



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2020*  
*Ecuador*

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>6</b>
<b>Number of participated units:</b>	<b>12</b>
<b>Number of patients:</b>	<b>158</b>
<b>Number of patients who gave consent:</b>	<b>158</b>
<b>Number of patients completing Sheet 3a:</b>	<b>158</b>
<b>Number of patients completing Sheet 3b:</b>	<b>158</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>158</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>	126 [109-132]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	14759 [12363-20358]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	208 [200-238]	186 [90-417]
Medical specialists	140 [129-160]	124 [54-273]
Medical non-specialists	60 [30-77]	45 [19-116]
Nurses	198 [32-203]	440 [208-910]
Dieticians	0 [0-1]	5 [1-10]
Nutritionists	2 [1-3]	1 [0-5]
Pharmacists	14 [4-24]	8 [4-24]
Kitchen staff	11 [8-16]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	64 [55-74]	175 [76-394]
Medical specialists	4 [3-4]	121 [50-274]
Medical non-specialists	26 [23-28]	45 [18-138]
Nurses	26 [23-29]	380 [198-793]
Dieticians	1 [0-1]	5 [2-8]
Nutritionists	1 [0-1]	1 [0-3]
Pharmacists	3 [2-3]	7 [4-20]
Kitchen staff	6 [3-8]	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (60.0%) Yes	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (20.0%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	2 (40.0%) 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	2 (40.0%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (40.0%) Yes	415 (76.4%) Yes
None	2 (40.0%) Yes	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	1 (20.0%) Yes	296 (54.5%) Yes

Oral nutrition supplements	2 (40.0%) Yes	219 (40.3%) Yes
Parenteral nutrition	4 (80.0%) Yes	349 (64.3%) Yes
Enteral nutrition	3 (60.0%) Yes	327 (60.2%) Yes
Dietary counseling	2 (40.0%) Yes	232 (42.7%) Yes
Specific dietary interventions	1 (20.0%) Yes	178 (32.8%) Yes
Screening for malnutrition	1 (20.0%) Yes	195 (35.9%) Yes
Risk of malnutrition	1 (20.0%) Yes	160 (29.5%) Yes
Malnutrition (in general)	4 (80.0%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (60.0%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	1 (20.0%) Yes	104 (19.2%) Yes
No answer given	-	-

### Codes routinely used

Nutrition Support	1 (20.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	3 (60.0%) Yes	200 (36.8%) Yes
Parenteral nutrition	3 (60.0%) Yes	326 (60.0%) Yes
Enteral nutrition	3 (60.0%) Yes	310 (57.1%) Yes
Dietary counseling	2 (40.0%) Yes	208 (38.3%) Yes
Specific dietary interventions	2 (40.0%) Yes	160 (29.5%) Yes
Screening for malnutrition	1 (20.0%) Yes	162 (29.8%) Yes
Risk of malnutrition	2 (40.0%) Yes	138 (25.4%) Yes
Malnutrition (in general)	3 (60.0%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (60.0%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	1 (20.0%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	2 (16.7%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	1 (8.3%)	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	3 (25.0%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	2 (16.7%)	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 (8.3%)	1.6%
Pediatrics	2 (16.7%)	0.4%
Psychiatry	-	1.0%
Others	1 (8.3%)	13.2%
<b>2. Number of registered inpatients at noon</b>	18 [12-24]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	30 [14-36]	29 [24-38]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	7 [2-23]	3 [2-7]
Nurses	3 [2-18]	4 [3-7]
Nursing aides	6 [2-10]	2 [1-3]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [0-2]	0 [0-1]
Administrative staff	1 [0-2]	1 [0-1]
Other staff involved in patient care	2 [1-3]	1 [0-3]
<b>In training</b>		
Medical doctors	7 [1-14]	1 [0-3]
Medical students	0 [0-12]	0 [0-2]
Nurses	3 [1-10]	1 [0-2]

Nursing aides	0 [0-2]	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?** 6 (54.5%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 2 (18.2%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 9 (81.8%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 8 (72.7%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 3 (27.3%) Yes 662 (57.6%) Yes

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

#### At admission

No routine screening	5 (41.7%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	1 (8.3%) Yes	85 (6.3%) Yes
Weighing / BMI only	3 (25.0%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	2 (16.7%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	-	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	-	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	1 (8.3%)	64 (4.8%)

#### During hospital stay

No routine monitoring	3 (25.0%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	1 (8.3%) Yes	212 (15.8%) Yes
Weighing / BMI only	6 (50.0%) Yes	438 (32.5%) Yes
Other formal tool	-	378 (28.1%) Yes
I do not know	1 (8.3%) Yes	33 (2.5%) Yes
Missing	1 (8.3%)	64 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 3 (27.3%) Yes 954 (85.2%) Yes

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

International guidelines	2 (66.7%) Yes	266 (27.9%) Yes
National guidelines	-	148 (15.5%) Yes
Standards on hospital level	1 (33.3%) Yes	355 (37.2%) Yes
Standards on unit level	-	58 (6.1%) Yes
Individual patient nutrition care plans	-	111 (11.6%) Yes
Other	-	8 (0.84%) Yes
Missing	-	8 (0.84%)

**12. What is routinely done in your unit for given patient groups?****At risk**

Watchful waiting	8 (66.7%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	9 (75.0%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	9 (75.0%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	9 (75.0%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (41.7%) Yes	739 (54.9%) Yes
Consult a medical professional	3 (25.0%) Yes	472 (35.1%) Yes
Calculate energy requirements	6 (50.0%) Yes	593 (44.1%) Yes
Calculate protein requirements	3 (25.0%) Yes	574 (42.6%) Yes

**Malnourished**

Watchful waiting	7 (58.3%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	9 (75.0%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	9 (75.0%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	10 (83.3%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (58.3%) Yes	729 (54.2%) Yes
Consult a medical professional	6 (50.0%) Yes	540 (40.1%) Yes
Calculate energy requirements	9 (75.0%) Yes	686 (51.0%) Yes
Calculate protein requirements	7 (58.3%) Yes	670 (49.8%) Yes

**Every patient**

Watchful waiting	2 (16.7%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	-	331 (24.6%) Yes
Develop an individual nutrition care plan	-	220 (16.3%) Yes
Initiate treatment / nutrition intervention	-	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (33.3%) Yes	256 (19.0%) Yes
Consult a medical professional	4 (33.3%) Yes	267 (19.8%) Yes
Calculate energy requirements	1 (8.3%) Yes	166 (12.3%) Yes
Calculate protein requirements	3 (25.0%) Yes	148 (11.0%) Yes

**Never**

Watchful waiting	-	95 (7.1%) Yes
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Discuss nutrition care activities during ward rounds	1 (8.3%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	-	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	1 (8.3%) Yes	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	1 (8.3%) Yes	49 (3.6%) Yes
Develop an individual nutrition care plan	2 (16.7%) Yes	43 (3.2%) Yes
Initiate treatment / nutrition intervention	1 (8.3%) Yes	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (8.3%) Yes	39 (2.9%) Yes
Consult a medical professional	1 (8.3%) Yes	96 (7.1%) Yes
Calculate energy requirements	2 (16.7%) Yes	68 (5.1%) Yes
Calculate protein requirements	2 (16.7%) Yes	75 (5.6%) Yes

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

at admission	8 (66.7%) Yes	878 (65.2%) Yes
Within 24 hours	-	203 (15.1%) Yes
Within 48 hours	2 (16.7%) Yes	74 (5.5%) Yes
Within 72 hours	1 (8.3%) Yes	32 (2.4%) Yes
Every week	2 (16.7%) Yes	631 (46.9%) Yes
Occasionally	-	153 (11.4%) Yes
When requested	7 (58.3%) Yes	707 (52.5%) Yes
At discharge	-	65 (4.8%) Yes
Never	-	12 (0.89%) Yes
I do not know	1 (8.3%) Yes	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	10 (83.3%) Yes	1043 (77.5%) Yes
Offer meal choices	3 (25.0%) Yes	989 (73.5%) Yes
Offer different portion sizes	6 (50.0%) Yes	900 (66.9%) Yes
Consider food presentation	4 (33.3%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	10 (83.3%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	10 (83.3%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	399 (29.6%) Yes
Promote positive eating environment	1 (8.3%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	5 (41.7%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	7 (58.3%) Yes	1163 (86.4%) Yes
Other	-	101 (7.5%) Yes

I do not know	1 (8.3%) Yes	23 (1.7%) Yes
No answer given	1 (8.3%)	64 (4.8%)

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

Nutrition training is available	-	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	2 (16.7%) 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	1 (8.3%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (33.3%) Yes	805 (59.8%) Yes
None	4 (33.3%) Yes	38 (2.8%) Yes
I do not know	2 (16.7%) Yes	59 (4.4%) Yes
No answer given	1 (8.3%)	196 (14.6%)

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

Change in weight	5 (41.7%) Yes	985 (73.2%) Yes
Eating habits/difficulties	4 (33.3%) Yes	932 (69.2%) Yes
Nutrition before admission	-	746 (55.4%) Yes
None	2 (16.7%) Yes	20 (1.5%) Yes
I do not know	3 (25.0%) Yes	39 (2.9%) Yes
No answer given	1 (8.3%)	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	4 (33.3%) Yes	965 (71.7%) Yes
nutrition treatment	5 (41.7%) Yes	759 (56.4%) Yes
None	3 (25.0%) Yes	53 (3.9%) Yes
I do not know	2 (16.7%) Yes	40 (3.0%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	1 (8.3%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	7 (58.3%) Yes	775 (57.6%) Yes
None	2 (16.7%) Yes	112 (8.3%) Yes
I do not know	1 (8.3%) Yes	136 (10.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	5 (45.5%) Yes	475 (44.9%) Yes
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### 19. Who filled in this sheet?

Head staff	2 (16.7%) Yes	369 (27.4%) Yes
Dietician	6 (50.0%) Yes	641 (47.6%) Yes
Nurse	1 (8.3%) Yes	339 (25.2%) Yes



Physician	-	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	1 (8.3%) Yes	87 (6.5%) Yes
None	-	-
I do not know	1 (8.3%) Yes	16 (1.2%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	158	24938
Age	40 [27-61]	67 [52-79]
Female	101 (63.9%)	12350 (49.5%)
Weight	67.3±15.9	70.6±18.8
Height	158±8	166±10
BMI	26.6±5.8	25.6±5.9

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

planned	32 (20.3%)	8897 (35.7%)
an emergency	97 (61.4%)	14095 (56.5%)
I do not know	29 (18.4%)	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	4 (2.5%)	2401 (9.6%)
0200 Neoplasms	34 (21.5%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	8 (5.1%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	1 (0.63%)	3135 (12.6%)
0500 Mental health	2 (1.3%)	1229 (4.9%)
0600 Nervous system	7 (4.4%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	5 (3.2%)	5456 (21.9%)
1000 Respiratory system	25 (15.8%)	3828 (15.4%)
1100 Digestive system	15 (9.5%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	1 (0.63%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	13 (8.2%)	4086 (16.4%)
1400 Genitourinary system	4 (2.5%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	44 (27.8%)	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	1374 (5.5%)
1900 Injury, poisoning	2 (1.3%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	3 (1.9%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	-	967 (3.9%)
No answer given	-	-

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

Cardiac insufficiency	2 (1.8%)	4815 (20.0%)
Myocardial infarction	3 (2.7%)	1295 (5.4%)
Chronic lung disease	9 (8.0%)	3095 (12.9%)
Cerebral vascular disease	1 (0.89%)	2104 (8.8%)
Peripheral vascular disease	6 (5.4%)	2576 (10.7%)
Chronic liver disease	-	1387 (5.8%)
Chronic kidney disease	-	2780 (11.6%)
Diabetes	20 (17.1%)	5493 (22.8%)
Cancer	35 (24.1%)	5291 (22.0%)
Infection	1 (0.88%)	3401 (14.2%)
Dementia	-	1201 (5.0%)
Major depressive disorder	-	1146 (4.8%)
Other chronic mental disorder	4 (3.6%)	1129 (4.7%)
Other chronic disease	12 (10.7%)	6182 (25.7%)
None	69 (43.7%)	4918 (19.7%)

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

Yes, planned	24 (15.2%)	4588 (18.4%)
Yes, acute	21 (13.3%)	1540 (6.2%)
No	112 (70.9%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	1 (0.63%)	2956 (11.9%)

Days since operation	1 [0-2]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	20 (12.7%)	1928 (7.7%)
Yes, later	8 (5.1%)	1364 (5.5%)
No	126 (79.7%)	17466 (70.0%)
I do not know	2 (1.3%)	777 (3.1%)
Missing	2 (1.3%)	3403 (13.6%)

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

14 (8.9%)	2367 (10.6%)
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#### 6. Is this patient terminally ill?

21 (13.3%)	1518 (6.1%)
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#### 7. Fluid status

Normal	143 (90.5%)	19053 (76.4%)
Overloaded	-	1296 (5.2%)
Dehydrated	3 (1.9%)	1231 (4.9%)
I do not know	12 (7.6%)	3358 (13.5%)
Missing	-	-

**8. Number of different medications planned**

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

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

Malnourished	9 (5.7%)	3162 (12.7%)
At risk	24 (15.2%)	4616 (18.5%)
No	116 (73.4%)	15318 (61.4%)
I do not know	9 (5.7%)	1842 (7.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	121 (76.6%)	8176 (32.8%)
5% Glucose solution	21 (13.3%)	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	103 (65.2%)	15131 (60.7%)
Fortified/enriched hospital food	22 (13.9%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	11 (7.0%)	4070 (16.3%)
Enteral nutrition	2 (1.3%)	1106 (4.4%)
Parenteral nutrition	2 (1.3%)	1022 (4.1%)
Special diet	36 (22.8%)	7501 (30.1%)
None	6 (3.8%)	982 (3.9%)

**13a. All lines and Tubes**

Central Venous	18 (11.4%)	2136 (9.6%)
Peripheral venous access	112 (70.9%)	11129 (49.9%)
Nasogastric	1 (0.63%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.63%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	30 (19.0%)	11685 (46.9%)

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

Yes, previously	2 (1.3%)	352 (1.4%)
Yes, ongoing	4 (2.5%)	210 (0.84%)
No	144 (91.1%)	18650 (74.8%)
I do not know	7 (4.4%)	2030 (8.1%)
Missing	1 (0.63%)	3696 (14.8%)

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

Energy requirements were determined	39 (24.7%)	8591 (38.5%)
Protein requirements were determined	39 (24.7%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	40 (25.3%)	9521 (42.7%)
Nutrition treatment plan was developed	43 (27.2%)	8177 (36.6%)
Nutrition expert was consulted	50 (31.6%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	32 (20.3%)	7448 (33.4%)
None	-	-

**15a. Energy goal**

< 500 kcal	1 (0.63%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	2 (1.3%)	1956 (7.8%)
1500-1999 kcal	44 (27.8%)	7632 (30.6%)
>=2000 kcal	1 (0.63%)	2380 (9.5%)
Not determined	95 (60.1%)	7419 (29.7%)
I do not know	15 (9.5%)	1959 (7.9%)
Missing	-	2615 (10.5%)

**15b. Energy intake**

< 500 kcal	3 (1.9%)	1316 (5.3%)
500-999 kcal	-	938 (3.8%)
1000-1499 kcal	2 (1.3%)	2996 (12.0%)
1500-1999 kcal	43 (27.2%)	5568 (22.3%)
>=2000 kcal	1 (0.63%)	1218 (4.9%)
Not determined	95 (60.1%)	7394 (29.6%)
I do not know	14 (8.9%)	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	116 (73.4%)	11443 (45.9%)
Deteriorated	6 (3.8%)	1219 (4.9%)
Remained the same	30 (19.0%)	6079 (24.4%)
This patient has just been admitted	5 (3.2%)	1466 (5.9%)
I do not know	1 (0.63%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	7 [4-13]	12 [6-23]
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**Outcome Code**

1= Still in the hospital	4 (2.5%)	2515 (10.1%)
2= Transferred to another hospital	1 (0.63%)	534 (2.1%)
3= Transferred to long term care	2 (1.3%)	1049 (4.2%)

4= Rehabilitation	1 (0.63%)	871 (3.5%)
5= Discharged home	143 (90.5%)	18594 (74.6%)
6= Death	7 (4.4%)	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	-	180 (0.72%)

#### Readmitted since ND

1= No	126 (81.8%)	16760 (76.8%)
2= Yes, same hospital planned	16 (10.4%)	1458 (6.7%)
3= Yes, same hospital unplanned	3 (1.9%)	1363 (6.2%)
4= Yes, different hospital planned	-	114 (0.52%)
5= Yes, different hospital unplanned	-	114 (0.52%)
6= Unknown	-	481 (2.2%)
Missing	9 (5.8%)	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	102 (64.6%)	15402 (63.5%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	2 (1.3%)	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	33 (20.9%)	3626 (14.9%)
I avoid carbohydrates	19 (12.0%)	1383 (5.7%)
I eat a low fat-diet	26 (16.5%)	2463 (10.2%)
I am lactose intolerant	12 (7.6%)	809 (3.3%)
Other special diet due to intolerances/allergies	-	416 (1.7%)
Other	11 (7.0%)	1608 (6.6%)
No answer given	2 (1.3%)	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	138 (87.3%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	14 (8.9%)	1370 (5.6%)
Other	5 (3.2%)	330 (1.4%)
Missing	1 (0.63%)	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	113 (71.5%)	13831 (57.0%)
Yes, with someone's help	26 (16.5%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	5 (3.2%)	3228 (13.3%)
No, I have a wheelchair	-	852 (3.5%)
No, I am bedridden	13 (8.2%)	1317 (5.4%)
Missing	1 (0.63%)	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	19 (12.0%)	1712 (7.1%)
Good	69 (43.7%)	7821 (32.2%)
Fair	59 (37.3%)	8148 (33.6%)
Poor	8 (5.1%)	3099 (12.8%)
Very poor	1 (0.63%)	710 (2.9%)
Missing	2 (1.3%)	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?	3 [1-6]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-1]	1 [0-2]

... how many nights in total have you spent in hospital?	1 [0-4]	6 [0-16]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	57 (36.1%)	4416 (18.2%)
3-5	33 (20.9%)	5773 (23.8%)
More than 5	14 (8.9%)	6835 (28.2%)
None	44 (27.8%)	3630 (15.0%)
I do not know	10 (6.3%)	820 (3.4%)
Missing	-	2785 (11.5%)

### 7. Do you have health insurance?

Yes, private insurance only	8 (5.1%)	3823 (15.8%)
Yes, public insurance only	36 (22.8%)	11203 (46.2%)
Yes, both	9 (5.7%)	2662 (11.0%)
None	104 (65.8%)	2485 (10.2%)
I prefer not to answer	-	986 (4.1%)
Missing	1 (0.63%)	3100 (12.8%)

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

	77 [61-90]	72 [62-85]
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I do not know	94 (59.5%)	5440 (22.4%)
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#### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	10 (6.3%)	2202 (9.1%)
Yes, unintentionally	71 (44.9%)	9411 (38.8%)
No, my weight stayed the same	19 (12.0%)	7247 (29.9%)
No, I gained weight	37 (23.4%)	2760 (11.4%)
I do not know	15 (9.5%)	2195 (9.0%)
Missing	6 (3.8%)	444 (1.8%)

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

	10 [5-15]	6 [4-10]
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I do not know	40 (49.4%)	1851 (15.9%)
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### 10. Did you know about your hospitalisation two days before admission? (Yes)

	45 (30.0%)	8227 (39.7%)
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### 11. Please indicate if you ...

... were weighed at admission	103 (65.2%)	12540 (58.3%)
... were informed about your nutrition status	39 (24.7%)	7803 (36.5%)
... were informed about nutrition care options	31 (19.7%)	7174 (33.6%)
... received special nutrition care	38 (24.2%)	6955 (32.7%)

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

More than normal	12 (7.6%)	1099 (4.5%)
Normal	99 (62.7%)	14509 (60.0%)



About 3/4 of normal	10 (6.3%)	2651 (11.0%)
About half of normal	21 (13.3%)	3062 (12.7%)
About a quarter to nearly nothing	15 (9.5%)	2263 (9.4%)
I do not know	1 (0.63%)	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	47 (29.7%)	5394 (22.3%)
Somewhat satisfied	50 (31.6%)	7204 (29.8%)
Neutral	39 (24.7%)	4214 (17.4%)
Dissatisfied	9 (5.7%)	1854 (7.7%)
Very dissatisfied	3 (1.9%)	673 (2.8%)
I do not know	9 (5.7%)	1694 (7.0%)
Missing	1 (0.63%)	3144 (13.0%)

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

Yes, from family or friends	25 (15.8%)	2177 (9.0%)
Yes, from hospital staff	7 (4.4%)	1475 (6.1%)
No	121 (76.6%)	16830 (69.6%)
I do not know	4 (2.5%)	282 (1.2%)
Missing	1 (0.63%)	3413 (14.1%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	124 (79.5%)	15256 (74.7%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	84 (53.2%)	11133 (46.0%)
1/2	41 (25.9%)	6143 (25.4%)
1/4	21 (13.3%)	3103 (12.8%)
Nothing	9 (5.7%)	2802 (11.6%)
Missing	3 (1.9%)	996 (4.1%)

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

Standard	124 (78.5%)	13732 (56.8%)
Smaller	12 (7.6%)	2093 (8.7%)
Larger	1 (0.63%)	1046 (4.3%)
I do not know	16 (10.1%)	2302 (9.5%)
Missing	5 (3.2%)	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	16 (22.5%)	1945 (16.1%)
I did not like the smell/taste of the food	6 (8.5%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	-	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	4 (5.6%)	281 (2.3%)
Due to food allergy/intolerance	3 (4.2%)	105 (0.87%)
I was not hungry at that time	8 (11.3%)	1991 (16.5%)
I do not have my usual appetite	17 (23.9%)	3586 (29.8%)
I have problems chewing/swallowing	3 (4.2%)	716 (5.9%)
I normally eat less than what was served	1 (1.4%)	1383 (11.5%)
I had nausea/vomiting	7 (9.9%)	984 (8.2%)
I was too tired	2 (2.8%)	740 (6.1%)
I cannot eat without help	1 (1.4%)	191 (1.6%)
I was not allowed to eat	5 (7.0%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	3 (4.2%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	13 (18.3%)	1823 (15.1%)

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

Water	2 [1-5]	3 [2-6]
Tea	1 [0-2]	1 [0-3]
Coffee	0 [0-0]	1 [1-2]
Milk	0 [0-0]	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 [0-1]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 34 (23.4%) 5831 (29.2%)

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

Sweet snacks	16 (47.1%)	1820 (31.2%)
Salty snacks	16 (47.1%)	645 (11.1%)
Homemade food	1 (2.9%)	896 (15.4%)
Fruits	9 (26.5%)	2357 (40.4%)
Dairy products	2 (5.9%)	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	2 (5.9%)	347 (6.0%)
Other	4 (11.8%)	795 (13.6%)

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

Increased	17 (10.8%)	3329 (13.8%)
Decreased	83 (52.5%)	6808 (28.2%)
Stayed the same	48 (30.4%)	9055 (37.5%)
I do not know	7 (4.4%)	1479 (6.1%)
Missing	3 (1.9%)	3506 (14.5%)

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

Stronger than at admission	89 (56.3%)	10558 (43.7%)
Weaker than at admission	24 (15.2%)	4610 (19.1%)
Same as at admission	40 (25.3%)	6833 (28.3%)
I was admitted today	2 (1.3%)	576 (2.4%)
I do not know	3 (1.9%)	1178 (4.9%)
Missing	-	422 (1.7%)

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

Yes	94 (59.5%)	14229 (58.9%)
No, only with assistance	29 (18.4%)	5989 (24.8%)
No, I stay in bed	22 (13.9%)	2912 (12.0%)
Missing	13 (8.2%)	1047 (4.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	96 (61.5%)	13801 (65.2%)
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	YOUR RESULTS	REFERENCE RESULTS
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	23 (14.6%)	-
No	83 (52.5%)	-
I do not know	22 (13.9%)	-
Missing	30 (19.0%)	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	22 (13.9%)	-
3-6 months	4 (2.5%)	-
6-12 months	2 (1.3%)	-
>1 year	-	-
never	61 (38.6%)	-
I do not know	38 (24.1%)	-
Missing	31 (19.6%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	24 (15.2%)	-
No	84 (53.2%)	-
I do not know	19 (12.0%)	-
Missing	31 (19.6%)	-