 (0,84%)	2899 (11,0%)
I am lactose intolerant	5 (4,2%)	946 (3,6%)
Other special diet due to intolerances/allergies	2 (1,7%)	469 (1,8%)
Other	7 (5,9%)	1854 (7,0%)
No answer given	-	1891 (7,2%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	104 (87,4%)	22025 (83,6%)
In a nursing home or other live-in facility	10 (8,4%)	836 (3,2%)
I was transferred from another hospital	3 (2,5%)	1411 (5,4%)
Other	1 (0,84%)	374 (1,4%)
Missing	1 (0,84%)	1694 (6,4%)
<b>3. In general, are you able to walk?</b>		
Yes	54 (45,4%)	16014 (60,8%)
Yes, with someone's help	8 (6,7%)	2580 (9,8%)
Yes, independently using a cane, walker, or crutches	41 (34,5%)	3466 (13,2%)
No, I have a wheelchair	8 (6,7%)	1033 (3,9%)
No, I am bedridden	6 (5,0%)	1462 (5,6%)
Missing	2 (1,7%)	1785 (6,8%)
<b>4. In general, how would you say your health is?</b>		
Very good	4 (3,4%)	1854 (7,0%)
Good	36 (30,3%)	8966 (34,0%)
Fair	44 (37,0%)	9409 (35,7%)
Poor	22 (18,5%)	3513 (13,3%)
Very poor	12 (10,1%)	824 (3,1%)
Missing	1 (0,84%)	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 [2-6]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-4]	1 [0-2]

... how many nights in total have you spent in hospital?	10 [4-23]	5 [0-15]
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**6. How many different medications do you take routinely each day (prior to hospitalisation)?**

1-2	16 (13,4%)	4936 (18,7%)
3-5	35 (29,4%)	6672 (25,3%)
More than 5	53 (44,5%)	7906 (30,0%)
None	10 (8,4%)	3926 (14,9%)
I do not know	2 (1,7%)	1077 (4,1%)
Missing	3 (2,5%)	1823 (6,9%)

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

Yes, private insurance only	2 (1,7%)	4253 (16,1%)
Yes, public insurance only	87 (73,1%)	12350 (46,9%)
Yes, both	14 (11,8%)	3229 (12,3%)
None	9 (7,6%)	2938 (11,2%)
I prefer not to answer	6 (5,0%)	1314 (5,0%)
Missing	1 (0,84%)	2256 (8,6%)

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

	77 [69-90]	72 [60-85]
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I do not know	34 (28,6%)	6267 (23,8%)
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**9a. Have you lost weight within the last 3 months?**

Yes, intentionally	5 (4,2%)	2468 (9,4%)
Yes, unintentionally	62 (52,1%)	10065 (38,2%)
No, my weight stayed the same	20 (16,8%)	7869 (29,9%)
No, I gained weight	7 (5,9%)	2857 (10,8%)
I do not know	24 (20,2%)	2512 (9,5%)
Missing	1 (0,84%)	569 (2,2%)

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

	6 [4-10]	6 [4-10]
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I do not know	9 (13,4%)	1997 (15,9%)
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**10. Did you know about your hospitalisation two days before admission? (Yes)**

	22 (18,5%)	9602 (40,6%)
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**11. Please indicate if you ...**

... were weighed at admission	69 (58,0%)	14112 (57,4%)
... were informed about your nutrition status	23 (19,3%)	8364 (34,3%)
... were informed about nutrition care options	24 (20,3%)	7769 (31,9%)
... received special nutrition care	19 (16,4%)	7463 (30,7%)

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

More than normal	1 (0,85%)	1163 (4,4%)
Normal	68 (57,6%)	15832 (60,4%)



About 3/4 of normal	12 (10,2%)	2728 (10,4%)
About half of normal	14 (11,9%)	3287 (12,5%)
About a quarter to nearly nothing	16 (13,6%)	2496 (9,5%)
I do not know	7 (5,9%)	264 (1,0%)
Missing	-	443 (1,7%)

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

Very satisfied	20 (16,9%)	6066 (23,1%)
Somewhat satisfied	40 (33,9%)	8166 (31,2%)
Neutral	25 (21,2%)	4867 (18,6%)
Dissatisfied	11 (9,3%)	2103 (8,0%)
Very dissatisfied	6 (5,1%)	726 (2,8%)
I do not know	16 (13,6%)	2021 (7,7%)
Missing	-	2264 (8,6%)

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

Yes, from family or friends	4 (3,4%)	2448 (9,3%)
Yes, from hospital staff	13 (11,0%)	1670 (6,4%)
No	93 (78,8%)	19193 (73,2%)
I do not know	8 (6,8%)	302 (1,2%)
Missing	-	2600 (9,9%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	88 (77,9%)	17231 (74,2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	42 (35,6%)	12095 (46,1%)
1/2	32 (27,1%)	6486 (24,7%)
1/4	20 (16,9%)	3353 (12,8%)
Nothing	18 (15,3%)	3130 (11,9%)
Missing	6 (5,1%)	1149 (4,4%)

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

Standard	48 (40,7%)	15979 (61,0%)
Smaller	32 (27,1%)	2367 (9,0%)
Larger	2 (1,7%)	1119 (4,3%)
I do not know	17 (14,4%)	2429 (9,3%)
Missing	19 (16,1%)	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	9 (12,9%)	2061 (15,9%)
I did not like the smell/taste of the food	4 (5,7%)	1569 (12,1%)
The food did not fit my cultural/religious preferences	1 (1,4%)	143 (1,1%)
The food was too hot	-	59 (0,45%)

The food was too cold	2 (2,9%)	296 (2,3%)
Due to food allergy/intolerance	1 (1,4%)	96 (0,74%)
I was not hungry at that time	12 (17,1%)	2205 (17,0%)
I do not have my usual appetite	26 (37,1%)	3830 (29,5%)
I have problems chewing/swallowing	10 (14,3%)	761 (5,9%)
I normally eat less than what was served	9 (12,9%)	1427 (11,0%)
I had nausea/vomiting	6 (8,6%)	1029 (7,9%)
I was too tired	12 (17,1%)	789 (6,1%)
I cannot eat without help	-	208 (1,6%)
I was not allowed to eat	8 (11,4%)	1289 (9,9%)
I had an exam, surgery, or test and missed my meal	4 (5,7%)	766 (5,9%)
I did not get requested food	1 (1,4%)	139 (1,1%)
No answer given	10 (14,3%)	1829 (14,1%)

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

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

**19a. Did you eat any food apart from hospital food TODAY?** 21 (18,4%) 6580 (28,9%)

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

Sweet snacks	8 (38,1%)	1928 (29,3%)
Salty snacks	1 (4,8%)	749 (11,4%)
Homemade food	2 (9,5%)	963 (14,6%)
Fruits	8 (38,1%)	2551 (38,8%)
Dairy products	5 (23,8%)	724 (11,0%)
Food delivered/restaurant	-	293 (4,5%)
Sandwich	7 (33,3%)	421 (6,4%)
Other	1 (4,8%)	1042 (15,8%)

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

Increased	18 (15,3%)	3706 (14,1%)
Decreased	45 (38,1%)	7774 (29,7%)
Stayed the same	33 (28,0%)	10331 (39,4%)
I do not know	19 (16,1%)	1690 (6,4%)
Missing	3 (2,5%)	2712 (10,3%)

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

Stronger than at admission	39 (33,1%)	11240 (42,9%)
Weaker than at admission	33 (28,0%)	4893 (18,7%)
Same as at admission	33 (28,0%)	7428 (28,3%)
I was admitted today	1 (0,85%)	662 (2,5%)
I do not know	9 (7,6%)	1384 (5,3%)
Missing	3 (2,5%)	606 (2,3%)

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

Yes	51 (43,2%)	15438 (58,9%)
No, only with assistance	51 (43,2%)	6458 (24,6%)
No, I stay in bed	11 (9,3%)	3018 (11,5%)
Missing	5 (4,2%)	1299 (5,0%)

<b>23. Did anyone help you complete this questionnaire?</b>	64 (55,7%)	15731 (65,1%)
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