



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>1</b>
<b>Number of participated units:</b>	<b>9</b>
<b>Number of patients:</b>	<b>109</b>
<b>Number of patients who gave consent:</b>	<b>108</b>
<b>Number of patients completing Sheet 3a:</b>	<b>91</b>
<b>Number of patients completing Sheet 3b:</b>	<b>90</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>106</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>	1173 [1173-1173]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	85369 [85369-85369]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	2458 [2458-2458]	186 [90-417]
Medical specialists	1470 [1470-1470]	124 [54-273]
Medical non-specialists	988 [988-988]	45 [19-116]
Nurses	4274 [4274-4274]	440 [208-910]
Dieticians	57 [57-57]	5 [1-10]
Nutritionists	-	1 [0-5]
Pharmacists	-	8 [4-24]
Kitchen staff	40 [40-40]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	-	175 [76-394]
Medical specialists	-	121 [50-274]
Medical non-specialists	-	45 [18-138]
Nurses	-	380 [198-793]
Dieticians	-	5 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	7 [4-20]
Kitchen staff	-	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	Yes	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	Yes	391 (72.0%) Yes
Nutrition steering committee is available	Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	Yes	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	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	Yes	296 (54.5%) Yes

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

### Codes routinely used

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

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (11.1%)	20.5%
Internal Medicine / Cardiology	1 (11.1%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	1 (11.1%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	3 (33.3%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	2 (22.2%)	4.0%
Surgery / General	-	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (11.1%)	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>	12 [11-15]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	16 [15-18]	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	4 [3-4]	3 [2-7]
Nurses	4 [4-6]	4 [3-7]
Nursing aides	5 [3-5]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-2]	0 [0-1]
Administrative staff	3 [2-5]	1 [0-1]
Other staff involved in patient care	4 [3-4]	1 [0-3]
<b>In training</b>		
Medical doctors	3 [2-3]	1 [0-3]
Medical students	-	0 [0-2]
Nurses	2 [1-2]	1 [0-2]

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

**5. Is there a nutrition support team in your hospital available?** 8 (88.9%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 9 (100%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 9 (100%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 9 (100%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 1 (11.1%) Yes 662 (57.6%) Yes

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

#### At admission

No routine screening	-	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	-	85 (6.3%) Yes
Weighing / BMI only	-	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	6 (66.7%) 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	3 (33.3%) Yes	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

#### During hospital stay

No routine monitoring	-	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	1 (11.1%) Yes	212 (15.8%) Yes
Weighing / BMI only	2 (22.2%) Yes	438 (32.5%) Yes
Other formal tool	6 (66.7%) 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?** 9 (100%) Yes 954 (85.2%) Yes

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

International guidelines	1 (11.1%) Yes	266 (27.9%) Yes
National guidelines	5 (55.6%) Yes	148 (15.5%) Yes
Standards on hospital level	-	355 (37.2%) Yes
Standards on unit level	1 (11.1%) Yes	58 (6.1%) Yes
Individual patient nutrition care plans	2 (22.2%) Yes	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	3 (33.3%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	6 (66.7%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	7 (77.8%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	8 (88.9%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (100%) Yes	739 (54.9%) Yes
Consult a medical professional	8 (88.9%) Yes	472 (35.1%) Yes
Calculate energy requirements	8 (88.9%) Yes	593 (44.1%) Yes
Calculate protein requirements	8 (88.9%) Yes	574 (42.6%) Yes

**Malnourished**

Watchful waiting	3 (33.3%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	6 (66.7%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	7 (77.8%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	8 (88.9%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (100%) Yes	729 (54.2%) Yes
Consult a medical professional	7 (77.8%) Yes	540 (40.1%) Yes
Calculate energy requirements	9 (100%) Yes	686 (51.0%) Yes
Calculate protein requirements	7 (77.8%) Yes	670 (49.8%) Yes

**Every patient**

Watchful waiting	2 (22.2%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	4 (44.4%) Yes	331 (24.6%) Yes
Develop an individual nutrition care plan	1 (11.1%) Yes	220 (16.3%) Yes
Initiate treatment / nutrition intervention	2 (22.2%) Yes	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	256 (19.0%) Yes
Consult a medical professional	-	267 (19.8%) Yes
Calculate energy requirements	1 (11.1%) Yes	166 (12.3%) Yes
Calculate protein requirements	1 (11.1%) Yes	148 (11.0%) Yes

**Never**

Watchful waiting	4 (44.4%) Yes	95 (7.1%) Yes
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Discuss nutrition care activities during ward rounds	-	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	1 (11.1%) Yes	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 (11.1%) Yes	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	8 (88.9%) Yes	878 (65.2%) Yes
Within 24 hours	3 (33.3%) Yes	203 (15.1%) Yes
Within 48 hours	1 (11.1%) Yes	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	6 (66.7%) Yes	631 (46.9%) Yes
Occasionally	-	153 (11.4%) Yes
When requested	5 (55.6%) Yes	707 (52.5%) Yes
At discharge	1 (11.1%) 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	9 (100%) Yes	1043 (77.5%) Yes
Offer meal choices	7 (77.8%) Yes	989 (73.5%) Yes
Offer different portion sizes	8 (88.9%) Yes	900 (66.9%) Yes
Consider food presentation	7 (77.8%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	9 (100%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	9 (100%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (33.3%) Yes	399 (29.6%) Yes
Promote positive eating environment	5 (55.6%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	9 (100%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	7 (77.8%) Yes	1163 (86.4%) Yes
Other	1 (11.1%) Yes	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	8 (88.9%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	3 (33.3%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	3 (33.3%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	4 (44.4%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (44.4%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	1 (11.1%) Yes	59 (4.4%) Yes
No answer given	-	196 (14.6%)

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

Change in weight	7 (77.8%) Yes	985 (73.2%) Yes
Eating habits/difficulties	9 (100%) Yes	932 (69.2%) Yes
Nutrition before admission	8 (88.9%) 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	9 (100%) Yes	965 (71.7%) Yes
nutrition treatment	8 (88.9%) 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 (66.7%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	4 (44.4%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	3 (33.3%) Yes	136 (10.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	5 (62.5%) Yes	475 (44.9%) Yes
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### 19. Who filled in this sheet?

Head staff	2 (22.2%) Yes	369 (27.4%) Yes
Dietician	2 (22.2%) Yes	641 (47.6%) Yes
Nurse	6 (66.7%) Yes	339 (25.2%) Yes



Physician	-	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	7 (77.8%) 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	108	24938
Age	72 [60-83]	67 [52-79]
Female	52 (48.1%)	12350 (49.5%)
Weight	74.2±20.0	70.6±18.8
Height	170±9	166±10
BMI	25.6±6.2	25.6±5.9

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

planned	10 (9.3%)	8897 (35.7%)
an emergency	94 (87.0%)	14095 (56.5%)
I do not know	4 (3.7%)	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	12 (11.1%)	2401 (9.6%)
0200 Neoplasms	26 (24.1%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	12 (11.1%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	19 (17.6%)	3135 (12.6%)
0500 Mental health	4 (3.7%)	1229 (4.9%)
0600 Nervous system	23 (21.3%)	2384 (9.6%)
0700 Eye and adnexa	1 (0.93%)	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	39 (36.1%)	5456 (21.9%)
1000 Respiratory system	20 (18.5%)	3828 (15.4%)
1100 Digestive system	3 (2.8%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	4 (3.7%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	3 (2.8%)	4086 (16.4%)
1400 Genitourinary system	7 (6.5%)	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	14 (13.0%)	1374 (5.5%)
1900 Injury, poisoning	4 (3.7%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.93%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	9 (8.3%)	967 (3.9%)
No answer given	-	-

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

Cardiac insufficiency	31 (29.0%)	4815 (20.0%)
Myocardial infarction	19 (17.6%)	1295 (5.4%)
Chronic lung disease	20 (18.7%)	3095 (12.9%)
Cerebral vascular disease	21 (19.4%)	2104 (8.8%)
Peripheral vascular disease	12 (11.1%)	2576 (10.7%)
Chronic liver disease	2 (1.9%)	1387 (5.8%)
Chronic kidney disease	7 (6.5%)	2780 (11.6%)
Diabetes	30 (27.8%)	5493 (22.8%)
Cancer	52 (48.1%)	5291 (22.0%)
Infection	16 (15.0%)	3401 (14.2%)
Dementia	5 (4.6%)	1201 (5.0%)
Major depressive disorder	5 (4.6%)	1146 (4.8%)
Other chronic mental disorder	7 (6.5%)	1129 (4.7%)
Other chronic disease	37 (34.9%)	6182 (25.7%)
None	4 (3.7%)	4918 (19.7%)

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

Yes, planned	6 (5.6%)	4588 (18.4%)
Yes, acute	5 (4.6%)	1540 (6.2%)
No	97 (89.8%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	-	2956 (11.9%)

Days since operation	5 [1-15]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	1 (0.93%)	1928 (7.7%)
Yes, later	5 (4.6%)	1364 (5.5%)
No	102 (94.4%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	-	3403 (13.6%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	6 (5.6%)	2367 (10.6%)
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<b>6. Is this patient terminally ill?</b>	77 (71.3%)	1518 (6.1%)
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#### 7. Fluid status

Normal	69 (63.9%)	19053 (76.4%)
Overloaded	2 (1.9%)	1296 (5.2%)
Dehydrated	16 (14.8%)	1231 (4.9%)
I do not know	21 (19.4%)	3358 (13.5%)
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	15 (13.9%)	3162 (12.7%)
At risk	47 (43.5%)	4616 (18.5%)
No	35 (32.4%)	15318 (61.4%)
I do not know	11 (10.2%)	1842 (7.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	10 (9.3%)	8176 (32.8%)
5% Glucose solution	5 (4.6%)	2128 (8.5%)

**11. Number of ONS drinks planned**

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

Regular hospital food	78 (72.2%)	15131 (60.7%)
Fortified/enriched hospital food	20 (18.5%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	30 (27.8%)	4070 (16.3%)
Enteral nutrition	2 (1.9%)	1106 (4.4%)
Parenteral nutrition	11 (10.2%)	1022 (4.1%)
Special diet	12 (11.1%)	7501 (30.1%)
None	-	982 (3.9%)

**13a. All lines and Tubes**

Central Venous	27 (25.0%)	2136 (9.6%)
Peripheral venous access	68 (63.0%)	11129 (49.9%)
Nasogastric	1 (0.93%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	-	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	17 (15.7%)	11685 (46.9%)

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

Yes, previously	3 (2.8%)	352 (1.4%)
Yes, ongoing	2 (1.9%)	210 (0.84%)
No	90 (83.3%)	18650 (74.8%)
I do not know	11 (10.2%)	2030 (8.1%)
Missing	2 (1.9%)	3696 (14.8%)

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

Energy requirements were determined	37 (34.3%)	8591 (38.5%)
Protein requirements were determined	32 (29.6%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	58 (53.7%)	9521 (42.7%)
Nutrition treatment plan was developed	41 (38.0%)	8177 (36.6%)
Nutrition expert was consulted	24 (22.2%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	42 (38.9%)	7448 (33.4%)
None	-	-

**15a. Energy goal**

< 500 kcal	-	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	11 (10.2%)	1956 (7.8%)
1500-1999 kcal	18 (16.7%)	7632 (30.6%)
>=2000 kcal	19 (17.6%)	2380 (9.5%)
Not determined	50 (46.3%)	7419 (29.7%)
I do not know	10 (9.3%)	1959 (7.9%)
Missing	-	2615 (10.5%)

**15b. Energy intake**

< 500 kcal	8 (7.4%)	1316 (5.3%)
500-999 kcal	5 (4.6%)	938 (3.8%)
1000-1499 kcal	6 (5.6%)	2996 (12.0%)
1500-1999 kcal	8 (7.4%)	5568 (22.3%)
>=2000 kcal	10 (9.3%)	1218 (4.9%)
Not determined	44 (40.7%)	7394 (29.6%)
I do not know	27 (25.0%)	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	41 (38.0%)	11443 (45.9%)
Deteriorated	14 (13.0%)	1219 (4.9%)
Remained the same	29 (26.9%)	6079 (24.4%)
This patient has just been admitted	19 (17.6%)	1466 (5.9%)
I do not know	5 (4.6%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	11 [7-22]	12 [6-23]
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**Outcome Code**

1= Still in the hospital	9 (8.3%)	2515 (10.1%)
2= Transferred to another hospital	2 (1.9%)	534 (2.1%)
3= Transferred to long term care	3 (2.8%)	1049 (4.2%)

4= Rehabilitation	7 (6.5%)	871 (3.5%)
5= Discharged home	77 (71.3%)	18594 (74.6%)
6= Death	8 (7.4%)	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	2 (1.9%)	180 (0.72%)

#### Readmitted since ND

1= No	73 (75.3%)	16760 (76.8%)
2= Yes, same hospital planned	1 (1.0%)	1458 (6.7%)
3= Yes, same hospital unplanned	18 (18.6%)	1363 (6.2%)
4= Yes, different hospital planned	3 (3.1%)	114 (0.52%)
5= Yes, different hospital unplanned	3 (3.1%)	114 (0.52%)
6= Unknown	-	481 (2.2%)
Missing	1 (1.0%)	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	70 (76.9%)	15402 (63.5%)
I am vegetarian	3 (3.3%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	3 (3.3%)	204 (0.84%)
I avoid added sugars	7 (7.7%)	3626 (14.9%)
I avoid carbohydrates	4 (4.4%)	1383 (5.7%)
I eat a low fat-diet	5 (5.5%)	2463 (10.2%)
I am lactose intolerant	7 (7.7%)	809 (3.3%)
Other special diet due to intolerances/allergies	2 (2.2%)	416 (1.7%)
Other	4 (4.4%)	1608 (6.6%)
No answer given	1 (1.1%)	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	85 (93.4%)	19123 (78.8%)
In a nursing home or other live-in facility	2 (2.2%)	762 (3.1%)
I was transferred from another hospital	3 (3.3%)	1370 (5.6%)
Other	-	330 (1.4%)
Missing	1 (1.1%)	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	53 (58.2%)	13831 (57.0%)
Yes, with someone's help	11 (12.1%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	20 (22.0%)	3228 (13.3%)
No, I have a wheelchair	6 (6.6%)	852 (3.5%)
No, I am bedridden	1 (1.1%)	1317 (5.4%)
Missing	-	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	6 (6.6%)	1712 (7.1%)
Good	31 (34.1%)	7821 (32.2%)
Fair	29 (31.9%)	8148 (33.6%)
Poor	13 (14.3%)	3099 (12.8%)
Very poor	11 (12.1%)	710 (2.9%)
Missing	1 (1.1%)	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?	5 [3-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-3]	1 [0-2]

... how many nights in total have you spent in hospital?	7 [4-15]	6 [0-16]
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#### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	12 (13.2%)	4416 (18.2%)
3-5	19 (20.9%)	5773 (23.8%)
More than 5	44 (48.4%)	6835 (28.2%)
None	12 (13.2%)	3630 (15.0%)
I do not know	3 (3.3%)	820 (3.4%)
Missing	1 (1.1%)	2785 (11.5%)

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

Yes, private insurance only	-	3823 (15.8%)
Yes, public insurance only	58 (63.7%)	11203 (46.2%)
Yes, both	17 (18.7%)	2662 (11.0%)
None	10 (11.0%)	2485 (10.2%)
I prefer not to answer	1 (1.1%)	986 (4.1%)
Missing	5 (5.5%)	3100 (12.8%)

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

	77 [67-90]	72 [62-85]
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I do not know	25 (27.5%)	5440 (22.4%)
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#### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	1 (1.1%)	2202 (9.1%)
Yes, unintentionally	58 (63.7%)	9411 (38.8%)
No, my weight stayed the same	11 (12.1%)	7247 (29.9%)
No, I gained weight	3 (3.3%)	2760 (11.4%)
I do not know	15 (16.5%)	2195 (9.0%)
Missing	3 (3.3%)	444 (1.8%)

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

	6 [3-10]	6 [4-10]
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I do not know	6 (10.2%)	1851 (15.9%)
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#### 10. Did you know about your hospitalisation two days before admission? (Yes)

	10 (11.4%)	8227 (39.7%)
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#### 11. Please indicate if you ...

... were weighed at admission	61 (67.8%)	12540 (58.3%)
... were informed about your nutrition status	25 (27.8%)	7803 (36.5%)
... were informed about nutrition care options	24 (27.0%)	7174 (33.6%)
... received special nutrition care	33 (36.7%)	6955 (32.7%)

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

More than normal	3 (3.3%)	1099 (4.5%)
Normal	54 (60.0%)	14509 (60.0%)



About 3/4 of normal	12 (13.3%)	2651 (11.0%)
About half of normal	11 (12.2%)	3062 (12.7%)
About a quarter to nearly nothing	8 (8.9%)	2263 (9.4%)
I do not know	2 (2.2%)	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	16 (17.8%)	5394 (22.3%)
Somewhat satisfied	33 (36.7%)	7204 (29.8%)
Neutral	19 (21.1%)	4214 (17.4%)
Dissatisfied	13 (14.4%)	1854 (7.7%)
Very dissatisfied	1 (1.1%)	673 (2.8%)
I do not know	8 (8.9%)	1694 (7.0%)
Missing	-	3144 (13.0%)

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

Yes, from family or friends	1 (1.1%)	2177 (9.0%)
Yes, from hospital staff	11 (12.2%)	1475 (6.1%)
No	76 (84.4%)	16830 (69.6%)
I do not know	2 (2.2%)	282 (1.2%)
Missing	-	3413 (14.1%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	64 (74.4%)	15256 (74.7%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	37 (41.1%)	11133 (46.0%)
1/2	20 (22.2%)	6143 (25.4%)
1/4	14 (15.6%)	3103 (12.8%)
Nothing	11 (12.2%)	2802 (11.6%)
Missing	8 (8.9%)	996 (4.1%)

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

Standard	46 (51.1%)	13732 (56.8%)
Smaller	23 (25.6%)	2093 (8.7%)
Larger	-	1046 (4.3%)
I do not know	7 (7.8%)	2302 (9.5%)
Missing	14 (15.6%)	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	4 (8.9%)	1945 (16.1%)
I did not like the smell/taste of the food	7 (15.6%)	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	1 (2.2%)	281 (2.3%)
Due to food allergy/intolerance	1 (2.2%)	105 (0.87%)
I was not hungry at that time	8 (17.8%)	1991 (16.5%)
I do not have my usual appetite	17 (37.8%)	3586 (29.8%)
I have problems chewing/swallowing	5 (11.1%)	716 (5.9%)
I normally eat less than what was served	7 (15.6%)	1383 (11.5%)
I had nausea/vomiting	7 (15.6%)	984 (8.2%)
I was too tired	6 (13.3%)	740 (6.1%)
I cannot eat without help	1 (2.2%)	191 (1.6%)
I was not allowed to eat	3 (6.7%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	3 (6.7%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	8 (17.8%)	1823 (15.1%)

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

Water	6 [2-8]	3 [2-6]
Tea	2 [2-2]	1 [0-3]
Coffee	2 [2-4]	1 [1-2]
Milk	2 [2-3]	1 [0-1]
Fruit juice	2 [1-3]	1 [0-2]
Soft drinks	3 [2-3]	0 [0-1]
Nutrition drink	2 [1-3]	0 [0-1]
Other	2 [2-3]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 29 (33.7%) 5831 (29.2%)

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

Sweet snacks	6 (20.7%)	1820 (31.2%)
Salty snacks	3 (10.3%)	645 (11.1%)
Homemade food	3 (10.3%)	896 (15.4%)
Fruits	7 (24.1%)	2357 (40.4%)
Dairy products	9 (31.0%)	686 (11.8%)
Food delivered/restaurant	1 (3.4%)	272 (4.7%)
Sandwich	15 (51.7%)	347 (6.0%)
Other	4 (13.8%)	795 (13.6%)

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

Increased	18 (20.0%)	3329 (13.8%)
Decreased	28 (31.1%)	6808 (28.2%)
Stayed the same	33 (36.7%)	9055 (37.5%)
I do not know	9 (10.0%)	1479 (6.1%)
Missing	2 (2.2%)	3506 (14.5%)

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

Stronger than at admission	40 (44.4%)	10558 (43.7%)
Weaker than at admission	22 (24.4%)	4610 (19.1%)
Same as at admission	22 (24.4%)	6833 (28.3%)
I was admitted today	1 (1.1%)	576 (2.4%)
I do not know	5 (5.6%)	1178 (4.9%)
Missing	-	422 (1.7%)

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

Yes	46 (51.1%)	14229 (58.9%)
No, only with assistance	39 (43.3%)	5989 (24.8%)
No, I stay in bed	3 (3.3%)	2912 (12.0%)
Missing	2 (2.2%)	1047 (4.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	52 (58.4%)	13801 (65.2%)
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	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	-	-
No	-	-
I do not know	-	-
Missing	108 (100%)	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	-	-
3-6 months	-	-
6-12 months	-	-
>1 year	-	-
never	-	-
I do not know	-	-
Missing	108 (100%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	-	-
No	-	-
I do not know	-	-
Missing	108 (100%)	-