



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2018*  
*Bulgaria*

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2018 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>6</b>
<b>Number of patients who gave consent:</b>	<b>90</b>
<b>Number of patients completing Sheet 3a:</b>	<b>90</b>
<b>Number of patients completing Sheet 3b:</b>	<b>89</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>0</b>

This report compares your country data to international reference database based on data from nutritionDay 2016 and 2017.

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 2019. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.**

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>	470	317 [188-615]
<b>2. Total number of admissions in the hospital last year</b>	20145	17520 [8982-34767]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	400	170 [78-396]
Medical specialists	-	117 [54-244]
Medical non-specialists	-	35 [11-82]
Nurses	300	418 [195-800]
Dieticians	3	5 [2-9]
Nutritionists	-	1 [0-4]
Pharmacists	3	7 [4-22]
Kitchen staff	10	30 [14-55]
<b>Full time equivalent</b>		
Total medical doctors	-	139 [60-368]
Medical specialists	-	98 [48-245]
Medical non-specialists	-	34 [11-87]
Nurses	-	350 [187-778]
Dieticians	-	4 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	6 [3-18]
Kitchen staff	-	27 [14-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	351 (78.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	Yes	298 (66.8%) Yes
Nutrition steering committee is available	-	280 (62.8%) Yes
Quality indicators are recorded and reported to national or regional level	-	193 (43.3%) Yes
Quality indicators are used for internal benchmarking	-	235 (52.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	337 (75.6%) Yes
None	-	19 (4.3%) 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	-	216 (48.4%) Yes
Oral nutrition supplements	Yes	165 (37.0%) Yes

Parenteral nutrition	Yes	255 (57.2%)	Yes
Enteral nutrition	Yes	224 (50.2%)	Yes
Dietary counseling	Yes	166 (37.2%)	Yes
Specific dietary interventions	-	119 (26.7%)	Yes
Screening for malnutrition	-	119 (26.7%)	Yes
Risk of malnutrition	Yes	103 (23.1%)	Yes
Malnutrition (in general)	-	203 (45.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	195 (43.7%)	Yes
No information available from billing/finance/controlling	-	75 (16.8%)	Yes
No answer given	-	18 (4.0%)	

### Codes routinely used

Nutrition Support	-	188 (42.2%)	Yes
Oral nutrition supplements	Yes	143 (32.1%)	Yes
Parenteral nutrition	-	233 (52.2%)	Yes
Enteral nutrition	-	205 (46.0%)	Yes
Dietary counseling	-	140 (31.4%)	Yes
Specific dietary interventions	Yes	105 (23.5%)	Yes
Screening for malnutrition	-	95 (21.3%)	Yes
Risk of malnutrition	Yes	80 (17.9%)	Yes
Malnutrition (in general)	-	176 (39.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	169 (37.9%)	Yes
No information available from billing/finance/controlling	-	81 (18.2%)	Yes
No answer given	-	29 (6.5%)	

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	-	19.3%
Internal Medicine / Cardiology	-	4.5%
Internal Medicine / Gastroenterology & hepatology	1 (16.7%)	6.3%
Internal Medicine / Geriatrics	-	7.9%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (33.3%)	7.2%
Interdisciplinary	-	3.3%
Long term care	-	2.0%
Neurology	-	3.6%
Surgery / General	1 (16.7%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	-	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	-	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	1 (16.7%)	1.8%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	1.3%
Psychiatry	-	0.9%
Others	1 (16.7%)	16.1%
<b>2. Number of registered inpatients at noon</b>	25 [20-41]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	28 [22-46]	30 [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	15 [10-19]	3 [2-7]
Nurses	12 [9-20]	5 [3-8]
Nursing aides	0 [0-0]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	2 [2-4]	1 [0-1]
Other staff involved in patient care	9 [4-18]	1 [0-2]
<b>In training</b>		
Medical doctors	3 [2-5]	1 [0-3]
Medical students	5	0 [0-2]
Nurses	-	1 [0-3]

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

**5. Is there a nutrition support team in your hospital available?** 4 (66.7%) Yes 705 (76.4%) Yes

**6. Does the unit have a nutrition care strategy?** 2 (33.3%) Yes 678 (73.5%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 3 (50.0%) Yes 644 (69.8%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 1 (16.7%) Yes 831 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** - 575 (62.3%) Yes

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

**At admission**

No routine screening	-	85 (8.8%) Yes
No fixed criteria	-	14 (1.4%) Yes
Experience / visual assessment only	1 (16.7%) Yes	77 (7.9%) Yes
Weighing / BMI only	5 (83.3%) Yes	141 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	-	309 (31.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	59 (6.1%) Yes
Malnutrition Screening tool (MST)	-	70 (7.2%) Yes
SNAQ	-	11 (1.1%) Yes
Other formal tool	-	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	-	47 (4.8%)

**During hospital stay**

No routine monitoring	-	88 (9.1%) Yes
No fixed criteria	2 (33.3%) Yes	77 (7.9%) Yes
Experience / visual assessment only	1 (16.7%) Yes	174 (17.9%) Yes
Weighing / BMI only	3 (50.0%) Yes	313 (32.3%) Yes
Other formal tool	-	251 (25.9%) Yes
I do not know	-	20 (2.1%) Yes
Missing	-	47 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 1 (16.7%) Yes 724 (80.0%) Yes

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

International guidelines	Yes	186 (25.7%)	Yes
National guidelines	-	105 (14.5%)	Yes
Standards on hospital level	-	249 (34.4%)	Yes
Standards on unit level	-	51 (7.0%)	Yes
Individual patient nutrition care plans	-	116 (16.0%)	Yes
Other	-	7 (0.97%)	Yes
Missing	-	10 (1.4%)	

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

Watchful waiting	6 (100%)	Yes	281 (29.0%)	Yes
Discuss nutrition care activities during ward rounds	6 (100%)	Yes	430 (44.3%)	Yes
Develop an individual nutrition care plan	6 (100%)	Yes	509 (52.5%)	Yes
Initiate treatment / nutrition intervention	6 (100%)	Yes	582 (60.0%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (100%)	Yes	592 (61.0%)	Yes
Consult a medical professional	5 (83.3%)	Yes	383 (39.5%)	Yes
Calculate energy requirements	6 (100%)	Yes	479 (49.4%)	Yes
Calculate protein requirements	5 (83.3%)	Yes	466 (48.0%)	Yes

**Malnourished**

Watchful waiting	4 (66.7%)	Yes	196 (20.2%)	Yes
Discuss nutrition care activities during ward rounds	5 (83.3%)	Yes	462 (47.6%)	Yes
Develop an individual nutrition care plan	5 (83.3%)	Yes	541 (55.8%)	Yes
Initiate treatment / nutrition intervention	5 (83.3%)	Yes	624 (64.3%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (83.3%)	Yes	581 (59.9%)	Yes
Consult a medical professional	5 (83.3%)	Yes	411 (42.4%)	Yes
Calculate energy requirements	5 (83.3%)	Yes	537 (55.4%)	Yes
Calculate protein requirements	5 (83.3%)	Yes	522 (53.8%)	Yes

**Every patient**

Watchful waiting	-		483 (49.8%)	Yes
Discuss nutrition care activities during ward rounds	-		258 (26.6%)	Yes
Develop an individual nutrition care plan	-		184 (19.0%)	Yes
Initiate treatment / nutrition intervention	-		135 (13.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-		185 (19.1%)	Yes
Consult a medical professional	2 (33.3%)	Yes	209 (21.5%)	Yes
Calculate energy requirements	-		123 (12.7%)	Yes
Calculate protein requirements	-		113 (11.6%)	Yes

**Never**

Watchful waiting	-		76 (7.8%)	Yes
Discuss nutrition care activities during ward rounds	-		62 (6.4%)	Yes

Develop an individual nutrition care plan	-	50 (5.2%) Yes
Initiate treatment / nutrition intervention	-	13 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	16 (1.6%) Yes
Consult a medical professional	-	106 (10.9%) Yes
Calculate energy requirements	-	103 (10.6%) Yes
Calculate protein requirements	-	124 (12.8%) Yes

#### I do not know

Watchful waiting	-	51 (5.3%) Yes
Discuss nutrition care activities during ward rounds	-	40 (4.1%) Yes
Develop an individual nutrition care plan	-	22 (2.3%) Yes
Initiate treatment / nutrition intervention	-	22 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	18 (1.9%) Yes
Consult a medical professional	-	51 (5.3%) Yes
Calculate energy requirements	-	40 (4.1%) Yes
Calculate protein requirements	-	42 (4.3%) Yes

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

at admission	6 (100%) Yes	625 (64.4%) Yes
Within 24 hours	-	142 (14.6%) Yes
Within 48 hours	1 (16.7%) Yes	54 (5.6%) Yes
Within 72 hours	-	27 (2.8%) Yes
Every week	1 (16.7%) Yes	393 (40.5%) Yes
Occasionally	-	109 (11.2%) Yes
When requested	6 (100%) Yes	483 (49.8%) Yes
At discharge	1 (16.7%) Yes	52 (5.4%) Yes
Never	-	13 (1.3%) Yes
I do not know	-	4 (0.41%) Yes
No answer given	10 (41.7%)	50 (5.2%)

#### 14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	-	730 (75.3%) Yes
Offer meal choices	-	711 (73.3%) Yes
Offer different portion sizes	-	635 (65.5%) Yes
Consider food presentation	-	356 (36.7%) Yes
Change food texture/consistency as needed	4 (66.7%) Yes	797 (82.2%) Yes
Consider patient problems with eating and drinking	1 (16.7%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	218 (22.5%) Yes
Promote positive eating environment	-	281 (29.0%) Yes
Consider cultural/religious preferences	-	559 (57.6%) Yes
Consider patient allergies / intolerances	-	650 (67.0%) Yes
Other	1 (16.7%) Yes	74 (7.6%) Yes
I do not know	-	19 (2.0%) Yes
No answer given	-	48 (4.9%)

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

Nutrition training is available	4 (66.7%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	-	408 (42.1%) Yes
Quality indicators are recorded and reported to national or regional level	-	302 (31.1%) Yes
Quality indicators are used for internal benchmarking	-	358 (36.9%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (16.7%) Yes	625 (64.4%) Yes
None	2 (33.3%) Yes	32 (3.3%) Yes
I do not know	-	38 (3.9%) Yes
No answer given	-	68 (7.0%)

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

Change in weight	5 (83.3%) Yes	775 (79.9%) Yes
Eating habits/difficulties	5 (83.3%) Yes	746 (76.9%) Yes
Nutrition before admission	4 (66.7%) Yes	592 (61.0%) Yes
None	-	15 (1.5%) Yes
I do not know	-	20 (2.1%) Yes
No answer given	-	70 (7.2%)

### 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	2 (33.3%) Yes	708 (73.0%) Yes
nutrition treatment	-	582 (60.0%) Yes
None	4 (66.7%) Yes	54 (5.6%) Yes
I do not know	-	26 (2.7%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	-	407 (42.0%) Yes
makes future nutrition-related recommendations	6 (100%) Yes	572 (59.0%) Yes
None	-	110 (11.3%) Yes
I do not know	-	69 (7.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	6 (100%) Yes	356 (44.8%) Yes
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### 19. Who filled in this sheet?

Head staff	-	281 (29.0%) Yes
Dietician	-	517 (53.3%) Yes
Nurse	-	279 (28.8%) Yes
Physician	6 (100%) Yes	128 (13.2%) Yes
Administrative staff	-	8 (0.82%) Yes



Other	-	39 (4.0%) Yes
None	-	-
I do not know	-	7 (0.72%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	90	17827
Age	62 [51-71]	67 [53-78]
Female	50 (55.6%)	8951 (50.2%)
Weight	77.9±21.6	70.1±19.2
Height	169±10	165±10
BMI	27.2±7.3	25.5±6.0

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

planned	73 (81.1%)	6798 (38.1%)
an emergency	17 (18.9%)	9562 (53.6%)
I do not know	-	1467 (8.2%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	1 (1.1%)	1555 (8.7%)
0200 Neoplasms	29 (32.2%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	1 (1.1%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	14 (15.6%)	2190 (12.3%)
0500 Mental health	-	851 (4.8%)
0600 Nervous system	1 (1.1%)	1636 (9.2%)
0700 Eye and adnexa	-	236 (1.3%)
0800 Ear and mastoid process	8 (8.9%)	127 (0.71%)
0900 Circulatory system	3 (3.3%)	3801 (21.3%)
1000 Respiratory system	11 (12.2%)	2810 (15.8%)
1100 Digestive system	33 (36.7%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	5 (5.6%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	1 (1.1%)	2703 (15.2%)
1400 Genitourinary system	1 (1.1%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	-	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	2 (2.2%)	816 (4.6%)
1900 Injury, poisoning	-	512 (2.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	379 (2.1%)
2100 Factors influencing health status and contact with health services	-	619 (3.5%)
No answer given	-	-

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

Cardiac insufficiency	9 (10.0%)	3518 (22.5%)
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Myocardial infarction	-	823 (5.4%)
Chronic lung disease	2 (2.2%)	2299 (14.8%)
Cerebral vascular disease	8 (8.9%)	1523 (9.9%)
Peripheral vascular disease	22 (24.4%)	1931 (12.6%)
Chronic liver disease	12 (13.3%)	992 (6.5%)
Chronic kidney disease	5 (5.6%)	1734 (11.3%)
Diabetes	24 (27.3%)	3888 (24.9%)
Cancer	32 (35.6%)	3763 (24.2%)
Infection	4 (4.4%)	2245 (14.5%)
Dementia	2 (2.2%)	798 (5.2%)
Major depressive disorder	6 (6.7%)	853 (5.6%)
Other chronic mental disorder	2 (2.2%)	815 (5.4%)
Other chronic disease	11 (12.5%)	4031 (25.9%)
None	23 (25.6%)	3008 (16.9%)

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

Yes, planned	10 (11.1%)	3584 (20.1%)
Yes, acute	6 (6.7%)	1077 (6.0%)
No	71 (78.9%)	12545 (70.4%)
I do not know	3 (3.3%)	230 (1.3%)
Missing	-	391 (2.2%)

Days since operation	5 [3-8]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	3 (3.3%)	1266 (7.1%)
Yes, later	13 (14.4%)	953 (5.3%)
No	63 (70.0%)	13798 (77.4%)
I do not know	7 (7.8%)	833 (4.7%)
Missing	4 (4.4%)	977 (5.5%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	8 (8.9%)	1781 (10.0%)
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<b>6. Is this patient terminally ill?</b>	-	1122 (6.3%)
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#### 7. Fluid status

Normal	89 (98.9%)	13668 (76.7%)
Overloaded	-	1008 (5.7%)
Dehydrated	1 (1.1%)	878 (4.9%)
I do not know	-	2273 (12.8%)
Missing	-	-

#### 8. Number of different medications planned

Oral	3 [2-3]	5 [2-8]
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Other	2 [1-2]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	3 (3.3%)	2050 (11.5%)
At risk	10 (11.1%)	3162 (17.7%)
No	77 (85.6%)	11117 (62.4%)
I do not know	-	1498 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	21 (23.3%)	6470 (36.3%)
5% Glucose solution	12 (13.3%)	1853 (10.4%)

<b>11. Number of ONS drinks planned</b>	0 [0-0]	0 [0-0]
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### 12. Nutrition intake

Regular hospital food	58 (64.4%)	10454 (58.6%)
Fortified/enriched hospital food	6 (6.7%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	7 (7.8%)	2469 (13.8%)
Enteral nutrition	2 (2.2%)	882 (4.9%)
Parenteral nutrition	17 (18.9%)	929 (5.2%)
Special diet	11 (12.2%)	5732 (32.2%)
None	14 (15.6%)	895 (5.0%)

### 13a. All lines and Tubes

Central Venous	-	1535 (8.6%)
Peripheral venous access	52 (57.8%)	8238 (46.2%)
Nasogastric	1 (1.1%)	462 (2.6%)
Nasojejunal	-	79 (0.44%)
Nasoduodenal	-	67 (0.38%)
Enterostoma	1 (1.1%)	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	-	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.35%)
None	37 (41.1%)	8032 (45.1%)

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

Yes, previously	-	247 (1.4%)
Yes, ongoing	-	173 (0.97%)
No	80 (88.9%)	14548 (81.6%)
I do not know	1 (1.1%)	1646 (9.2%)
Missing	9 (10.0%)	1213 (6.8%)

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

Energy requirements were determined	2 (2.2%)	6273 (35.2%)
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Protein requirements were determined	2 (2.2%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	-	7653 (42.9%)
Nutrition treatment plan was developed	1 (1.1%)	6036 (33.9%)
Nutrition expert was consulted	-	6237 (35.0%)
Malnutrition status is recorded in the patient record	1 (1.1%)	5297 (29.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	-	749 (4.2%)
500-999 kcal	-	194 (1.1%)
1000-1499 kcal	1 (1.1%)	1695 (9.5%)
1500-1999 kcal	-	5578 (31.3%)
>=2000 kcal	-	1992 (11.2%)
Not determined	86 (95.6%)	6066 (34.0%)
I do not know	3 (3.3%)	1515 (8.5%)
Missing	-	38 (0.21%)

### 15b. Energy intake

< 500 kcal	-	1264 (7.1%)
500-999 kcal	1 (1.1%)	900 (5.0%)
1000-1499 kcal	-	2387 (13.4%)
1500-1999 kcal	-	3954 (22.2%)
>=2000 kcal	-	1047 (5.9%)
Not determined	82 (91.1%)	6021 (33.8%)
I do not know	7 (7.8%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	33 (36.7%)	8831 (49.5%)
Deteriorated	2 (2.2%)	1039 (5.8%)
Remained the same	23 (25.6%)	4935 (27.7%)
This patient has just been admitted	20 (22.2%)	1248 (7.0%)
I do not know	12 (13.3%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	-	12 [6-24]
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### Outcome Code

1= Still in the hospital	-	1702 (9.5%)
2= Transferred to another hospital	-	419 (2.4%)
3= Transferred to long term care	-	780 (4.4%)
4= Rehabilitation	-	785 (4.4%)
5= Discharged home	-	13163 (73.8%)
6= Death	-	535 (3.0%)

7= Others	-	310 (1.7%)
Missing	90 (100%)	133 (0.75%)
Readmitted since ND		
1= No	-	11846 (75.5%)
2= Yes, same hospital planned	-	1043 (6.7%)
3= Yes, same hospital unplanned	-	889 (5.7%)
4= Yes, different hospital planned	-	68 (0.43%)
5= Yes, different hospital unplanned	-	68 (0.43%)
6= Unknown	-	646 (4.1%)
Missing	-	1059 (6.8%)

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

	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	82 (91.1%)	12235 (71.0%)
I am vegetarian	1 (1.1%)	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	2 (2.2%)	156 (0.91%)
I avoid added sugars	3 (3.3%)	2604 (15.1%)
I avoid carbohydrates	4 (4.4%)	1038 (6.0%)
I eat a low fat-diet	1 (1.1%)	1930 (11.2%)
I am lactose intolerant	1 (1.1%)	572 (3.3%)
Other special diet due to intolerances/allergies	4 (4.4%)	323 (1.9%)
Other	1 (1.1%)	1219 (7.1%)
No answer given	-	337 (2.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	89 (98.9%)	15276 (88.7%)
In a nursing home or other live-in facility	-	609 (3.5%)
I was transferred from another hospital	-	883 (5.1%)
Other	1 (1.1%)	268 (1.6%)
Missing	-	185 (1.1%)
<b>3. In general, are you able to walk?</b>		
Yes	84 (93.3%)	11104 (64.5%)
Yes, with someone's help	1 (1.1%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	2 (2.2%)	2412 (14.0%)
No, I have a wheelchair	-	712 (4.1%)
No, I am bedridden	-	988 (5.7%)
Missing	3 (3.3%)	243 (1.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	11 (12.2%)	1252 (7.3%)
Good	71 (78.9%)	6191 (36.0%)
Fair	6 (6.7%)	6489 (37.7%)
Poor	-	2490 (14.5%)
Very poor	-	558 (3.2%)
Missing	2 (2.2%)	241 (1.4%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	2 [2-4]	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 [0-10]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	30 (33.3%)	3323 (19.3%)
3-5	41 (45.6%)	4698 (27.3%)
More than 5	5 (5.6%)	5507 (32.0%)
None	12 (13.3%)	2633 (15.3%)
I do not know	1 (1.1%)	778 (4.5%)
Missing	1 (1.1%)	282 (1.6%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	-	2738 (15.9%)
Yes, public insurance only	82 (91.1%)	8466 (49.2%)
Yes, both	3 (3.3%)	2117 (12.3%)
None	-	2268 (13.2%)
I prefer not to answer	-	1018 (5.9%)
Missing	5 (5.6%)	614 (3.6%)

<b>8. What was your weight 5 years ago?</b>		
	80 [70-90]	72 [60-85]
I do not know	72 (80.0%)	4280 (24.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	6 (6.7%)	1639 (9.5%)
Yes, unintentionally	34 (37.8%)	6488 (37.7%)
No, my weight stayed the same	33 (36.7%)	5108 (29.7%)
No, I gained weight	13 (14.4%)	1894 (11.0%)
I do not know	4 (4.4%)	1680 (9.8%)
Missing	-	412 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	6 [4-11]	6 [4-10]
I do not know	5 (12.5%)	1267 (15.6%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	67 (77.9%)	6721 (41.1%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	37 (41.6%)	9728 (57.2%)
... were informed about your nutrition status	5 (5.6%)	5774 (34.3%)
... were informed about nutrition care options	2 (2.2%)	5459 (32.5%)
... received special nutrition care	1 (1.1%)	5054 (30.1%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	7 (7.9%)	762 (4.5%)
Normal	62 (69.7%)	10449 (61.1%)
About 3/4 of normal	6 (6.7%)	1762 (10.3%)
About half of normal	9 (10.1%)	2122 (12.4%)



About a quarter to nearly nothing	4 (4.5%)	1571 (9.2%)
I do not know	1 (1.1%)	153 (0.89%)
Missing	-	286 (1.7%)

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

Very satisfied	4 (4.5%)	4212 (24.6%)
Somewhat satisfied	8 (9.0%)	5626 (32.9%)
Neutral	60 (67.4%)	3361 (19.6%)
Dissatisfied	2 (2.2%)	1441 (8.4%)
Very dissatisfied	2 (2.2%)	491 (2.9%)
I do not know	12 (13.5%)	1415 (8.3%)
Missing	1 (1.1%)	559 (3.3%)

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

Yes, from family or friends	2 (2.2%)	1651 (9.7%)
Yes, from hospital staff	1 (1.1%)	1185 (6.9%)
No	68 (76.4%)	13278 (77.6%)
I do not know	15 (16.9%)	218 (1.3%)
Missing	3 (3.4%)	773 (4.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	21 (23.9%)	11891 (74.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	21 (23.6%)	7871 (46.0%)
1/2	19 (21.3%)	4261 (24.9%)
1/4	7 (7.9%)	2226 (13.0%)
Nothing	41 (46.1%)	1992 (11.6%)
Missing	1 (1.1%)	755 (4.4%)

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

Standard	50 (56.2%)	11000 (64.3%)
Smaller	2 (2.2%)	1600 (9.4%)
Larger	1 (1.1%)	763 (4.5%)
I do not know	27 (30.3%)	1701 (9.9%)
Missing	9 (10.1%)	2041 (11.9%)

### 17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	7 (10.4%)	1293 (15.2%)
I did not like the smell/taste of the food	2 (3.0%)	996 (11.7%)
The food did not fit my cultural/religious preferences	-	90 (1.1%)
The food was too hot	1 (1.5%)	38 (0.45%)
The food was too cold	1 (1.5%)	207 (2.4%)
Due to food allergy/intolerance	-	53 (0.63%)
I was not hungry at that time	4 (6.0%)	1520 (17.9%)

I do not have my usual appetite	15 (22.4%)	2475 (29.2%)
I have problems chewing/swallowing	5 (7.5%)	478 (5.6%)
I normally eat less than what was served	6 (9.0%)	969 (11.4%)
I had nausea/vomiting	2 (3.0%)	637 (7.5%)
I was too tired	3 (4.5%)	506 (6.0%)
I cannot eat without help	1 (1.5%)	141 (1.7%)
I was not allowed to eat	16 (23.9%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	7 (10.4%)	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	9 (13.4%)	1161 (13.7%)

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

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

<b>19a. Did you eat any food apart from hospital food TODAY?</b>	29 (38.2%)	4518 (28.8%)
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### 19b. If yes, what did you eat?

Sweet snacks	2 (6.9%)	1302 (28.8%)
Salty snacks	5 (17.2%)	512 (11.3%)
Homemade food	11 (37.9%)	703 (15.6%)
Fruits	12 (41.4%)	1730 (38.3%)
Dairy products	5 (17.2%)	471 (10.4%)
Food delivered/restaurant	-	191 (4.2%)
Sandwich	1 (3.4%)	282 (6.2%)
Other	4 (13.8%)	724 (16.0%)

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

Increased	-	2508 (14.7%)
Decreased	39 (43.8%)	5344 (31.2%)
Stayed the same	17 (19.1%)	7154 (41.8%)
I do not know	27 (30.3%)	1188 (6.9%)
Missing	6 (6.7%)	911 (5.3%)

### 21. TODAY I feel...

Stronger than at admission	26 (29.2%)	7275 (42.5%)
Weaker than at admission	9 (10.1%)	3158 (18.5%)
Same as at admission	25 (28.1%)	4825 (28.2%)

I was admitted today	23 (25.8%)	465 (2.7%)
I do not know	6 (6.7%)	926 (5.4%)
Missing	-	456 (2.7%)

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

Yes	83 (93.3%)	10229 (59.8%)
No, only with assistance	4 (4.5%)	4164 (24.3%)
No, I stay in bed	1 (1.1%)	1821 (10.6%)
Missing	1 (1.1%)	891 (5.2%)

<b>23. Did anyone help you complete this questionnaire?</b>	87 (97.8%)	10837 (65.0%)
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