



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Sri Lanka

Dear participant,

Thank you for participating to nutritionDay worldwide in 2021. Your country report consists of the following sample size:

Number of participated center:	7
Number of participated units:	7
Number of patients:	58
Number of patients who gave consent:	57
Number of patients completing Sheet 3a:	55
Number of patients completing Sheet 3b:	56
Number of patients with 30-day outcome assessment:	24

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

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

Part II reflects the organisation and the structure of the units.

Part III describes patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Part V COVID-19

Participate again to next year's nutritionDay in November 2022! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit www.nutritionDay.org or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	545 [392-1051]	375 [213-715]
2. Total number of admissions in the hospital last year	62592 [52370-98156]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	189 [137-276]	186 [90-417]
Medical specialists	30 [27-43]	124 [54-273]
Medical non-specialists	165 [111-235]	45 [19-116]
Nurses	315 [306-828]	440 [208-910]
Dieticians	0 [0-0]	5 [1-10]
Nutritionists	0 [0-1]	1 [0-5]
Pharmacists	19 [15-35]	8 [4-24]
Kitchen staff	10 [6-15]	32 [15-62]
Full time equivalent		
Total medical doctors	189 [166-346]	175 [76-394]
Medical specialists	30 [26-50]	121 [50-274]
Medical non-specialists	160 [125-427]	45 [18-138]
Nurses	311 [287-488]	380 [198-793]
Dieticians	0 [0-0]	5 [2-8]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	19 [16-29]	7 [4-20]
Kitchen staff	9 [6-20]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	3 (50.0%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (28.6%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	4 (57.1%) 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 (28.6%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	415 (76.4%) Yes
None	2 (28.6%) Yes	32 (5.9%) Yes
No answer given	1 (14.3%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	1 (14.3%) Yes	296 (54.5%) Yes
Oral nutrition supplements	2 (28.6%) Yes	219 (40.3%) Yes
Parenteral nutrition	2 (28.6%) Yes	349 (64.3%) Yes
Enteral nutrition	2 (28.6%) Yes	327 (60.2%) Yes
Dietary counseling	-	232 (42.7%) Yes
Specific dietary interventions	1 (14.3%) 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	4 (57.1%) Yes	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	1 (14.3%) Yes	264 (48.6%) Yes
Oral nutrition supplements	2 (28.6%) Yes	200 (36.8%) Yes
Parenteral nutrition	2 (28.6%) Yes	326 (60.0%) Yes
Enteral nutrition	2 (28.6%) Yes	310 (57.1%) Yes
Dietary counseling	-	208 (38.3%) Yes
Specific dietary interventions	-	160 (29.5%) Yes
Screening for malnutrition	-	162 (29.8%) Yes
Risk of malnutrition	-	138 (25.4%) Yes
Malnutrition (in general)	-	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	218 (40.1%) Yes
No information available from billing/finance/controlling	4 (57.1%) Yes	115 (21.2%) Yes
No answer given	-	-

II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (14.3%)	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	1 (14.3%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	5 (71.4%)	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%
2. Number of registered inpatients at noon	34 [26-41]	24 [18-31]
3. Total bed capacity of the unit	46 [33-50]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [3-5]	3 [2-7]
Nurses	6 [5-8]	4 [3-7]
Nursing aides	4 [2-5]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	0 [0-1]	1 [0-1]
Other staff involved in patient care	0 [0-3]	1 [0-3]
In training		
Medical doctors	3 [1-3]	1 [0-3]
Medical students	0 [0-6]	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? 5 (83.3%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 3 (50.0%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 3 (50.0%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 3 (42.9%) 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	3 (42.9%) Yes	101 (7.5%) Yes
No fixed criteria	1 (14.3%) Yes	13 (0.97%) Yes
Experience / visual assessment only	1 (14.3%) Yes	85 (6.3%) Yes
Weighing / BMI only	2 (28.6%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	-	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	-	120 (8.9%) Yes
No fixed criteria	1 (14.3%) Yes	101 (7.5%) Yes
Experience / visual assessment only	1 (14.3%) Yes	212 (15.8%) Yes
Weighing / BMI only	5 (71.4%) Yes	438 (32.5%) Yes
Other formal tool	-	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? 2 (33.3%) Yes 954 (85.2%) Yes

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

International guidelines	1 (50.0%) Yes	266 (27.9%) Yes
National guidelines	-	148 (15.5%) Yes
Standards on hospital level	-	355 (37.2%) Yes
Standards on unit level	-	58 (6.1%) Yes
Individual patient nutrition care plans	1 (50.0%) 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 (42.9%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	3 (42.9%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	2 (28.6%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	3 (42.9%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (57.1%) Yes	739 (54.9%) Yes
Consult a medical professional	3 (42.9%) Yes	472 (35.1%) Yes
Calculate energy requirements	3 (42.9%) Yes	593 (44.1%) Yes
Calculate protein requirements	3 (42.9%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	2 (28.6%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	5 (71.4%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	5 (71.4%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	5 (71.4%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (71.4%) Yes	729 (54.2%) Yes
Consult a medical professional	5 (71.4%) Yes	540 (40.1%) Yes
Calculate energy requirements	5 (71.4%) Yes	686 (51.0%) Yes
Calculate protein requirements	5 (71.4%) Yes	670 (49.8%) Yes

Every patient

Watchful waiting	1 (14.3%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	1 (14.3%) Yes	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.)	-	256 (19.0%) Yes
Consult a medical professional	-	267 (19.8%) Yes
Calculate energy requirements	-	166 (12.3%) Yes
Calculate protein requirements	-	148 (11.0%) Yes

Never

Watchful waiting	1 (14.3%) Yes	95 (7.1%) Yes
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	-	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 (14.3%) 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	2 (28.6%) Yes	878 (65.2%) Yes
Within 24 hours	-	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	-	153 (11.4%) Yes
When requested	6 (85.7%) 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	3 (42.9%) Yes	1043 (77.5%) Yes
Offer meal choices	-	989 (73.5%) Yes
Offer different portion sizes	1 (14.3%) Yes	900 (66.9%) Yes
Consider food presentation	-	460 (34.2%) Yes
Change food texture/consistency as needed	3 (42.9%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	6 (85.7%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (14.3%) Yes	399 (29.6%) Yes
Promote positive eating environment	1 (14.3%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	1 (14.3%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	3 (42.9%) Yes	1163 (86.4%) Yes

Other	1 (14.3%) 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	1 (14.3%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	2 (28.6%) 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 (14.3%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	805 (59.8%) Yes
None	2 (28.6%) Yes	38 (2.8%) Yes
I do not know	1 (14.3%) Yes	59 (4.4%) Yes
No answer given	1 (14.3%)	196 (14.6%)
16. At admission what is asked and documented?		
Change in weight	2 (28.6%) Yes	985 (73.2%) Yes
Eating habits/difficulties	5 (71.4%) Yes	932 (69.2%) Yes
Nutrition before admission	2 (28.6%) Yes	746 (55.4%) Yes
None	1 (14.3%) Yes	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	1 (14.3%)	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	1 (14.3%) Yes	965 (71.7%) Yes
nutrition treatment	3 (42.9%) Yes	759 (56.4%) Yes
None	3 (42.9%) Yes	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	2 (28.6%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	4 (57.1%) Yes	775 (57.6%) Yes
None	1 (14.3%) Yes	112 (8.3%) Yes
I do not know	1 (14.3%) Yes	136 (10.1%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	1 (16.7%) Yes	475 (44.9%) Yes
19. Who filled in this sheet?		
Head staff	-	369 (27.4%) Yes

Dietician	1 (14.3%) Yes	641 (47.6%) Yes
Nurse	2 (28.6%) Yes	339 (25.2%) Yes
Physician	1 (14.3%) Yes	140 (10.4%) Yes
Administrative staff	1 (14.3%) Yes	22 (1.6%) Yes
Other	2 (28.6%) 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	57	24938
Age	57 [43-70]	67 [52-79]
Female	15 (26.3%)	12350 (49.5%)
Weight	58.3±14.3	70.6±18.8
Height	158±8	166±10
BMI	23.2±5.0	25.6±5.9

1. This hospital admission was...

planned	20 (35.1%)	8897 (35.7%)
an emergency	37 (64.9%)	14095 (56.5%)
I do not know	-	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	15 (26.3%)	2401 (9.6%)
0200 Neoplasms	4 (7.0%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	1 (1.8%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	2 (3.5%)	3135 (12.6%)
0500 Mental health	1 (1.8%)	1229 (4.9%)
0600 Nervous system	5 (8.8%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	4 (7.0%)	5456 (21.9%)
1000 Respiratory system	1 (1.8%)	3828 (15.4%)
1100 Digestive system	10 (17.5%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	14 (24.6%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	9 (15.8%)	4086 (16.4%)
1400 Genitourinary system	5 (8.8%)	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	-	1374 (5.5%)
1900 Injury, poisoning	5 (8.8%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	2 (3.5%)	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	5 (9.1%)	4815 (20.0%)
Myocardial infarction	5 (9.1%)	1295 (5.4%)
Chronic lung disease	1 (1.8%)	3095 (12.9%)
Cerebral vascular disease	4 (7.3%)	2104 (8.8%)
Peripheral vascular disease	1 (1.8%)	2576 (10.7%)
Chronic liver disease	1 (1.8%)	1387 (5.8%)
Chronic kidney disease	2 (3.6%)	2780 (11.6%)
Diabetes	22 (40.0%)	5493 (22.8%)
Cancer	3 (5.5%)	5291 (22.0%)
Infection	18 (31.6%)	3401 (14.2%)
Dementia	-	1201 (5.0%)
Major depressive disorder	1 (1.8%)	1146 (4.8%)
Other chronic mental disorder	-	1129 (4.7%)
Other chronic disease	5 (9.3%)	6182 (25.7%)
None	17 (29.8%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	5 (8.8%)	4588 (18.4%)
Yes, acute	5 (8.8%)	1540 (6.2%)
No	39 (68.4%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	8 (14.0%)	2956 (11.9%)

Days since operation	4 [2-16]	4 [1-13]
----------------------	----------	----------

4b. Planned operation during this hospital stay

Yes, today or tomorrow	9 (15.8%)	1928 (7.7%)
Yes, later	9 (15.8%)	1364 (5.5%)
No	30 (52.6%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	9 (15.8%)	3403 (13.6%)

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

6 (12.2%)	2367 (10.6%)
-----------	--------------

6. Is this patient terminally ill?

1 (1.8%)	1518 (6.1%)
----------	-------------

7. Fluid status

Normal	52 (91.2%)	19053 (76.4%)
Overloaded	3 (5.3%)	1296 (5.2%)
Dehydrated	2 (3.5%)	1231 (4.9%)
I do not know	-	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	11 (19.3%)	3162 (12.7%)
At risk	15 (26.3%)	4616 (18.5%)
No	31 (54.4%)	15318 (61.4%)
I do not know	-	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	20 (35.1%)	8176 (32.8%)
5% Glucose solution	9 (15.8%)	2128 (8.5%)

11. Number of ONS drinks planned

0 [0-1] 0 [0-0]

12. Nutrition intake

Regular hospital food	28 (49.1%)	15131 (60.7%)
Fortified/enriched hospital food	13 (22.8%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	17 (29.8%)	4070 (16.3%)
Enteral nutrition	7 (12.3%)	1106 (4.4%)
Parenteral nutrition	1 (1.8%)	1022 (4.1%)
Special diet	17 (29.8%)	7501 (30.1%)
None	6 (10.5%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	1 (2.0%)	2136 (9.6%)
Peripheral venous access	37 (75.5%)	11129 (49.9%)
Nasogastric	7 (14.3%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (2.0%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	20 (35.1%)	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	48 (84.2%)	18650 (74.8%)
I do not know	-	2030 (8.1%)
Missing	9 (15.8%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	26 (53.1%)	8591 (38.5%)
Protein requirements were determined	26 (53.1%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	29 (59.2%)	9521 (42.7%)
Nutrition treatment plan was developed	26 (53.1%)	8177 (36.6%)
Nutrition expert was consulted	26 (53.1%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	26 (53.1%)	7448 (33.4%)
None	-	-

15a. Energy goal		
< 500 kcal	-	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	14 (24.6%)	1956 (7.8%)
1500-1999 kcal	17 (29.8%)	7632 (30.6%)
>=2000 kcal	4 (7.0%)	2380 (9.5%)
Not determined	12 (21.1%)	7419 (29.7%)
I do not know	2 (3.5%)	1959 (7.9%)
Missing	8 (14.0%)	2615 (10.5%)

15b. Energy intake		
< 500 kcal	3 (5.3%)	1316 (5.3%)
500-999 kcal	5 (8.8%)	938 (3.8%)
1000-1499 kcal	12 (21.1%)	2996 (12.0%)
1500-1999 kcal	14 (24.6%)	5568 (22.3%)
>=2000 kcal	2 (3.5%)	1218 (4.9%)
Not determined	11 (19.3%)	7394 (29.6%)
I do not know	2 (3.5%)	2893 (11.6%)
Missing	8 (14.0%)	2615 (10.5%)

16. Since admission, this patient's health status has...		
Improved	27 (47.4%)	11443 (45.9%)
Deteriorated	5 (8.8%)	1219 (4.9%)
Remained the same	9 (15.8%)	6079 (24.4%)
This patient has just been admitted	8 (14.0%)	1466 (5.9%)
I do not know	-	2116 (8.5%)
Missing	8 (14.0%)	2615 (10.5%)
Length of hospital stay (days)	14 [7-32]	12 [6-23]

Outcome Code		
1= Still in the hospital	8 (14.0%)	2515 (10.1%)
2= Transferred to another hospital	-	534 (2.1%)

3= Transferred to long term care	-	1049 (4.2%)
4= Rehabilitation	-	871 (3.5%)
5= Discharged home	16 (28.1%)	18594 (74.6%)
6= Death	-	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	33 (57.9%)	180 (0.72%)

Readmitted since nutritionDay

1= No	14 (87.5%)	16760 (76.8%)
2= Yes, same hospital planned	-	1458 (6.7%)
3= Yes, same hospital unplanned	-	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	2 (12.5%)	1471 (6.7%)

IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	38 (69.1%)	15402 (63.5%)
I am vegetarian	2 (3.6%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	7 (12.7%)	3626 (14.9%)
I avoid carbohydrates	1 (1.8%)	1383 (5.7%)
I eat a low fat-diet	1 (1.8%)	2463 (10.2%)
I am lactose intolerant	-	809 (3.3%)
Other special diet due to intolerances/allergies	-	416 (1.7%)
Other	-	1608 (6.6%)
No answer given	7 (12.7%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	45 (81.8%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	2 (3.6%)	1370 (5.6%)
Other	1 (1.8%)	330 (1.4%)
Missing	7 (12.7%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	32 (58.2%)	13831 (57.0%)
Yes, with someone's help	9 (16.4%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	3 (5.5%)	3228 (13.3%)
No, I have a wheelchair	-	852 (3.5%)
No, I am bedridden	4 (7.3%)	1317 (5.4%)
Missing	7 (12.7%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	6 (10.9%)	1712 (7.1%)
Good	16 (29.1%)	7821 (32.2%)
Fair	12 (21.8%)	8148 (33.6%)
Poor	13 (23.6%)	3099 (12.8%)
Very poor	1 (1.8%)	710 (2.9%)
Missing	7 (12.7%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [2-4]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-1]	1 [0-2]

... how many nights in total have you spent in hospital?	0 [0-2]	6 [0-16]
--	---------	----------

6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	11 (20.0%)	4416 (18.2%)
3-5	11 (20.0%)	5773 (23.8%)
More than 5	4 (7.3%)	6835 (28.2%)
None	22 (40.0%)	3630 (15.0%)
I do not know	-	820 (3.4%)
Missing	7 (12.7%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	2 (3.6%)	3823 (15.8%)
Yes, public insurance only	1 (1.8%)	11203 (46.2%)
Yes, both	-	2662 (11.0%)
None	45 (81.8%)	2485 (10.2%)
I prefer not to answer	-	986 (4.1%)
Missing	7 (12.7%)	3100 (12.8%)

8. What was your weight 5 years ago?

	45 [40-60]	72 [62-85]
--	------------	------------

I do not know	37 (67.3%)	5440 (22.4%)
---------------	------------	--------------

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

Yes, intentionally	-	2202 (9.1%)
Yes, unintentionally	12 (21.8%)	9411 (38.8%)
No, my weight stayed the same	25 (45.5%)	7247 (29.9%)
No, I gained weight	8 (14.5%)	2760 (11.4%)
I do not know	10 (18.2%)	2195 (9.0%)
Missing	-	444 (1.8%)

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

	9 [7-10]	6 [4-10]
--	----------	----------

I do not know	7 (58.3%)	1851 (15.9%)
---------------	-----------	--------------

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

	11 (23.4%)	8227 (39.7%)
--	------------	--------------

11. Please indicate if you ...

... were weighed at admission	12 (25.0%)	12540 (58.3%)
... were informed about your nutrition status	17 (36.2%)	7803 (36.5%)
... were informed about nutrition care options	16 (33.3%)	7174 (33.6%)
... received special nutrition care	21 (43.8%)	6955 (32.7%)

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

More than normal	4 (7.1%)	1099 (4.5%)
Normal	34 (60.7%)	14509 (60.0%)

About 3/4 of normal	9 (16.1%)	2651 (11.0%)
About half of normal	6 (10.7%)	3062 (12.7%)
About a quarter to nearly nothing	3 (5.4%)	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	3 (5.4%)	5394 (22.3%)
Somewhat satisfied	14 (25.0%)	7204 (29.8%)
Neutral	18 (32.1%)	4214 (17.4%)
Dissatisfied	1 (1.8%)	1854 (7.7%)
Very dissatisfied	1 (1.8%)	673 (2.8%)
I do not know	10 (17.9%)	1694 (7.0%)
Missing	9 (16.1%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	15 (26.8%)	2177 (9.0%)
Yes, from hospital staff	7 (12.5%)	1475 (6.1%)
No	26 (46.4%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	8 (14.3%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	40 (83.3%)	15256 (74.7%)
---	------------	---------------

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

About all	19 (33.9%)	11133 (46.0%)
1/2	22 (39.3%)	6143 (25.4%)
1/4	4 (7.1%)	3103 (12.8%)
Nothing	10 (17.9%)	2802 (11.6%)
Missing	1 (1.8%)	996 (4.1%)

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

Standard	18 (32.1%)	13732 (56.8%)
Smaller	2 (3.6%)	2093 (8.7%)
Larger	-	1046 (4.3%)
I do not know	26 (46.4%)	2302 (9.5%)
Missing	10 (17.9%)	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	3 (8.3%)	1945 (16.1%)
I did not like the smell/taste of the food	4 (11.1%)	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 (2.8%)	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	10 (27.8%)	1991 (16.5%)
I do not have my usual appetite	17 (47.2%)	3586 (29.8%)
I have problems chewing/swallowing	6 (16.7%)	716 (5.9%)
I normally eat less than what was served	1 (2.8%)	1383 (11.5%)
I had nausea/vomiting	4 (11.1%)	984 (8.2%)
I was too tired	4 (11.1%)	740 (6.1%)
I cannot eat without help	4 (11.1%)	191 (1.6%)
I was not allowed to eat	2 (5.6%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	2 (5.6%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	4 (11.1%)	1823 (15.1%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 25 (54.3%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	1 (4.0%)	1820 (31.2%)
Salty snacks	-	645 (11.1%)
Homemade food	16 (64.0%)	896 (15.4%)
Fruits	13 (52.0%)	2357 (40.4%)
Dairy products	4 (16.0%)	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	1 (4.0%)	347 (6.0%)
Other	2 (8.0%)	795 (13.6%)

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

Increased	11 (19.6%)	3329 (13.8%)
Decreased	18 (32.1%)	6808 (28.2%)
Stayed the same	13 (23.2%)	9055 (37.5%)
I do not know	4 (7.1%)	1479 (6.1%)
Missing	10 (17.9%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	19 (33.9%)	10558 (43.7%)
Weaker than at admission	4 (7.1%)	4610 (19.1%)
Same as at admission	19 (33.9%)	6833 (28.3%)
I was admitted today	11 (19.6%)	576 (2.4%)
I do not know	1 (1.8%)	1178 (4.9%)
Missing	2 (3.6%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	29 (51.8%)	14229 (58.9%)
No, only with assistance	18 (32.1%)	5989 (24.8%)
No, I stay in bed	7 (12.5%)	2912 (12.0%)
Missing	2 (3.6%)	1047 (4.3%)

23. Did anyone help you complete this questionnaire? (Yes)

36 (76.6%) 13801 (65.2%)

	YOUR RESULTS	REFERENCE RESULTS
1. Are you COVID-19 positive TODAY?		
Yes	2 (3.5%)	-
No	55 (96.5%)	-
I do not know	-	-
Missing	-	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	24 (42.1%)	-
3-6 months	4 (7.0%)	-
6-12 months	2 (3.5%)	-
>1 year	-	-
never	27 (47.4%)	-
I do not know	-	-
Missing	-	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	4 (7.0%)	-
No	52 (91.2%)	-
I do not know	-	-
Missing	1 (1.8%)	-