



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2020*  
*Colombia*

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2020 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>15</b>
<b>Number of participated units:</b>	<b>27</b>
<b>Number of patients:</b>	<b>801</b>
<b>Number of patients who gave consent:</b>	<b>784</b>
<b>Number of patients completing Sheet 3a:</b>	<b>777</b>
<b>Number of patients completing Sheet 3b:</b>	<b>776</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>764</b>

This report compares your country data to international reference database based on data from nutritionDay 2017-2019.

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 2021. 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>	208 [138-410]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	18453 [7648-43599]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	149 [92-351]	186 [90-417]
Medical specialists	81 [45-235]	124 [54-273]
Medical non-specialists	40 [21-87]	45 [19-116]
Nurses	108 [56-157]	440 [208-910]
Dieticians	1 [0-3]	5 [1-10]
Nutritionists	2 [1-7]	1 [0-5]
Pharmacists	8 [4-10]	8 [4-24]
Kitchen staff	29 [12-39]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	121 [50-212]	175 [76-394]
Medical specialists	54 [16-125]	121 [50-274]
Medical non-specialists	22 [11-49]	45 [18-138]
Nurses	108 [55-182]	380 [198-793]
Dieticians	1 [0-3]	5 [2-8]
Nutritionists	2 [1-8]	1 [0-3]
Pharmacists	8 [2-9]	7 [4-20]
Kitchen staff	24 [4-40]	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	15 (100%) Yes	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	5 (33.3%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	3 (20.0%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	12 (80.0%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (73.3%) Yes	415 (76.4%) Yes
None	-	32 (5.9%) 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	12 (80.0%) Yes	296 (54.5%) Yes

Oral nutrition supplements	12 (80.0%) Yes	219 (40.3%) Yes
Parenteral nutrition	13 (86.7%) Yes	349 (64.3%) Yes
Enteral nutrition	13 (86.7%) Yes	327 (60.2%) Yes
Dietary counseling	6 (40.0%) Yes	232 (42.7%) Yes
Specific dietary interventions	7 (46.7%) Yes	178 (32.8%) Yes
Screening for malnutrition	1 (6.7%) Yes	195 (35.9%) Yes
Risk of malnutrition	2 (13.3%) Yes	160 (29.5%) Yes
Malnutrition (in general)	7 (46.7%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	6 (40.0%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	1 (6.7%) Yes	104 (19.2%) Yes
No answer given	-	-

### Codes routinely used

Nutrition Support	12 (80.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	12 (80.0%) Yes	200 (36.8%) Yes
Parenteral nutrition	13 (86.7%) Yes	326 (60.0%) Yes
Enteral nutrition	13 (86.7%) Yes	310 (57.1%) Yes
Dietary counseling	6 (40.0%) Yes	208 (38.3%) Yes
Specific dietary interventions	7 (46.7%) Yes	160 (29.5%) Yes
Screening for malnutrition	1 (6.7%) Yes	162 (29.8%) Yes
Risk of malnutrition	3 (20.0%) Yes	138 (25.4%) Yes
Malnutrition (in general)	6 (40.0%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (46.7%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	1 (6.7%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	12 (44.4%)	20.5%
Internal Medicine / Cardiology	2 (7.4%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	3 (11.1%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	10 (37.0%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
<b>2. Number of registered inpatients at noon</b>	<b>60 [31-79]</b>	<b>24 [18-31]</b>
<b>3. Total bed capacity of the unit</b>	<b>64 [40-122]</b>	<b>29 [24-38]</b>
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	6 [2-13]	3 [2-7]
Nurses	3 [2-8]	4 [3-7]
Nursing aides	5 [4-14]	2 [1-3]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [1-2]	0 [0-1]
Administrative staff	1 [1-3]	1 [0-1]
Other staff involved in patient care	1 [0-3]	1 [0-3]
<b>In training</b>		
Medical doctors	0 [0-4]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-2]	1 [0-2]

Nursing aides	0 [0-3]	0 [0-1]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-1]	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?** 17 (63.0%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 24 (88.9%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 24 (88.9%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 24 (88.9%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 4 (14.8%) Yes 662 (57.6%) Yes

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

**At admission**

No routine screening	2 (7.4%) Yes	101 (7.5%) Yes
No fixed criteria	1 (3.7%) Yes	13 (0.97%) Yes
Experience / visual assessment only	-	85 (6.3%) Yes
Weighing / BMI only	1 (3.7%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	2 (7.4%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	5 (18.5%) Yes	86 (6.4%) Yes
Malnutrition Screening tool (MST)	10 (37.0%) Yes	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	6 (22.2%) Yes	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

**During hospital stay**

No routine monitoring	4 (14.8%) Yes	120 (8.9%) Yes
No fixed criteria	4 (14.8%) Yes	101 (7.5%) Yes
Experience / visual assessment only	6 (22.2%) Yes	212 (15.8%) Yes
Weighing / BMI only	-	438 (32.5%) Yes
Other formal tool	12 (44.4%) Yes	378 (28.1%) Yes
I do not know	1 (3.7%) Yes	33 (2.5%) Yes
Missing	-	64 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 25 (100%) Yes 954 (85.2%) Yes

<b>11b. If yes, which one is mainly used?</b>			
International guidelines	9 (36.0%)	Yes	266 (27.9%)
National guidelines	-		148 (15.5%)
Standards on hospital level	9 (36.0%)	Yes	355 (37.2%)
Standards on unit level	2 (8.0%)	Yes	58 (6.1%)
Individual patient nutrition care plans	4 (16.0%)	Yes	111 (11.6%)
Other	-		8 (0.84%)
Missing	1 (4.0%)		8 (0.84%)

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

### At risk

Watchful waiting	13 (48.1%)	Yes	355 (26.4%)
Discuss nutrition care activities during ward rounds	18 (66.7%)	Yes	572 (42.5%)
Develop an individual nutrition care plan	17 (63.0%)	Yes	675 (50.1%)
Initiate treatment / nutrition intervention	17 (63.0%)	Yes	739 (54.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	16 (59.3%)	Yes	739 (54.9%)
Consult a medical professional	6 (22.2%)	Yes	472 (35.1%)
Calculate energy requirements	16 (59.3%)	Yes	593 (44.1%)
Calculate protein requirements	16 (59.3%)	Yes	574 (42.6%)

### Malnourished

Watchful waiting	16 (59.3%)	Yes	252 (18.7%)
Discuss nutrition care activities during ward rounds	17 (63.0%)	Yes	614 (45.6%)
Develop an individual nutrition care plan	21 (77.8%)	Yes	739 (54.9%)
Initiate treatment / nutrition intervention	19 (70.4%)	Yes	797 (59.2%)
Consult a nutrition expert (dietician, nutritionist, etc.)	19 (70.4%)	Yes	729 (54.2%)
Consult a medical professional	13 (48.1%)	Yes	540 (40.1%)
Calculate energy requirements	21 (77.8%)	Yes	686 (51.0%)
Calculate protein requirements	21 (77.8%)	Yes	670 (49.8%)

### Every patient

Watchful waiting	5 (18.5%)	Yes	668 (49.6%)
Discuss nutrition care activities during ward rounds	2 (7.4%)	Yes	331 (24.6%)
Develop an individual nutrition care plan	1 (3.7%)	Yes	220 (16.3%)
Initiate treatment / nutrition intervention	1 (3.7%)	Yes	173 (12.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (11.1%)	Yes	256 (19.0%)
Consult a medical professional	10 (37.0%)	Yes	267 (19.8%)
Calculate energy requirements	-		166 (12.3%)
Calculate protein requirements	-		148 (11.0%)

### Never

Watchful waiting	-		95 (7.1%)
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Discuss nutrition care activities during ward rounds	-	58 (4.3%) Yes
Develop an individual nutrition care plan	1 (3.7%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	-	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1.5%) Yes
Consult a medical professional	-	124 (9.2%) Yes
Calculate energy requirements	-	120 (8.9%) Yes
Calculate protein requirements	-	139 (10.3%) Yes

### I do not know

Watchful waiting	3 (11.1%) Yes	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	2 (7.4%) Yes	49 (3.6%) Yes
Develop an individual nutrition care plan	-	43 (3.2%) Yes
Initiate treatment / nutrition intervention	-	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	39 (2.9%) Yes
Consult a medical professional	4 (14.8%) Yes	96 (7.1%) Yes
Calculate energy requirements	-	68 (5.1%) Yes
Calculate protein requirements	-	75 (5.6%) Yes

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

at admission	20 (74.1%) Yes	878 (65.2%) Yes
Within 24 hours	4 (14.8%) Yes	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	12 (44.4%) Yes	631 (46.9%) Yes
Occasionally	2 (7.4%) Yes	153 (11.4%) Yes
When requested	15 (55.6%) Yes	707 (52.5%) Yes
At discharge	2 (7.4%) Yes	65 (4.8%) Yes
Never	-	12 (0.89%) Yes
I do not know	-	8 (0.59%) Yes
No answer given	-	64 (4.8%)

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

Offer additional meals or in between snacks	25 (92.6%) Yes	1043 (77.5%) Yes
Offer meal choices	17 (63.0%) Yes	989 (73.5%) Yes
Offer different portion sizes	13 (48.1%) Yes	900 (66.9%) Yes
Consider food presentation	22 (81.5%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	27 (100%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	25 (92.6%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (3.7%) Yes	399 (29.6%) Yes
Promote positive eating environment	4 (14.8%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	19 (70.4%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	19 (70.4%) Yes	1163 (86.4%) Yes
Other	2 (7.4%) Yes	101 (7.5%) Yes

I do not know	1 (3.7%) Yes	23 (1.7%) Yes
No answer given	-	64 (4.8%)

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

Nutrition training is available	13 (48.1%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	11 (40.7%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	19 (70.4%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	22 (81.5%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	-	196 (14.6%)

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

Change in weight	22 (81.5%) Yes	985 (73.2%) Yes
Eating habits/difficulties	14 (51.9%) Yes	932 (69.2%) Yes
Nutrition before admission	3 (11.1%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	3 (11.1%) Yes	39 (2.9%) Yes
No answer given	-	196 (14.6%)

### 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	23 (85.2%) Yes	965 (71.7%) Yes
nutrition treatment	14 (51.9%) Yes	759 (56.4%) Yes
None	-	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	6 (22.2%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	19 (70.4%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	6 (22.2%) Yes	136 (10.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	6 (33.3%) Yes	475 (44.9%) Yes
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### 19. Who filled in this sheet?

Head staff	-	369 (27.4%) Yes
Dietician	22 (81.5%) Yes	641 (47.6%) Yes
Nurse	2 (7.4%) Yes	339 (25.2%) Yes



Physician	2 (7.4%) Yes	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	2 (7.4%) Yes	87 (6.5%) Yes
None	-	-
I do not know	-	16 (1.2%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	784	24938
Age	59 [42-73]	67 [52-79]
Female	384 (49.0%)	12350 (49.5%)
Weight	66.1±14.9	70.6±18.8
Height	163±10	166±10
BMI	24.9±5.4	25.6±5.9

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

planned	123 (15.7%)	8897 (35.7%)
an emergency	602 (76.8%)	14095 (56.5%)
I do not know	59 (7.5%)	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	114 (14.5%)	2401 (9.6%)
0200 Neoplasms	124 (15.8%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	45 (5.7%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	118 (15.1%)	3135 (12.6%)
0500 Mental health	21 (2.7%)	1229 (4.9%)
0600 Nervous system	44 (5.6%)	2384 (9.6%)
0700 Eye and adnexa	7 (0.89%)	314 (1.3%)
0800 Ear and mastoid process	2 (0.26%)	143 (0.57%)
0900 Circulatory system	159 (20.3%)	5456 (21.9%)
1000 Respiratory system	142 (18.1%)	3828 (15.4%)
1100 Digestive system	119 (15.2%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	63 (8.0%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	69 (8.8%)	4086 (16.4%)
1400 Genitourinary system	55 (7.0%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	34 (4.3%)	294 (1.2%)
1600 Conditions originating in the perinatal period	10 (1.3%)	55 (0.22%)
1700 Congenital/chromosomal abnormalities	1 (0.13%)	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	10 (1.3%)	1374 (5.5%)
1900 Injury, poisoning	10 (1.3%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	35 (4.5%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	4 (0.51%)	967 (3.9%)
No answer given	-	-

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

Cardiac insufficiency	142 (18.2%)	4815 (20.0%)
Myocardial infarction	31 (4.0%)	1295 (5.4%)
Chronic lung disease	92 (11.8%)	3095 (12.9%)
Cerebral vascular disease	39 (5.0%)	2104 (8.8%)
Peripheral vascular disease	60 (7.7%)	2576 (10.7%)
Chronic liver disease	22 (2.8%)	1387 (5.8%)
Chronic kidney disease	87 (11.2%)	2780 (11.6%)
Diabetes	167 (21.4%)	5493 (22.8%)
Cancer	116 (14.8%)	5291 (22.0%)
Infection	148 (18.9%)	3401 (14.2%)
Dementia	15 (1.9%)	1201 (5.0%)
Major depressive disorder	19 (2.4%)	1146 (4.8%)
Other chronic mental disorder	19 (2.4%)	1129 (4.7%)
Other chronic disease	206 (26.3%)	6182 (25.7%)
None	166 (21.2%)	4918 (19.7%)

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

Yes, planned	138 (17.6%)	4588 (18.4%)
Yes, acute	63 (8.0%)	1540 (6.2%)
No	580 (74.0%)	15619 (62.6%)
I do not know	2 (0.26%)	235 (0.94%)
Missing	1 (0.13%)	2956 (11.9%)

Days since operation	6 [2-20]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	120 (15.3%)	1928 (7.7%)
Yes, later	87 (11.1%)	1364 (5.5%)
No	571 (72.8%)	17466 (70.0%)
I do not know	3 (0.38%)	777 (3.1%)
Missing	3 (0.38%)	3403 (13.6%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	106 (13.5%)	2367 (10.6%)
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<b>6. Is this patient terminally ill?</b>	31 (4.0%)	1518 (6.1%)
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#### 7. Fluid status

Normal	702 (89.5%)	19053 (76.4%)
Overloaded	10 (1.3%)	1296 (5.2%)
Dehydrated	28 (3.6%)	1231 (4.9%)
I do not know	44 (5.6%)	3358 (13.5%)
Missing	-	-

**8. Number of different medications planned**

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

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

Malnourished	117 (14.9%)	3162 (12.7%)
At risk	211 (26.9%)	4616 (18.5%)
No	436 (55.6%)	15318 (61.4%)
I do not know	20 (2.6%)	1842 (7.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	444 (56.6%)	8176 (32.8%)
5% Glucose solution	13 (1.7%)	2128 (8.5%)

**11. Number of ONS drinks planned**

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

Regular hospital food	350 (44.6%)	15131 (60.7%)
Fortified/enriched hospital food	47 (6.0%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	87 (11.1%)	4070 (16.3%)
Enteral nutrition	55 (7.0%)	1106 (4.4%)
Parenteral nutrition	36 (4.6%)	1022 (4.1%)
Special diet	268 (34.2%)	7501 (30.1%)
None	41 (5.2%)	982 (3.9%)

**13a. All lines and Tubes**

Central Venous	92 (11.7%)	2136 (9.6%)
Peripheral venous access	492 (62.8%)	11129 (49.9%)
Nasogastric	45 (5.7%)	528 (2.4%)
Nasojejunal	7 (0.89%)	115 (0.52%)
Nasoduodenal	2 (0.26%)	82 (0.37%)
Enterostoma	2 (0.26%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	12 (1.5%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.26%)	91 (0.41%)
None	233 (29.7%)	11685 (46.9%)

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

Yes, previously	4 (0.51%)	352 (1.4%)
Yes, ongoing	9 (1.1%)	210 (0.84%)
No	747 (95.3%)	18650 (74.8%)
I do not know	22 (2.8%)	2030 (8.1%)
Missing	2 (0.26%)	3696 (14.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	303 (38.6%)	8591 (38.5%)
Protein requirements were determined	292 (37.2%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	325 (41.5%)	9521 (42.7%)
Nutrition treatment plan was developed	360 (45.9%)	8177 (36.6%)
Nutrition expert was consulted	356 (45.4%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	301 (38.4%)	7448 (33.4%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	15 (1.9%)	783 (3.1%)
500-999 kcal	1 (0.13%)	194 (0.78%)
1000-1499 kcal	67 (8.5%)	1956 (7.8%)
1500-1999 kcal	260 (33.2%)	7632 (30.6%)
>=2000 kcal	92 (11.7%)	2380 (9.5%)
Not determined	333 (42.5%)	7419 (29.7%)
I do not know	16 (2.0%)	1959 (7.9%)
Missing	-	2615 (10.5%)

<b>15b. Energy intake</b>		
< 500 kcal	38 (4.8%)	1316 (5.3%)
500-999 kcal	6 (0.77%)	938 (3.8%)
1000-1499 kcal	71 (9.1%)	2996 (12.0%)
1500-1999 kcal	227 (29.0%)	5568 (22.3%)
>=2000 kcal	77 (9.8%)	1218 (4.9%)
Not determined	348 (44.4%)	7394 (29.6%)
I do not know	17 (2.2%)	2893 (11.6%)
Missing	-	2615 (10.5%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	552 (70.4%)	11443 (45.9%)
Deteriorated	60 (7.7%)	1219 (4.9%)
Remained the same	143 (18.2%)	6079 (24.4%)
This patient has just been admitted	19 (2.4%)	1466 (5.9%)
I do not know	10 (1.3%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	16 [9-30]	12 [6-23]
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<b>Outcome Code</b>		
1= Still in the hospital	111 (14.2%)	2515 (10.1%)
2= Transferred to another hospital	22 (2.8%)	534 (2.1%)
3= Transferred to long term care	1 (0.13%)	1049 (4.2%)

4= Rehabilitation	1 (0.13%)	871 (3.5%)
5= Discharged home	575 (73.3%)	18594 (74.6%)
6= Death	49 (6.3%)	785 (3.1%)
7= Others	5 (0.64%)	410 (1.6%)
Missing	20 (2.6%)	180 (0.72%)

#### Readmitted since ND

1= No	521 (80.4%)	16760 (76.8%)
2= Yes, same hospital planned	16 (2.5%)	1458 (6.7%)
3= Yes, same hospital unplanned	21 (3.2%)	1363 (6.2%)
4= Yes, different hospital planned	4 (0.62%)	114 (0.52%)
5= Yes, different hospital unplanned	4 (0.62%)	114 (0.52%)
6= Unknown	7 (1.1%)	481 (2.2%)
Missing	78 (12.0%)	1471 (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	457 (58.8%)	15402 (63.5%)
I am vegetarian	4 (0.51%)	445 (1.8%)
I adhere to a vegan diet	4 (0.51%)	160 (0.66%)
I eat gluten-free diet	3 (0.39%)	204 (0.84%)
I avoid added sugars	162 (20.8%)	3626 (14.9%)
I avoid carbohydrates	84 (10.8%)	1383 (5.7%)
I eat a low fat-diet	113 (14.5%)	2463 (10.2%)
I am lactose intolerant	52 (6.7%)	809 (3.3%)
Other special diet due to intolerances/allergies	59 (7.6%)	416 (1.7%)
Other	66 (8.5%)	1608 (6.6%)
No answer given	5 (0.64%)	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	678 (87.3%)	19123 (78.8%)
In a nursing home or other live-in facility	12 (1.5%)	762 (3.1%)
I was transferred from another hospital	60 (7.7%)	1370 (5.6%)
Other	23 (3.0%)	330 (1.4%)
Missing	4 (0.51%)	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	429 (55.2%)	13831 (57.0%)
Yes, with someone's help	136 (17.5%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	65 (8.4%)	3228 (13.3%)
No, I have a wheelchair	17 (2.2%)	852 (3.5%)
No, I am bedridden	123 (15.8%)	1317 (5.4%)
Missing	7 (0.90%)	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	60 (7.7%)	1712 (7.1%)
Good	337 (43.4%)	7821 (32.2%)
Fair	310 (39.9%)	8148 (33.6%)
Poor	53 (6.8%)	3099 (12.8%)
Very poor	11 (1.4%)	710 (2.9%)
Missing	6 (0.77%)	2769 (11.4%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	2 [1-5]	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?	7 [2-15]	6 [0-16]
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#### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	199 (25.6%)	4416 (18.2%)
3-5	217 (27.9%)	5773 (23.8%)
More than 5	147 (18.9%)	6835 (28.2%)
None	178 (22.9%)	3630 (15.0%)
I do not know	34 (4.4%)	820 (3.4%)
Missing	2 (0.26%)	2785 (11.5%)

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

Yes, private insurance only	135 (17.4%)	3823 (15.8%)
Yes, public insurance only	479 (61.6%)	11203 (46.2%)
Yes, both	49 (6.3%)	2662 (11.0%)
None	98 (12.6%)	2485 (10.2%)
I prefer not to answer	8 (1.0%)	986 (4.1%)
Missing	8 (1.0%)	3100 (12.8%)

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

	69 [59-78]	72 [62-85]
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I do not know	285 (36.7%)	5440 (22.4%)
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#### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	55 (7.1%)	2202 (9.1%)
Yes, unintentionally	382 (49.2%)	9411 (38.8%)
No, my weight stayed the same	162 (20.8%)	7247 (29.9%)
No, I gained weight	108 (13.9%)	2760 (11.4%)
I do not know	61 (7.9%)	2195 (9.0%)
Missing	9 (1.2%)	444 (1.8%)

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

	7 [4-12]	6 [4-10]
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I do not know	131 (30.0%)	1851 (15.9%)
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#### 10. Did you know about your hospitalisation two days before admission? (Yes)

	222 (29.5%)	8227 (39.7%)
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#### 11. Please indicate if you ...

... were weighed at admission	392 (50.9%)	12540 (58.3%)
... were informed about your nutrition status	240 (31.0%)	7803 (36.5%)
... were informed about nutrition care options	173 (22.4%)	7174 (33.6%)
... received special nutrition care	255 (33.0%)	6955 (32.7%)

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

More than normal	51 (6.6%)	1099 (4.5%)
Normal	445 (57.3%)	14509 (60.0%)



About 3/4 of normal	77 (9.9%)	2651 (11.0%)
About half of normal	88 (11.3%)	3062 (12.7%)
About a quarter to nearly nothing	81 (10.4%)	2263 (9.4%)
I do not know	10 (1.3%)	231 (0.96%)
Missing	24 (3.1%)	362 (1.5%)

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

Very satisfied	374 (48.2%)	5394 (22.3%)
Somewhat satisfied	159 (20.5%)	7204 (29.8%)
Neutral	104 (13.4%)	4214 (17.4%)
Dissatisfied	37 (4.8%)	1854 (7.7%)
Very dissatisfied	15 (1.9%)	673 (2.8%)
I do not know	58 (7.5%)	1694 (7.0%)
Missing	29 (3.7%)	3144 (13.0%)

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

Yes, from family or friends	108 (13.9%)	2177 (9.0%)
Yes, from hospital staff	32 (4.1%)	1475 (6.1%)
No	595 (76.7%)	16830 (69.6%)
I do not know	16 (2.1%)	282 (1.2%)
Missing	25 (3.2%)	3413 (14.1%)

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

540 (73.2%) 15256 (74.7%)

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

About all	429 (55.3%)	11133 (46.0%)
1/2	134 (17.3%)	6143 (25.4%)
1/4	68 (8.8%)	3103 (12.8%)
Nothing	115 (14.8%)	2802 (11.6%)
Missing	30 (3.9%)	996 (4.1%)

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

Standard	512 (66.0%)	13732 (56.8%)
Smaller	61 (7.9%)	2093 (8.7%)
Larger	39 (5.0%)	1046 (4.3%)
I do not know	99 (12.8%)	2302 (9.5%)
Missing	65 (8.4%)	5004 (20.7%)

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

I did not like the type of food offered	27 (8.5%)	1945 (16.1%)
I did not like the smell/taste of the food	26 (8.2%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	8 (2.5%)	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	9 (2.8%)	281 (2.3%)
Due to food allergy/intolerance	7 (2.2%)	105 (0.87%)
I was not hungry at that time	38 (12.0%)	1991 (16.5%)
I do not have my usual appetite	81 (25.6%)	3586 (29.8%)
I have problems chewing/swallowing	15 (4.7%)	716 (5.9%)
I normally eat less than what was served	25 (7.9%)	1383 (11.5%)
I had nausea/vomiting	31 (9.8%)	984 (8.2%)
I was too tired	15 (4.7%)	740 (6.1%)
I cannot eat without help	9 (2.8%)	191 (1.6%)
I was not allowed to eat	44 (13.9%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	44 (13.9%)	733 (6.1%)
I did not get requested food	4 (1.3%)	124 (1.0%)
No answer given	58 (18.3%)	1823 (15.1%)

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

Water	2 [1-4]	3 [2-6]
Tea	0 [0-0]	1 [0-3]
Coffee	0 [0-1]	1 [1-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	1 [1-2]	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?** 107 (14.6%) 5831 (29.2%)

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

Sweet snacks	22 (20.6%)	1820 (31.2%)
Salty snacks	12 (11.2%)	645 (11.1%)
Homemade food	13 (12.1%)	896 (15.4%)
Fruits	31 (29.0%)	2357 (40.4%)
Dairy products	6 (5.6%)	686 (11.8%)
Food delivered/restaurant	6 (5.6%)	272 (4.7%)
Sandwich	1 (0.93%)	347 (6.0%)
Other	26 (24.3%)	795 (13.6%)

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

Increased	146 (18.8%)	3329 (13.8%)
Decreased	290 (37.4%)	6808 (28.2%)
Stayed the same	269 (34.7%)	9055 (37.5%)
I do not know	44 (5.7%)	1479 (6.1%)
Missing	27 (3.5%)	3506 (14.5%)

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

Stronger than at admission	419 (54.0%)	10558 (43.7%)
Weaker than at admission	180 (23.2%)	4610 (19.1%)
Same as at admission	137 (17.7%)	6833 (28.3%)
I was admitted today	6 (0.77%)	576 (2.4%)
I do not know	24 (3.1%)	1178 (4.9%)
Missing	10 (1.3%)	422 (1.7%)

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

Yes	428 (55.2%)	14229 (58.9%)
No, only with assistance	191 (24.6%)	5989 (24.8%)
No, I stay in bed	135 (17.4%)	2912 (12.0%)
Missing	22 (2.8%)	1047 (4.3%)

**23. Did anyone help you complete this questionnaire?**

627 (81.6%)	13801 (65.2%)
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	YOUR RESULTS	REFERENCE RESULTS
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	83 (10.6%)	-
No	667 (85.1%)	-
I do not know	34 (4.3%)	-
Missing	-	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	105 (13.4%)	-
3-6 months	16 (2.0%)	-
6-12 months	1 (0.13%)	-
>1 year	1 (0.13%)	-
never	21 (2.7%)	-
I do not know	18 (2.3%)	-
Missing	622 (79.3%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	116 (14.8%)	-
No	612 (78.1%)	-
I do not know	4 (0.51%)	-
Missing	52 (6.6%)	-