



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Poland

Dear participant,

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

Number of participated center:	6
Number of participated units:	11
Number of patients:	152
Number of patients who gave consent:	150
Number of patients completing Sheet 3a:	142
Number of patients completing Sheet 3b:	141
Number of patients with 30-day outcome assessment:	125

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	391 [174-1018]	375 [213-715]
2. Total number of admissions in the hospital last year	7000 [6500-7500]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	81 [66-97]	186 [90-417]
Medical specialists	82 [82-82]	124 [54-273]
Medical non-specialists	30 [30-30]	45 [19-116]
Nurses	125 [103-148]	440 [208-910]
Dieticians	2 [1-2]	5 [1-10]
Nutritionists	14 [9-18]	1 [0-5]
Pharmacists	6 [5-7]	8 [4-24]
Kitchen staff	9 [5-12]	32 [15-62]
Full time equivalent		
Total medical doctors	60 [60-60]	175 [76-394]
Medical specialists	60 [60-60]	121 [50-274]
Medical non-specialists	30 [30-30]	45 [18-138]
Nurses	170 [170-170]	380 [198-793]
Dieticians	0 [0-0]	5 [2-8]
Nutritionists	20 [20-20]	1 [0-3]
Pharmacists	8 [8-8]	7 [4-20]
Kitchen staff	2 [2-2]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	2 (100%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (40.0%) 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	1 (20.0%) Yes	415 (76.4%) Yes
None	-	32 (5.9%) Yes
No answer given	3 (60.0%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	1 (20.0%) Yes	296 (54.5%) Yes
Oral nutrition supplements	1 (20.0%) Yes	219 (40.3%) Yes
Parenteral nutrition	2 (40.0%) Yes	349 (64.3%) Yes
Enteral nutrition	2 (40.0%) Yes	327 (60.2%) Yes
Dietary counseling	1 (20.0%) 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)	2 (40.0%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (20.0%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	-	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	1 (20.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	1 (20.0%) Yes	200 (36.8%) Yes
Parenteral nutrition	2 (40.0%) Yes	326 (60.0%) Yes
Enteral nutrition	2 (40.0%) Yes	310 (57.1%) Yes
Dietary counseling	-	208 (38.3%) Yes
Specific dietary interventions	-	160 (29.5%) Yes
Screening for malnutrition	1 (20.0%) Yes	162 (29.8%) Yes
Risk of malnutrition	1 (20.0%) Yes	138 (25.4%) Yes
Malnutrition (in general)	2 (40.0%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (20.0%) 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	2 (18.2%)	20.5%
Internal Medicine / Cardiology	1 (9.1%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (9.1%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (9.1%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	1 (9.1%)	4.0%
Surgery / General	2 (18.2%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (9.1%)	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	2 (18.2%)	13.2%
2. Number of registered inpatients at noon	19 [13-22]	24 [18-31]
3. Total bed capacity of the unit	28 [25-34]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	6 [3-7]	3 [2-7]
Nurses	6 [4-7]	4 [3-7]
Nursing aides	0 [0-0]	2 [1-3]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [0-2]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-1]
Other staff involved in patient care	3 [2-3]	1 [0-3]
In training		
Medical doctors	3 [2-5]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	2 [1-3]	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 [0-2]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 5 (100%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 5 (100%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 4 (80.0%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 6 (60.0%) Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (80.0%) 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	10 (90.9%) 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 (9.1%)	64 (4.8%)

During hospital stay

No routine monitoring	4 (36.4%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	3 (27.3%) Yes	212 (15.8%) Yes
Weighing / BMI only	2 (18.2%) Yes	438 (32.5%) Yes
Other formal tool	1 (9.1%) Yes	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	1 (9.1%)	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 5 (100%) Yes 954 (85.2%) Yes

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

International guidelines	-	266 (27.9%) Yes
National guidelines	3 (60.0%) Yes	148 (15.5%) Yes
Standards on hospital level	1 (20.0%) Yes	355 (37.2%) Yes
Standards on unit level	-	58 (6.1%) Yes
Individual patient nutrition care plans	1 (20.0%) 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	1 (9.1%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	1 (9.1%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	2 (18.2%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	3 (27.3%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (27.3%) Yes	739 (54.9%) Yes
Consult a medical professional	3 (27.3%) Yes	472 (35.1%) Yes
Calculate energy requirements	2 (18.2%) Yes	593 (44.1%) Yes
Calculate protein requirements	2 (18.2%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	2 (18.2%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	2 (18.2%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	3 (27.3%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	3 (27.3%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (36.4%) Yes	729 (54.2%) Yes
Consult a medical professional	4 (36.4%) Yes	540 (40.1%) Yes
Calculate energy requirements	3 (27.3%) Yes	686 (51.0%) Yes
Calculate protein requirements	3 (27.3%) Yes	670 (49.8%) Yes

Every patient

Watchful waiting	2 (18.2%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	2 (18.2%) 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 (9.1%) Yes	95 (7.1%) Yes
Discuss nutrition care activities during ward rounds	1 (9.1%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	1 (9.1%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	-	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1.5%) Yes
Consult a medical professional	-	124 (9.2%) Yes
Calculate energy requirements	1 (9.1%) Yes	120 (8.9%) Yes
Calculate protein requirements	1 (9.1%) Yes	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	9 (81.8%) 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	1 (9.1%) Yes	631 (46.9%) Yes
Occasionally	2 (18.2%) Yes	153 (11.4%) Yes
When requested	4 (36.4%) 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	5 (45.5%) Yes	1043 (77.5%) Yes
Offer meal choices	1 (9.1%) Yes	989 (73.5%) Yes
Offer different portion sizes	2 (18.2%) Yes	900 (66.9%) Yes
Consider food presentation	1 (9.1%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	7 (63.6%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	8 (72.7%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (45.5%) Yes	399 (29.6%) Yes
Promote positive eating environment	3 (27.3%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	4 (36.4%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	7 (63.6%) Yes	1163 (86.4%) Yes

Other	1 (9.1%) Yes	101 (7.5%) Yes
I do not know	-	23 (1.7%) Yes
No answer given	1 (9.1%)	64 (4.8%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	3 (27.3%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	1 (9.1%) 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	2 (18.2%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (27.3%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	6 (54.5%)	196 (14.6%)
16. At admission what is asked and documented?		
Change in weight	5 (45.5%) Yes	985 (73.2%) Yes
Eating habits/difficulties	3 (27.3%) Yes	932 (69.2%) Yes
Nutrition before admission	4 (36.4%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	6 (54.5%)	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	5 (45.5%) Yes	965 (71.7%) Yes
nutrition treatment	3 (27.3%) 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 (27.3%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	5 (45.5%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	-	136 (10.1%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	2 (40.0%) Yes	475 (44.9%) Yes
19. Who filled in this sheet?		
Head staff	-	369 (27.4%) Yes

Dietician	2 (18.2%) Yes	641 (47.6%) Yes
Nurse	-	339 (25.2%) Yes
Physician	3 (27.3%) Yes	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	-	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	150	24938
Age	65 [49-74]	67 [52-79]
Female	84 (56.0%)	12350 (49.5%)
Weight	78.4±21.7	70.6±18.8
Height	169±11	166±10
BMI	27.0±5.5	25.6±5.9

1. This hospital admission was...

planned	94 (62.7%)	8897 (35.7%)
an emergency	54 (36.0%)	14095 (56.5%)
I do not know	2 (1.3%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	2 (1.3%)	2401 (9.6%)
0200 Neoplasms	21 (14.0%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	7 (4.7%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	15 (10.0%)	3135 (12.6%)
0500 Mental health	1 (0.67%)	1229 (4.9%)
0600 Nervous system	10 (6.7%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	37 (24.7%)	5456 (21.9%)
1000 Respiratory system	4 (2.7%)	3828 (15.4%)
1100 Digestive system	40 (26.7%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	1 (0.67%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	14 (9.3%)	4086 (16.4%)
1400 Genitourinary system	16 (10.7%)	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	2 (1.3%)	1374 (5.5%)
1900 Injury, poisoning	1 (0.67%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	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	36 (25.2%)	4815 (20.0%)
Myocardial infarction	23 (16.1%)	1295 (5.4%)
Chronic lung disease	14 (10.1%)	3095 (12.9%)
Cerebral vascular disease	13 (9.2%)	2104 (8.8%)
Peripheral vascular disease	16 (11.0%)	2576 (10.7%)
Chronic liver disease	6 (4.3%)	1387 (5.8%)
Chronic kidney disease	22 (15.8%)	2780 (11.6%)
Diabetes	41 (28.7%)	5493 (22.8%)
Cancer	26 (18.3%)	5291 (22.0%)
Infection	13 (9.2%)	3401 (14.2%)
Dementia	5 (3.6%)	1201 (5.0%)
Major depressive disorder	5 (3.5%)	1146 (4.8%)
Other chronic mental disorder	4 (2.8%)	1129 (4.7%)
Other chronic disease	63 (44.7%)	6182 (25.7%)
None	24 (16.0%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	36 (24.0%)	4588 (18.4%)
Yes, acute	4 (2.7%)	1540 (6.2%)
No	57 (38.0%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	53 (35.3%)	2956 (11.9%)

Days since operation	1 [1-14]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	41 (27.3%)	1928 (7.7%)
Yes, later	3 (2.0%)	1364 (5.5%)
No	53 (35.3%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	53 (35.3%)	3403 (13.6%)

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

4 (4.0%)	2367 (10.6%)
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6. Is this patient terminally ill?

5 (3.3%)	1518 (6.1%)
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7. Fluid status

Normal	123 (82.0%)	19053 (76.4%)
Overloaded	13 (8.7%)	1296 (5.2%)
Dehydrated	7 (4.7%)	1231 (4.9%)
I do not know	7 (4.7%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

Oral	4 [3-6]	5 [2-8]
Other	1 [1-2]	2 [1-4]

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

Malnourished	12 (8.0%)	3162 (12.7%)
At risk	18 (12.0%)	4616 (18.5%)
No	104 (69.3%)	15318 (61.4%)
I do not know	16 (10.7%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	45 (30.0%)	8176 (32.8%)
5% Glucose solution	1 (0.67%)	2128 (8.5%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	111 (74.0%)	15131 (60.7%)
Fortified/enriched hospital food	11 (7.3%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	16 (10.7%)	4070 (16.3%)
Enteral nutrition	3 (2.0%)	1106 (4.4%)
Parenteral nutrition	3 (2.0%)	1022 (4.1%)
Special diet	21 (14.0%)	7501 (30.1%)
None	13 (8.7%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	2 (2.0%)	2136 (9.6%)
Peripheral venous access	71 (71.0%)	11129 (49.9%)
Nasogastric	-	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	2 (2.0%)	91 (0.41%)
None	75 (50.0%)	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	-	210 (0.84%)
No	79 (52.7%)	18650 (74.8%)
I do not know	-	2030 (8.1%)
Missing	69 (46.0%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	28 (28.0%)	8591 (38.5%)
Protein requirements were determined	27 (27.0%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	6 (6.0%)	9521 (42.7%)
Nutrition treatment plan was developed	26 (26.0%)	8177 (36.6%)
Nutrition expert was consulted	26 (26.0%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	9 (9.0%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	1 (0.67%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	7 (4.7%)	1956 (7.8%)
1500-1999 kcal	37 (24.7%)	7632 (30.6%)
>=2000 kcal	9 (6.0%)	2380 (9.5%)
Not determined	45 (30.0%)	7419 (29.7%)
I do not know	1 (0.67%)	1959 (7.9%)
Missing	50 (33.3%)	2615 (10.5%)

15b. Energy intake

< 500 kcal	5 (3.3%)	1316 (5.3%)
500-999 kcal	2 (1.3%)	938 (3.8%)
1000-1499 kcal	13 (8.7%)	2996 (12.0%)
1500-1999 kcal	28 (18.7%)	5568 (22.3%)
>=2000 kcal	1 (0.67%)	1218 (4.9%)
Not determined	44 (29.3%)	7394 (29.6%)
I do not know	7 (4.7%)	2893 (11.6%)
Missing	50 (33.3%)	2615 (10.5%)

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

Improved	33 (22.0%)	11443 (45.9%)
Deteriorated	3 (2.0%)	1219 (4.9%)
Remained the same	38 (25.3%)	6079 (24.4%)
This patient has just been admitted	23 (15.3%)	1466 (5.9%)
I do not know	3 (2.0%)	2116 (8.5%)
Missing	50 (33.3%)	2615 (10.5%)

Length of hospital stay (days)	5 [3-12]	12 [6-23]
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Outcome Code

1= Still in the hospital	2 (1.3%)	2515 (10.1%)
2= Transferred to another hospital	9 (6.0%)	534 (2.1%)

3= Transferred to long term care	3 (2.0%)	1049 (4.2%)
4= Rehabilitation	2 (1.3%)	871 (3.5%)
5= Discharged home	107 (71.3%)	18594 (74.6%)
6= Death	1 (0.67%)	785 (3.1%)
7= Others	1 (0.67%)	410 (1.6%)
Missing	25 (16.7%)	180 (0.72%)

Readmitted since nutritionDay

1= No	105 (86.1%)	16760 (76.8%)
2= Yes, same hospital planned	13 (10.7%)	1458 (6.7%)
3= Yes, same hospital unplanned	1 (0.82%)	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	1 (0.82%)	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	42 (29.6%)	15402 (63.5%)
I am vegetarian	5 (3.5%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	24 (16.9%)	3626 (14.9%)
I avoid carbohydrates	22 (15.5%)	1383 (5.7%)
I eat a low fat-diet	27 (19.0%)	2463 (10.2%)
I am lactose intolerant	4 (2.8%)	809 (3.3%)
Other special diet due to intolerances/allergies	1 (0.70%)	416 (1.7%)
Other	13 (9.2%)	1608 (6.6%)
No answer given	50 (35.2%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	90 (63.4%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	2 (1.4%)	1370 (5.6%)
Other	-	330 (1.4%)
Missing	50 (35.2%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	77 (54.2%)	13831 (57.0%)
Yes, with someone's help	6 (4.2%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	8 (5.6%)	3228 (13.3%)
No, I have a wheelchair	-	852 (3.5%)
No, I am bedridden	2 (1.4%)	1317 (5.4%)
Missing	49 (34.5%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	7 (4.9%)	1712 (7.1%)
Good	38 (26.8%)	7821 (32.2%)
Fair	41 (28.9%)	8148 (33.6%)
Poor	7 (4.9%)	3099 (12.8%)
Very poor	-	710 (2.9%)
Missing	49 (34.5%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [3-6]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]

... how many nights in total have you spent in hospital?	3 [0-8]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	15 (10.6%)	4416 (18.2%)
3-5	28 (19.7%)	5773 (23.8%)
More than 5	33 (23.2%)	6835 (28.2%)
None	15 (10.6%)	3630 (15.0%)
I do not know	1 (0.70%)	820 (3.4%)
Missing	50 (35.2%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	6 (4.2%)	3823 (15.8%)
Yes, public insurance only	76 (53.5%)	11203 (46.2%)
Yes, both	11 (7.7%)	2662 (11.0%)
None	-	2485 (10.2%)
I prefer not to answer	-	986 (4.1%)
Missing	49 (34.5%)	3100 (12.8%)

8. What was your weight 5 years ago?

I do not know	78 [66-85]	72 [62-85]
	9 (6.3%)	5440 (22.4%)

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

Yes, intentionally	19 (13.4%)	2202 (9.1%)
Yes, unintentionally	54 (38.0%)	9411 (38.8%)
No, my weight stayed the same	44 (31.0%)	7247 (29.9%)
No, I gained weight	16 (11.3%)	2760 (11.4%)
I do not know	4 (2.8%)	2195 (9.0%)
Missing	5 (3.5%)	444 (1.8%)

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

I do not know	10 [5-13]	6 [4-10]
	11 (15.1%)	1851 (15.9%)

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

	62 (72.1%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	49 (52.7%)	12540 (58.3%)
... were informed about your nutrition status	38 (40.9%)	7803 (36.5%)
... were informed about nutrition care options	26 (28.0%)	7174 (33.6%)
... received special nutrition care	21 (22.8%)	6955 (32.7%)

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

More than normal	2 (1.4%)	1099 (4.5%)
Normal	94 (66.7%)	14509 (60.0%)

About 3/4 of normal	20 (14.2%)	2651 (11.0%)
About half of normal	18 (12.8%)	3062 (12.7%)
About a quarter to nearly nothing	5 (3.5%)	2263 (9.4%)
I do not know	1 (0.71%)	231 (0.96%)
Missing	1 (0.71%)	362 (1.5%)

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

Very satisfied	12 (8.5%)	5394 (22.3%)
Somewhat satisfied	49 (34.8%)	7204 (29.8%)
Neutral	14 (9.9%)	4214 (17.4%)
Dissatisfied	4 (2.8%)	1854 (7.7%)
Very dissatisfied	1 (0.71%)	673 (2.8%)
I do not know	9 (6.4%)	1694 (7.0%)
Missing	52 (36.9%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	3 (2.1%)	2177 (9.0%)
Yes, from hospital staff	1 (0.71%)	1475 (6.1%)
No	80 (56.7%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	57 (40.4%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	53 (63.1%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	69 (48.9%)	11133 (46.0%)
1/2	33 (23.4%)	6143 (25.4%)
1/4	18 (12.8%)	3103 (12.8%)
Nothing	16 (11.3%)	2802 (11.6%)
Missing	5 (3.5%)	996 (4.1%)

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

Standard	56 (39.7%)	13732 (56.8%)
Smaller	6 (4.3%)	2093 (8.7%)
Larger	5 (3.5%)	1046 (4.3%)
I do not know	12 (8.5%)	2302 (9.5%)
Missing	62 (44.0%)	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	5 (7.5%)	1945 (16.1%)
I did not like the smell/taste of the food	8 (11.9%)	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 (1.5%)	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	8 (11.9%)	1991 (16.5%)
I do not have my usual appetite	20 (29.9%)	3586 (29.8%)
I have problems chewing/swallowing	1 (1.5%)	716 (5.9%)
I normally eat less than what was served	7 (10.4%)	1383 (11.5%)
I had nausea/vomiting	-	984 (8.2%)
I was too tired	-	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	13 (19.4%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	7 (10.4%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	12 (17.9%)	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	1 [1-2]	1 [0-3]
Coffee	1 [0-1]	1 [1-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 23 (27.4%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	8 (34.8%)	1820 (31.2%)
Salty snacks	4 (17.4%)	645 (11.1%)
Homemade food	1 (4.3%)	896 (15.4%)
Fruits	13 (56.5%)	2357 (40.4%)
Dairy products	-	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	5 (21.7%)	347 (6.0%)
Other	1 (4.3%)	795 (13.6%)

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

Increased	2 (1.4%)	3329 (13.8%)
Decreased	15 (10.6%)	6808 (28.2%)
Stayed the same	64 (45.4%)	9055 (37.5%)
I do not know	8 (5.7%)	1479 (6.1%)
Missing	52 (36.9%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	53 (37.6%)	10558 (43.7%)
Weaker than at admission	20 (14.2%)	4610 (19.1%)
Same as at admission	59 (41.8%)	6833 (28.3%)
I was admitted today	5 (3.5%)	576 (2.4%)
I do not know	3 (2.1%)	1178 (4.9%)
Missing	1 (0.71%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	110 (78.0%)	14229 (58.9%)
No, only with assistance	24 (17.0%)	5989 (24.8%)
No, I stay in bed	5 (3.5%)	2912 (12.0%)
Missing	2 (1.4%)	1047 (4.3%)

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

45 (49.5%) 13801 (65.2%)

	YOUR RESULTS	REFERENCE RESULTS
1. Are you COVID-19 positive TODAY?		
Yes	3 (2.0%)	-
No	124 (82.7%)	-
I do not know	20 (13.3%)	-
Missing	3 (2.0%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	13 (8.7%)	-
3-6 months	3 (2.0%)	-
6-12 months	4 (2.7%)	-
>1 year	5 (3.3%)	-
never	44 (29.3%)	-
I do not know	52 (34.7%)	-
Missing	29 (19.3%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	7 (4.7%)	-
No	124 (82.7%)	-
I do not know	17 (11.3%)	-
Missing	2 (1.3%)	-