



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2018
Switzerland

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:

Number of participated center:	1
Number of participated units:	6
Number of patients who gave consent:	63
Number of patients completing Sheet 3a:	59
Number of patients completing Sheet 3b:	59
Number of patients with 30-day outcome assessment:	63

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
1. Total number of beds in hospital	1920	317 [188-615]
2. Total number of admissions in the hospital last year	63247	17520 [8982-34767]
3. Total number of staff in the hospital		
Total medical doctors	1951	170 [78-396]
Medical specialists	875	117 [54-244]
Medical non-specialists	-	35 [11-82]
Nurses	3545	418 [195-800]
Dieticians	41	5 [2-9]
Nutritionists	-	1 [0-4]
Pharmacists	29	7 [4-22]
Kitchen staff	294	30 [14-55]
Full time equivalent		
Total medical doctors	1840	139 [60-368]
Medical specialists	807	98 [48-245]
Medical non-specialists	-	34 [11-87]
Nurses	2935	350 [187-778]
Dieticians	30	4 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	22	6 [3-18]
Kitchen staff	285	27 [14-50]
4. Does the hospital have a nutrition care strategy?	Yes	351 (78.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	Yes	298 (66.8%) Yes
Nutrition steering committee is available	Yes	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	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	-	216 (48.4%) Yes
Oral nutrition supplements	-	165 (37.0%) Yes

Parenteral nutrition	Yes	255 (57.2%)	Yes
Enteral nutrition	Yes	224 (50.2%)	Yes
Dietary counseling	-	166 (37.2%)	Yes
Specific dietary interventions	-	119 (26.7%)	Yes
Screening for malnutrition	-	119 (26.7%)	Yes
Risk of malnutrition	-	103 (23.1%)	Yes
Malnutrition (in general)	-	203 (45.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	Yes	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	-	143 (32.1%)	Yes
Parenteral nutrition	Yes	233 (52.2%)	Yes
Enteral nutrition	Yes	205 (46.0%)	Yes
Dietary counseling	-	140 (31.4%)	Yes
Specific dietary interventions	-	105 (23.5%)	Yes
Screening for malnutrition	-	95 (21.3%)	Yes
Risk of malnutrition	-	80 (17.9%)	Yes
Malnutrition (in general)	-	176 (39.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	Yes	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	1 (16.7%)	19.3%
Internal Medicine / Cardiology	1 (16.7%)	4.5%
Internal Medicine / Gastroenterology & hepatology	-	6.3%
Internal Medicine / Geriatrics	-	7.9%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (16.7%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (16.7%)	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	-	16.1%
2. Number of registered inpatients at noon	14 [12-19]	24 [18-31]
3. Total bed capacity of the unit	19 [18-21]	30 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [3-4]	3 [2-7]
Nurses	3 [3-4]	5 [3-8]
Nursing aides	2 [2-2]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	0 [0-0]	1 [0-2]
In training		
Medical doctors	0 [0-1]	1 [0-3]
Medical students	1 [1-1]	0 [0-2]
Nurses	2 [1-2]	1 [0-3]

Nursing aides	0 [0-0]	0 [0-0]
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? 4 (66.7%) Yes 705 (76.4%) Yes

6. Does the unit have a nutrition care strategy? 1 (16.7%) Yes 678 (73.5%) Yes

7. Is there a person in your unit responsible for nutrition care? 2 (33.3%) Yes 644 (69.8%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 6 (100%) Yes 831 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 2 (33.3%) Yes 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	2 (33.3%) Yes	77 (7.9%) Yes
Weighing / BMI only	3 (50.0%) Yes	141 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	1 (16.7%) Yes	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	1 (16.7%) Yes	88 (9.1%) Yes
No fixed criteria	-	77 (7.9%) Yes
Experience / visual assessment only	1 (16.7%) Yes	174 (17.9%) Yes
Weighing / BMI only	1 (16.7%) Yes	313 (32.3%) Yes
Other formal tool	3 (50.0%) Yes	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? 2 (33.3%) Yes 724 (80.0%) Yes

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

International guidelines	1 (50.0%) Yes	186 (25.7%) Yes
National guidelines	-	105 (14.5%) Yes
Standards on hospital level	1 (50.0%) Yes	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	1 (16.7%) Yes	281 (29.0%) Yes
Discuss nutrition care activities during ward rounds	4 (66.7%) Yes	430 (44.3%) Yes
Develop an individual nutrition care plan	3 (50.0%) Yes	509 (52.5%) Yes
Initiate treatment / nutrition intervention	5 (83.3%) 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	5 (83.3%) Yes	479 (49.4%) Yes
Calculate protein requirements	5 (83.3%) Yes	466 (48.0%) Yes

Malnourished

Watchful waiting	1 (16.7%) Yes	196 (20.2%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	462 (47.6%) Yes
Develop an individual nutrition care plan	5 (83.3%) Yes	541 (55.8%) Yes
Initiate treatment / nutrition intervention	6 (100%) Yes	624 (64.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (100%) Yes	581 (59.9%) Yes
Consult a medical professional	4 (66.7%) Yes	411 (42.4%) Yes
Calculate energy requirements	6 (100%) Yes	537 (55.4%) Yes
Calculate protein requirements	6 (100%) Yes	522 (53.8%) Yes

Every patient

Watchful waiting	5 (83.3%) Yes	483 (49.8%) Yes
Discuss nutrition care activities during ward rounds	3 (50.0%) Yes	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	-	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	1 (16.7%) Yes	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	4 (66.7%) Yes	625 (64.4%) Yes
Within 24 hours	2 (33.3%) Yes	142 (14.6%) Yes
Within 48 hours	1 (16.7%) Yes	54 (5.6%) Yes
Within 72 hours	-	27 (2.8%) Yes
Every week	3 (50.0%) Yes	393 (40.5%) Yes
Occasionally	-	109 (11.2%) Yes
When requested	5 (83.3%) Yes	483 (49.8%) Yes
At discharge	-	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	6 (100%) Yes	730 (75.3%) Yes
Offer meal choices	6 (100%) Yes	711 (73.3%) Yes
Offer different portion sizes	6 (100%) Yes	635 (65.5%) Yes
Consider food presentation	1 (16.7%) Yes	356 (36.7%) Yes
Change food texture/consistency as needed	6 (100%) Yes	797 (82.2%) Yes
Consider patient problems with eating and drinking	6 (100%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (50.0%) Yes	218 (22.5%) Yes
Promote positive eating environment	5 (83.3%) Yes	281 (29.0%) Yes
Consider cultural/religious preferences	6 (100%) Yes	559 (57.6%) Yes
Consider patient allergies / intolerances	6 (100%) Yes	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	6 (100%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	3 (50.0%) Yes	408 (42.1%) Yes
Quality indicators are recorded and reported to national or regional level	3 (50.0%) Yes	302 (31.1%) Yes
Quality indicators are used for internal benchmarking	1 (16.7%) Yes	358 (36.9%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (83.3%) Yes	625 (64.4%) Yes
None	-	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	4 (66.7%) Yes	775 (79.9%) Yes
Eating habits/difficulties	5 (83.3%) Yes	746 (76.9%) Yes
Nutrition before admission	5 (83.3%) 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	5 (83.3%) Yes	708 (73.0%) Yes
nutrition treatment	5 (83.3%) Yes	582 (60.0%) Yes
None	-	54 (5.6%) Yes
I do not know	-	26 (2.7%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	4 (66.7%) Yes	407 (42.0%) Yes
makes future nutrition-related recommendations	4 (66.7%) Yes	572 (59.0%) Yes
None	1 (16.7%) Yes	110 (11.3%) Yes
I do not know	-	69 (7.1%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (50.0%) Yes	356 (44.8%) Yes
--	---------------	-----------------

19. Who filled in this sheet?

Head staff	-	281 (29.0%) Yes
Dietician	6 (100%) Yes	517 (53.3%) Yes
Nurse	5 (83.3%) Yes	279 (28.8%) Yes
Physician	1 (16.7%) Yes	128 (13.2%) Yes
Administrative staff	-	8 (0.82%) Yes

Other	1 (16.7%) Yes	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	63	17827
Age	70 [54-81]	67 [53-78]
Female	35 (55.6%)	8951 (50.2%)
Weight	75.0±20.7	70.1±19.2
Height	167±10	165±10
BMI	26.7±6.9	25.5±6.0

1. This hospital admission was...

planned	15 (23.8%)	6798 (38.1%)
an emergency	45 (71.4%)	9562 (53.6%)
I do not know	3 (4.8%)	1467 (8.2%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	5 (7.9%)	1555 (8.7%)
0200 Neoplasms	12 (19.0%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	5 (7.9%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	4 (6.3%)	2190 (12.3%)
0500 Mental health	-	851 (4.8%)
0600 Nervous system	2 (3.2%)	1636 (9.2%)
0700 Eye and adnexa	3 (4.8%)	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	14 (22.2%)	3801 (21.3%)
1000 Respiratory system	17 (27.0%)	2810 (15.8%)
1100 Digestive system	22 (34.9%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	1 (1.6%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	-	2703 (15.2%)
1400 Genitourinary system	4 (6.3%)	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	1 (1.6%)	816 (4.6%)
1900 Injury, poisoning	1 (1.6%)	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	4 (6.3%)	619 (3.5%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	16 (25.8%)	3518 (22.5%)
-----------------------	------------	--------------

Myocardial infarction	4 (6.7%)	823 (5.4%)
Chronic lung disease	17 (27.9%)	2299 (14.8%)
Cerebral vascular disease	7 (11.5%)	1523 (9.9%)
Peripheral vascular disease	15 (24.6%)	1931 (12.6%)
Chronic liver disease	3 (5.0%)	992 (6.5%)
Chronic kidney disease	13 (21.3%)	1734 (11.3%)
Diabetes	15 (25.0%)	3888 (24.9%)
Cancer	18 (30.0%)	3763 (24.2%)
Infection	12 (20.0%)	2245 (14.5%)
Dementia	2 (3.3%)	798 (5.2%)
Major depressive disorder	3 (5.0%)	853 (5.6%)
Other chronic mental disorder	3 (5.0%)	815 (5.4%)
Other chronic disease	29 (46.8%)	4031 (25.9%)
None	8 (12.7%)	3008 (16.9%)

4a. Previous operation during this hospital stay

Yes, planned	11 (17.5%)	3584 (20.1%)
Yes, acute	6 (9.5%)	1077 (6.0%)
No	46 (73.0%)	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	-	391 (2.2%)

Days since operation	3 [2-8]	3 [1-11]
----------------------	---------	----------

4b. Planned operation during this hospital stay

Yes, today or tomorrow	1 (1.6%)	1266 (7.1%)
Yes, later	2 (3.2%)	953 (5.3%)
No	60 (95.2%)	13798 (77.4%)
I do not know	-	833 (4.7%)
Missing	-	977 (5.5%)

5. Previous ICU admission during this hospital stay? (Yes)	4 (6.3%)	1781 (10.0%)
---	----------	--------------

6. Is this patient terminally ill?	-	1122 (6.3%)
---	---	-------------

7. Fluid status

Normal	40 (63.5%)	13668 (76.7%)
Overloaded	18 (28.6%)	1008 (5.7%)
Dehydrated	3 (4.8%)	878 (4.9%)
I do not know	2 (3.2%)	2273 (12.8%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-8]	5 [2-8]
------	---------	---------

Other	2 [1-3]	2 [1-4]
-------	---------	---------

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

Malnourished	10 (15.9%)	2050 (11.5%)
At risk	8 (12.7%)	3162 (17.7%)
No	44 (69.8%)	11117 (62.4%)
I do not know	1 (1.6%)	1498 (8.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	17 (27.0%)	6470 (36.3%)
5% Glucose solution	6 (9.5%)	1853 (10.4%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	45 (71.4%)	10454 (58.6%)
Fortified/enriched hospital food	1 (1.6%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	8 (12.7%)	2469 (13.8%)
Enteral nutrition	3 (4.8%)	882 (4.9%)
Parenteral nutrition	-	929 (5.2%)
Special diet	19 (30.2%)	5732 (32.2%)
None	2 (3.2%)	895 (5.0%)

13a. All lines and Tubes

Central Venous	7 (11.1%)	1535 (8.6%)
Peripheral venous access	36 (57.1%)	8238 (46.2%)
Nasogastric	-	462 (2.6%)
Nasojejunal	-	79 (0.44%)
Nasoduodenal	2 (3.2%)	67 (0.38%)
Enterostoma	-	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	1 (1.6%)	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.35%)
None	21 (33.3%)	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	62 (98.4%)	14548 (81.6%)
I do not know	1 (1.6%)	1646 (9.2%)
Missing	-	1213 (6.8%)

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

Energy requirements were determined	11 (17.5%)	6273 (35.2%)
-------------------------------------	------------	--------------

Protein requirements were determined	4 (6.3%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	7 (11.1%)	7653 (42.9%)
Nutrition treatment plan was developed	7 (11.1%)	6036 (33.9%)
Nutrition expert was consulted	11 (17.5%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	7 (11.1%)	5297 (29.7%)
None	-	-

15a. Energy goal

< 500 kcal	1 (1.6%)	749 (4.2%)
500-999 kcal	-	194 (1.1%)
1000-1499 kcal	2 (3.2%)	1695 (9.5%)
1500-1999 kcal	7 (11.1%)	5578 (31.3%)
>=2000 kcal	4 (6.3%)	1992 (11.2%)
Not determined	49 (77.8%)	6066 (34.0%)
I do not know	-	1515 (8.5%)
Missing	-	38 (0.21%)

15b. Energy intake

< 500 kcal	1 (1.6%)	1264 (7.1%)
500-999 kcal	2 (3.2%)	900 (5.0%)
1000-1499 kcal	2 (3.2%)	2387 (13.4%)
1500-1999 kcal	1 (1.6%)	3954 (22.2%)
>=2000 kcal	1 (1.6%)	1047 (5.9%)
Not determined	55 (87.3%)	6021 (33.8%)
I do not know	1 (1.6%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	22 (34.9%)	8831 (49.5%)
Deteriorated	2 (3.2%)	1039 (5.8%)
Remained the same	26 (41.3%)	4935 (27.7%)
This patient has just been admitted	11 (17.5%)	1248 (7.0%)
I do not know	2 (3.2%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	14 [8-19]	12 [6-24]
--------------------------------	-----------	-----------

Outcome Code

1= Still in the hospital	2 (3.2%)	1702 (9.5%)
2= Transferred to another hospital	3 (4.8%)	419 (2.4%)
3= Transferred to long term care	-	780 (4.4%)
4= Rehabilitation	14 (22.2%)	785 (4.4%)
5= Discharged home	42 (66.7%)	13163 (73.8%)
6= Death	2 (3.2%)	535 (3.0%)

7= Others	-	310 (1.7%)
Missing	-	133 (0.75%)
Readmitted since ND		
1= No	39 (63.9%)	11846 (75.5%)
2= Yes, same hospital planned	11 (18.0%)	1043 (6.7%)
3= Yes, same hospital unplanned	9 (14.8%)	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	1 (1.6%)	1059 (6.8%)

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

	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
1. What are your typical dietary habits?		
No special dietary habits	45 (76.3%)	12235 (71.0%)
I am vegetarian	3 (5.1%)	370 (2.1%)
I adhere to a vegan diet	1 (1.7%)	132 (0.77%)
I eat gluten-free diet	2 (3.4%)	156 (0.91%)
I avoid added sugars	2 (3.4%)	2604 (15.1%)
I avoid carbohydrates	1 (1.7%)	1038 (6.0%)
I eat a low fat-diet	3 (5.1%)	1930 (11.2%)
I am lactose intolerant	3 (5.1%)	572 (3.3%)
Other special diet due to intolerances/allergies	-	323 (1.9%)
Other	4 (6.8%)	1219 (7.1%)
No answer given	-	337 (2.0%)
2. Where did you live before your current hospital admission?		
At home	53 (89.8%)	15276 (88.7%)
In a nursing home or other live-in facility	2 (3.4%)	609 (3.5%)
I was transferred from another hospital	2 (3.4%)	883 (5.1%)
Other	2 (3.4%)	268 (1.6%)
Missing	-	185 (1.1%)
3. In general, are you able to walk?		
Yes	43 (72.9%)	11104 (64.5%)
Yes, with someone's help	2 (3.4%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	8 (13.6%)	2412 (14.0%)
No, I have a wheelchair	4 (6.8%)	712 (4.1%)
No, I am bedridden	2 (3.4%)	988 (5.7%)
Missing	-	243 (1.4%)
4. In general, how would you say your health is?		
Very good	12 (20.3%)	1252 (7.3%)
Good	20 (33.9%)	6191 (36.0%)
Fair	12 (20.3%)	6489 (37.7%)
Poor	10 (16.9%)	2490 (14.5%)
Very poor	5 (8.5%)	558 (3.2%)
Missing	-	241 (1.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [1-11]	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?	2 [0-17]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	13 (22.0%)	3323 (19.3%)
3-5	11 (18.6%)	4698 (27.3%)
More than 5	19 (32.2%)	5507 (32.0%)
None	12 (20.3%)	2633 (15.3%)
I do not know	4 (6.8%)	778 (4.5%)
Missing	-	282 (1.6%)

7. Do you have health insurance?		
Yes, private insurance only	7 (11.9%)	2738 (15.9%)
Yes, public insurance only	46 (78.0%)	8466 (49.2%)
Yes, both	4 (6.8%)	2117 (12.3%)
None	-	2268 (13.2%)
I prefer not to answer	2 (3.4%)	1018 (5.9%)
Missing	-	614 (3.6%)

8. What was your weight 5 years ago?		
	71 [60-82]	72 [60-85]
I do not know	8 (13.6%)	4280 (24.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	4 (6.8%)	1639 (9.5%)
Yes, unintentionally	28 (47.5%)	6488 (37.7%)
No, my weight stayed the same	15 (25.4%)	5108 (29.7%)
No, I gained weight	11 (18.6%)	1894 (11.0%)
I do not know	1 (1.7%)	1680 (9.8%)
Missing	-	412 (2.4%)

9b. If yes, how many kg did you lose?		
	4 [3-10]	6 [4-10]
I do not know	3 (9.4%)	1267 (15.6%)

10. Did you know about your hospitalisation two days before admission? (Yes)		
	14 (23.7%)	6721 (41.1%)

11. Please indicate if you ...		
... were weighed at admission	37 (62.7%)	9728 (57.2%)
... were informed about your nutrition status	11 (18.6%)	5774 (34.3%)
... were informed about nutrition care options	8 (13.6%)	5459 (32.5%)
... received special nutrition care	18 (30.5%)	5054 (30.1%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	2 (3.4%)	762 (4.5%)
Normal	23 (39.0%)	10449 (61.1%)
About 3/4 of normal	13 (22.0%)	1762 (10.3%)
About half of normal	8 (13.6%)	2122 (12.4%)

About a quarter to nearly nothing	11 (18.6%)	1571 (9.2%)
I do not know	1 (1.7%)	153 (0.89%)
Missing	1 (1.7%)	286 (1.7%)

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

Very satisfied	6 (10.2%)	4212 (24.6%)
Somewhat satisfied	24 (40.7%)	5626 (32.9%)
Neutral	8 (13.6%)	3361 (19.6%)
Dissatisfied	12 (20.3%)	1441 (8.4%)
Very dissatisfied	6 (10.2%)	491 (2.9%)
I do not know	2 (3.4%)	1415 (8.3%)
Missing	1 (1.7%)	559 (3.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	-	1651 (9.7%)
Yes, from hospital staff	4 (6.8%)	1185 (6.9%)
No	51 (86.4%)	13278 (77.6%)
I do not know	2 (3.4%)	218 (1.3%)
Missing	2 (3.4%)	773 (4.5%)

15. Were you able to eat without interruption TODAY? (Yes)	36 (64.3%)	11891 (74.2%)
---	------------	---------------

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

About all	21 (35.6%)	7871 (46.0%)
1/2	18 (30.5%)	4261 (24.9%)
1/4	7 (11.9%)	2226 (13.0%)
Nothing	9 (15.3%)	1992 (11.6%)
Missing	4 (6.8%)	755 (4.4%)

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

Standard	46 (78.0%)	11000 (64.3%)
Smaller	2 (3.4%)	1600 (9.4%)
Larger	5 (8.5%)	763 (4.5%)
I do not know	4 (6.8%)	1701 (9.9%)
Missing	2 (3.4%)	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	11 (32.4%)	1293 (15.2%)
I did not like the smell/taste of the food	4 (11.8%)	996 (11.7%)
The food did not fit my cultural/religious preferences	-	90 (1.1%)
The food was too hot	-	38 (0.45%)
The food was too cold	1 (2.9%)	207 (2.4%)
Due to food allergy/intolerance	-	53 (0.63%)
I was not hungry at that time	13 (38.2%)	1520 (17.9%)

I do not have my usual appetite	11 (32.4%)	2475 (29.2%)
I have problems chewing/swallowing	2 (5.9%)	478 (5.6%)
I normally eat less than what was served	9 (26.5%)	969 (11.4%)
I had nausea/vomiting	4 (11.8%)	637 (7.5%)
I was too tired	2 (5.9%)	506 (6.0%)
I cannot eat without help	1 (2.9%)	141 (1.7%)
I was not allowed to eat	1 (2.9%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	1 (2.9%)	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	-	1161 (13.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY?	16 (29.1%)	4518 (28.8%)
--	------------	--------------

19b. If yes, what did you eat?

Sweet snacks	9 (56.3%)	1302 (28.8%)
Salty snacks	3 (18.8%)	512 (11.3%)
Homemade food	2 (12.5%)	703 (15.6%)
Fruits	6 (37.5%)	1730 (38.3%)
Dairy products	-	471 (10.4%)
Food delivered/restaurant	-	191 (4.2%)
Sandwich	-	282 (6.2%)
Other	2 (12.5%)	724 (16.0%)

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

Increased	14 (23.7%)	2508 (14.7%)
Decreased	16 (27.1%)	5344 (31.2%)
Stayed the same	24 (40.7%)	7154 (41.8%)
I do not know	2 (3.4%)	1188 (6.9%)
Missing	3 (5.1%)	911 (5.3%)

21. TODAY I feel...

Stronger than at admission	24 (40.7%)	7275 (42.5%)
Weaker than at admission	12 (20.3%)	3158 (18.5%)
Same as at admission	19 (32.2%)	4825 (28.2%)

I was admitted today	-	465 (2.7%)
I do not know	4 (6.8%)	926 (5.4%)
Missing	-	456 (2.7%)

22. Can you walk without assistance TODAY?

Yes	42 (71.2%)	10229 (59.8%)
No, only with assistance	13 (22.0%)	4164 (24.3%)
No, I stay in bed	3 (5.1%)	1821 (10.6%)
Missing	1 (1.7%)	891 (5.2%)

23. Did anyone help you complete this questionnaire?	45 (76.3%)	10837 (65.0%)
---	------------	---------------