



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>4</b>
<b>Number of participated units:</b>	<b>6</b>
<b>Number of patients:</b>	<b>165</b>
<b>Number of patients who gave consent:</b>	<b>165</b>
<b>Number of patients completing Sheet 3a:</b>	<b>163</b>
<b>Number of patients completing Sheet 3b:</b>	<b>163</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>140</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>	273 [189-388]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	7305 [3338-15327]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	191 [142-325]	186 [90-417]
Medical specialists	101 [71-163]	124 [54-273]
Medical non-specialists	90 [71-162]	45 [19-116]
Nurses	334 [254-417]	440 [208-910]
Dieticians	2 [1-4]	5 [1-10]
Nutritionists	6 [5-8]	1 [0-5]
Pharmacists	3 [2-6]	8 [4-24]
Kitchen staff	37 [22-55]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	39 [27-106]	175 [76-394]
Medical specialists	50 [31-69]	121 [50-274]
Medical non-specialists	57 [42-71]	45 [18-138]
Nurses	231 [209-254]	380 [198-793]
Dieticians	3 [1-4]	5 [2-8]
Nutritionists	5 [4-6]	1 [0-3]
Pharmacists	2 [2-3]	7 [4-20]
Kitchen staff	42 [29-56]	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (50.0%) Yes	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (50.0%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	-	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	1 (25.0%) Yes	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	-	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (75.0%) Yes	415 (76.4%) Yes
None	1 (25.0%) 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	2 (50.0%) Yes	296 (54.5%) Yes

Oral nutrition supplements	2 (50.0%) Yes	219 (40.3%) Yes
Parenteral nutrition	2 (50.0%) Yes	349 (64.3%) Yes
Enteral nutrition	1 (25.0%) Yes	327 (60.2%) Yes
Dietary counseling	-	232 (42.7%) Yes
Specific dietary interventions	1 (25.0%) Yes	178 (32.8%) Yes
Screening for malnutrition	-	195 (35.9%) Yes
Risk of malnutrition	-	160 (29.5%) Yes
Malnutrition (in general)	-	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	251 (46.2%) Yes
No information available from billing/finance/controlling	2 (50.0%) Yes	104 (19.2%) Yes
No answer given	-	-

### Codes routinely used

Nutrition Support	2 (50.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	2 (50.0%) Yes	200 (36.8%) Yes
Parenteral nutrition	2 (50.0%) Yes	326 (60.0%) Yes
Enteral nutrition	1 (25.0%) Yes	310 (57.1%) Yes
Dietary counseling	-	208 (38.3%) Yes
Specific dietary interventions	1 (25.0%) Yes	160 (29.5%) Yes
Screening for malnutrition	-	162 (29.8%) Yes
Risk of malnutrition	1 (25.0%) Yes	138 (25.4%) Yes
Malnutrition (in general)	1 (25.0%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	1 (25.0%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	4 (66.7%)	20.5%
Internal Medicine / Cardiology	-	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)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	2 (33.3%)	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>	26 [24-28]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	42 [37-50]	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	3 [1-17]	3 [2-7]
Nurses	3 [2-8]	4 [3-7]
Nursing aides	4 [3-4]	2 [1-3]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	2 [2-3]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	4 [2-4]	1 [0-3]
<b>In training</b>		
Medical doctors	2 [2-3]	1 [0-3]
Medical students	2 [1-2]	0 [0-2]
Nurses	0 [0-0]	1 [0-2]

Nursing aides	0 [0-0]	0 [0-1]
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?** 1 (16.7%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 4 (66.7%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 6 (100%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 6 (100%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 3 (50.0%) Yes 662 (57.6%) Yes

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

#### At admission

No routine screening	1 (16.7%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	-	85 (6.3%) Yes
Weighing / BMI only	2 (33.3%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	3 (50.0%) 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	-	64 (4.8%)

#### During hospital stay

No routine monitoring	1 (16.7%) Yes	120 (8.9%) Yes
No fixed criteria	1 (16.7%) Yes	101 (7.5%) Yes
Experience / visual assessment only	-	212 (15.8%) Yes
Weighing / BMI only	3 (50.0%) Yes	438 (32.5%) Yes
Other formal tool	1 (16.7%) Yes	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	-	64 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 6 (100%) Yes 954 (85.2%) Yes

<b>11b. If yes, which one is mainly used?</b>			
International guidelines	4 (66.7%)	Yes	266 (27.9%)
National guidelines	-		148 (15.5%)
Standards on hospital level	2 (33.3%)	Yes	355 (37.2%)
Standards on unit level	-		58 (6.1%)
Individual patient nutrition care plans	-		111 (11.6%)
Other	-		8 (0.84%)
Missing	-		8 (0.84%)

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

### At risk

Watchful waiting	1 (16.7%)	Yes	355 (26.4%)
Discuss nutrition care activities during ward rounds	2 (33.3%)	Yes	572 (42.5%)
Develop an individual nutrition care plan	3 (50.0%)	Yes	675 (50.1%)
Initiate treatment / nutrition intervention	3 (50.0%)	Yes	739 (54.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%)	Yes	739 (54.9%)
Consult a medical professional	1 (16.7%)	Yes	472 (35.1%)
Calculate energy requirements	4 (66.7%)	Yes	593 (44.1%)
Calculate protein requirements	4 (66.7%)	Yes	574 (42.6%)

### Malnourished

Watchful waiting	1 (16.7%)	Yes	252 (18.7%)
Discuss nutrition care activities during ward rounds	-		614 (45.6%)
Develop an individual nutrition care plan	3 (50.0%)	Yes	739 (54.9%)
Initiate treatment / nutrition intervention	3 (50.0%)	Yes	797 (59.2%)
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (66.7%)	Yes	729 (54.2%)
Consult a medical professional	1 (16.7%)	Yes	540 (40.1%)
Calculate energy requirements	4 (66.7%)	Yes	686 (51.0%)
Calculate protein requirements	4 (66.7%)	Yes	670 (49.8%)

### Every patient

Watchful waiting	6 (100%)	Yes	668 (49.6%)
Discuss nutrition care activities during ward rounds	1 (16.7%)	Yes	331 (24.6%)
Develop an individual nutrition care plan	1 (16.7%)	Yes	220 (16.3%)
Initiate treatment / nutrition intervention	1 (16.7%)	Yes	173 (12.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-		256 (19.0%)
Consult a medical professional	6 (100%)	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	3 (50.0%) 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	-	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	-	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	-	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	3 (50.0%) Yes	878 (65.2%) Yes
Within 24 hours	1 (16.7%) Yes	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	-	631 (46.9%) Yes
Occasionally	2 (33.3%) Yes	153 (11.4%) Yes
When requested	3 (50.0%) Yes	707 (52.5%) Yes
At discharge	-	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	4 (66.7%) Yes	1043 (77.5%) Yes
Offer meal choices	1 (16.7%) Yes	989 (73.5%) Yes
Offer different portion sizes	1 (16.7%) Yes	900 (66.9%) Yes
Consider food presentation	1 (16.7%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	6 (100%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	6 (100%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	399 (29.6%) Yes
Promote positive eating environment	1 (16.7%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	3 (50.0%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	4 (66.7%) Yes	1163 (86.4%) Yes
Other	-	101 (7.5%) Yes

I do not know	-	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	3 (50.0%)	Yes	772 (57.4%)	Yes
Reporting of nutrition related information to hospital managers	2 (33.3%)	Yes	544 (40.4%)	Yes
Quality indicators are recorded and reported to national or regional level	2 (33.3%)	Yes	422 (31.4%)	Yes
Quality indicators are used for internal benchmarking	-		494 (36.7%)	Yes
Patient feedback about food and food service is collected using a questionnaire	3 (50.0%)	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	3 (50.0%)	Yes	985 (73.2%)	Yes
Eating habits/difficulties	2 (33.3%)	Yes	932 (69.2%)	Yes
Nutrition before admission	3 (50.0%)	Yes	746 (55.4%)	Yes
None	-		20 (1.5%)	Yes
I do not know	-		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	4 (66.7%)	Yes	965 (71.7%)	Yes
nutrition treatment	5 (83.3%)	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	3 (50.0%)	Yes	573 (42.6%)	Yes
makes future nutrition-related recommendations	3 (50.0%)	Yes	775 (57.6%)	Yes
None	-		112 (8.3%)	Yes
I do not know	-		136 (10.1%)	Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	2 (33.3%)	Yes	475 (44.9%)	Yes
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### 19. Who filled in this sheet?

Head staff	2 (33.3%)	Yes	369 (27.4%)	Yes
Dietician	4 (66.7%)	Yes	641 (47.6%)	Yes
Nurse	2 (33.3%)	Yes	339 (25.2%)	Yes



Physician	3 (50.0%) Yes	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	2 (33.3%) 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	165	24938
Age	53 [37-69]	67 [52-79]
Female	77 (46.7%)	12350 (49.5%)
Weight	63.6±16.3	70.6±18.8
Height	160±9	166±10
BMI	24.9±5.6	25.6±5.9

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

planned	19 (11.5%)	8897 (35.7%)
an emergency	146 (88.5%)	14095 (56.5%)
I do not know	-	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	13 (7.9%)	2401 (9.6%)
0200 Neoplasms	37 (22.4%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	8 (4.8%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	30 (18.2%)	3135 (12.6%)
0500 Mental health	-	1229 (4.9%)
0600 Nervous system	10 (6.1%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	17 (10.3%)	5456 (21.9%)
1000 Respiratory system	6 (3.6%)	3828 (15.4%)
1100 Digestive system	20 (12.1%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	13 (7.9%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	14 (8.5%)	4086 (16.4%)
1400 Genitourinary system	15 (9.1%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	-	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	5 (3.0%)	1374 (5.5%)
1900 Injury, poisoning	6 (3.6%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	9 (5.5%)	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	13 (8.0%)	4815 (20.0%)
Myocardial infarction	3 (1.9%)	1295 (5.4%)
Chronic lung disease	3 (1.8%)	3095 (12.9%)
Cerebral vascular disease	5 (3.1%)	2104 (8.8%)
Peripheral vascular disease	2 (1.2%)	2576 (10.7%)
Chronic liver disease	8 (4.9%)	1387 (5.8%)
Chronic kidney disease	20 (12.2%)	2780 (11.6%)
Diabetes	45 (27.3%)	5493 (22.8%)
Cancer	18 (11.3%)	5291 (22.0%)
Infection	31 (19.0%)	3401 (14.2%)
Dementia	-	1201 (5.0%)
Major depressive disorder	-	1146 (4.8%)
Other chronic mental disorder	-	1129 (4.7%)
Other chronic disease	33 (20.4%)	6182 (25.7%)
None	51 (30.9%)	4918 (19.7%)

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

Yes, planned	14 (8.5%)	4588 (18.4%)
Yes, acute	10 (6.1%)	1540 (6.2%)
No	137 (83.0%)	15619 (62.6%)
I do not know	1 (0.61%)	235 (0.94%)
Missing	3 (1.8%)	2956 (11.9%)

Days since operation	2 [0-20]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	44 (26.7%)	1928 (7.7%)
Yes, later	35 (21.2%)	1364 (5.5%)
No	82 (49.7%)	17466 (70.0%)
I do not know	2 (1.2%)	777 (3.1%)
Missing	2 (1.2%)	3403 (13.6%)

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

8 (4.8%)	2367 (10.6%)
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#### 6. Is this patient terminally ill?

28 (17.0%)	1518 (6.1%)
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#### 7. Fluid status

Normal	138 (83.6%)	19053 (76.4%)
Overloaded	4 (2.4%)	1296 (5.2%)
Dehydrated	20 (12.1%)	1231 (4.9%)
I do not know	3 (1.8%)	3358 (13.5%)
Missing	-	-

**8. Number of different medications planned**

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

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

Malnourished	20 (12.1%)	3162 (12.7%)
At risk	28 (17.0%)	4616 (18.5%)
No	93 (56.4%)	15318 (61.4%)
I do not know	24 (14.5%)	1842 (7.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	71 (43.0%)	8176 (32.8%)
5% Glucose solution	11 (6.7%)	2128 (8.5%)

**11. Number of ONS drinks planned**

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

Regular hospital food	101 (61.2%)	15131 (60.7%)
Fortified/enriched hospital food	10 (6.1%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	41 (24.8%)	4070 (16.3%)
Enteral nutrition	5 (3.0%)	1106 (4.4%)
Parenteral nutrition	1 (0.61%)	1022 (4.1%)
Special diet	48 (29.1%)	7501 (30.1%)
None	7 (4.2%)	982 (3.9%)

**13a. All lines and Tubes**

Central Venous	3 (1.8%)	2136 (9.6%)
Peripheral venous access	112 (67.9%)	11129 (49.9%)
Nasogastric	2 (1.2%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.61%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	50 (30.3%)	11685 (46.9%)

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

Yes, previously	-	352 (1.4%)
Yes, ongoing	-	210 (0.84%)
No	144 (87.3%)	18650 (74.8%)
I do not know	16 (9.7%)	2030 (8.1%)
Missing	5 (3.0%)	3696 (14.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	35 (21.2%)	8591 (38.5%)
Protein requirements were determined	35 (21.2%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	23 (13.9%)	9521 (42.7%)
Nutrition treatment plan was developed	35 (21.2%)	8177 (36.6%)
Nutrition expert was consulted	34 (20.6%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	33 (20.0%)	7448 (33.4%)
None	-	-

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

< 500 kcal	-	783 (3.1%)
500-999 kcal	1 (0.61%)	194 (0.78%)
1000-1499 kcal	41 (24.8%)	1956 (7.8%)
1500-1999 kcal	34 (20.6%)	7632 (30.6%)
>=2000 kcal	5 (3.0%)	2380 (9.5%)
Not determined	84 (50.9%)	7419 (29.7%)
I do not know	-	1959 (7.9%)
Missing	-	2615 (10.5%)

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

< 500 kcal	8 (4.8%)	1316 (5.3%)
500-999 kcal	14 (8.5%)	938 (3.8%)
1000-1499 kcal	53 (32.1%)	2996 (12.0%)
1500-1999 kcal	21 (12.7%)	5568 (22.3%)
>=2000 kcal	1 (0.61%)	1218 (4.9%)
Not determined	67 (40.6%)	7394 (29.6%)
I do not know	1 (0.61%)	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	77 (46.7%)	11443 (45.9%)
Deteriorated	20 (12.1%)	1219 (4.9%)
Remained the same	33 (20.0%)	6079 (24.4%)
This patient has just been admitted	24 (14.5%)	1466 (5.9%)
I do not know	11 (6.7%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	23 [14-31]	12 [6-23]
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#### **Outcome Code**

1= Still in the hospital	26 (15.8%)	2515 (10.1%)
2= Transferred to another hospital	8 (4.8%)	534 (2.1%)
3= Transferred to long term care	4 (2.4%)	1049 (4.2%)

4= Rehabilitation	4 (2.4%)	871 (3.5%)
5= Discharged home	84 (50.9%)	18594 (74.6%)
6= Death	10 (6.1%)	785 (3.1%)
7= Others	4 (2.4%)	410 (1.6%)
Missing	25 (15.2%)	180 (0.72%)

#### Readmitted since ND

1= No	89 (80.9%)	16760 (76.8%)
2= Yes, same hospital planned	5 (4.5%)	1458 (6.7%)
3= Yes, same hospital unplanned	4 (3.6%)	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	12 (10.9%)	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	104 (63.8%)	15402 (63.5%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	1 (0.61%)	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	30 (18.4%)	3626 (14.9%)
I avoid carbohydrates	12 (7.4%)	1383 (5.7%)
I eat a low fat-diet	14 (8.6%)	2463 (10.2%)
I am lactose intolerant	10 (6.1%)	809 (3.3%)
Other special diet due to intolerances/allergies	3 (1.8%)	416 (1.7%)
Other	16 (9.8%)	1608 (6.6%)
No answer given	-	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	149 (91.4%)	19123 (78.8%)
In a nursing home or other live-in facility	1 (0.61%)	762 (3.1%)
I was transferred from another hospital	5 (3.1%)	1370 (5.6%)
Other	8 (4.9%)	330 (1.4%)
Missing	-	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	105 (64.4%)	13831 (57.0%)
Yes, with someone's help	17 (10.4%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	9 (5.5%)	3228 (13.3%)
No, I have a wheelchair	17 (10.4%)	852 (3.5%)
No, I am bedridden	15 (9.2%)	1317 (5.4%)
Missing	-	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	9 (5.5%)	1712 (7.1%)
Good	63 (38.7%)	7821 (32.2%)
Fair	77 (47.2%)	8148 (33.6%)
Poor	11 (6.7%)	3099 (12.8%)
Very poor	1 (0.61%)	710 (2.9%)
Missing	2 (1.2%)	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 [0-4]	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?	6 [2-13]	6 [0-16]
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#### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	63 (38.7%)	4416 (18.2%)
3-5	42 (25.8%)	5773 (23.8%)
More than 5	13 (8.0%)	6835 (28.2%)
None	37 (22.7%)	3630 (15.0%)
I do not know	8 (4.9%)	820 (3.4%)
Missing	-	2785 (11.5%)

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

Yes, private insurance only	45 (27.6%)	3823 (15.8%)
Yes, public insurance only	4 (2.5%)	11203 (46.2%)
Yes, both	7 (4.3%)	2662 (11.0%)
None	105 (64.4%)	2485 (10.2%)
I prefer not to answer	1 (0.61%)	986 (4.1%)
Missing	1 (0.61%)	3100 (12.8%)

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

	67 [60-80]	72 [62-85]
I do not know	52 (31.9%)	5440 (22.4%)

#### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	14 (8.6%)	2202 (9.1%)
Yes, unintentionally	82 (50.3%)	9411 (38.8%)
No, my weight stayed the same	39 (23.9%)	7247 (29.9%)
No, I gained weight	12 (7.4%)	2760 (11.4%)
I do not know	11 (6.7%)	2195 (9.0%)
Missing	5 (3.1%)	444 (1.8%)

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

	9 [5-14]	6 [4-10]
I do not know	31 (32.3%)	1851 (15.9%)

#### 10. Did you know about your hospitalisation two days before admission? (Yes)

	46 (29.5%)	8227 (39.7%)
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#### 11. Please indicate if you ...

... were weighed at admission	22 (13.6%)	12540 (58.3%)
... were informed about your nutrition status	13 (8.0%)	7803 (36.5%)
... were informed about nutrition care options	6 (3.7%)	7174 (33.6%)
... received special nutrition care	19 (11.7%)	6955 (32.7%)

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

More than normal	14 (8.6%)	1099 (4.5%)
Normal	87 (53.4%)	14509 (60.0%)



About 3/4 of normal	20 (12.3%)	2651 (11.0%)
About half of normal	23 (14.1%)	3062 (12.7%)
About a quarter to nearly nothing	19 (11.7%)	2263 (9.4%)
I do not know	-	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	57 (35.0%)	5394 (22.3%)
Somewhat satisfied	51 (31.3%)	7204 (29.8%)
Neutral	26 (16.0%)	4214 (17.4%)
Dissatisfied	18 (11.0%)	1854 (7.7%)
Very dissatisfied	5 (3.1%)	673 (2.8%)
I do not know	6 (3.7%)	1694 (7.0%)
Missing	-	3144 (13.0%)

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

Yes, from family or friends	11 (6.7%)	2177 (9.0%)
Yes, from hospital staff	9 (5.5%)	1475 (6.1%)
No	142 (87.1%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	1 (0.61%)	3413 (14.1%)

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

137 (84.0%) 15256 (74.7%)

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

About all	83 (50.9%)	11133 (46.0%)
1/2	45 (27.6%)	6143 (25.4%)
1/4	24 (14.7%)	3103 (12.8%)
Nothing	10 (6.1%)	2802 (11.6%)
Missing	1 (0.61%)	996 (4.1%)

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

Standard	113 (69.3%)	13732 (56.8%)
Smaller	18 (11.0%)	2093 (8.7%)
Larger	10 (6.1%)	1046 (4.3%)
I do not know	11 (6.7%)	2302 (9.5%)
Missing	11 (6.7%)	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	21 (26.6%)	1945 (16.1%)
I did not like the smell/taste of the food	10 (12.7%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	5 (6.3%)	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	7 (8.9%)	281 (2.3%)
Due to food allergy/intolerance	4 (5.1%)	105 (0.87%)
I was not hungry at that time	17 (21.5%)	1991 (16.5%)
I do not have my usual appetite	24 (30.4%)	3586 (29.8%)
I have problems chewing/swallowing	10 (12.7%)	716 (5.9%)
I normally eat less than what was served	4 (5.1%)	1383 (11.5%)
I had nausea/vomiting	10 (12.7%)	984 (8.2%)
I was too tired	3 (3.8%)	740 (6.1%)
I cannot eat without help	4 (5.1%)	191 (1.6%)
I was not allowed to eat	5 (6.3%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	5 (6.3%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	4 (5.1%)	1823 (15.1%)

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

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

**19a. Did you eat any food apart from hospital food TODAY?** 31 (22.3%) 5831 (29.2%)

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

Sweet snacks	5 (16.1%)	1820 (31.2%)
Salty snacks	6 (19.4%)	645 (11.1%)
Homemade food	6 (19.4%)	896 (15.4%)
Fruits	12 (38.7%)	2357 (40.4%)
Dairy products	2 (6.5%)	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	3 (9.7%)	347 (6.0%)
Other	5 (16.1%)	795 (13.6%)

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

Increased	27 (16.6%)	3329 (13.8%)
Decreased	70 (42.9%)	6808 (28.2%)
Stayed the same	58 (35.6%)	9055 (37.5%)
I do not know	1 (0.61%)	1479 (6.1%)
Missing	7 (4.3%)	3506 (14.5%)

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

Stronger than at admission	81 (49.7%)	10558 (43.7%)
Weaker than at admission	39 (23.9%)	4610 (19.1%)
Same as at admission	40 (24.5%)	6833 (28.3%)
I was admitted today	-	576 (2.4%)
I do not know	2 (1.2%)	1178 (4.9%)
Missing	1 (0.61%)	422 (1.7%)

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

Yes	104 (63.8%)	14229 (58.9%)
No, only with assistance	26 (16.0%)	5989 (24.8%)
No, I stay in bed	33 (20.2%)	2912 (12.0%)
Missing	-	1047 (4.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	161 (99.4%)	13801 (65.2%)
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	YOUR RESULTS	REFERENCE RESULTS
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	3 (1.8%)	-
No	123 (74.5%)	-
I do not know	39 (23.6%)	-
Missing	-	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	-	-
3-6 months	2 (1.2%)	-
6-12 months	-	-
>1 year	1 (0.61%)	-
never	83 (50.3%)	-
I do not know	78 (47.3%)	-
Missing	1 (0.61%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	3 (1.8%)	-
No	130 (78.8%)	-
I do not know	32 (19.4%)	-
Missing	-	-