



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:	36
Number of participated units:	66
Number of patients who gave consent:	989
Number of patients completing Sheet 3a:	952
Number of patients completing Sheet 3b:	943
Number of cancer patients:	257
Number of patients completing Sheet 2_onco:	147
Number of patients completing Sheet 3_onco:	139
Number of patients with 30-day outcome assessment:	840

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

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospital.

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.

Part V is your oncology Report.

**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

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	588 [305-918]	317 [188-615]
<b>2. Total number of admissions in the hospital last year</b>	26000 [13562-50000]	17520 [8982-34767]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	214 [137-580]	170 [78-396]
Medical specialists	110 [58-238]	117 [54-244]
Medical non-specialists	102 [46-219]	35 [11-82]
Nurses	514 [223-992]	418 [195-800]
Dieticians	4 [1-7]	5 [2-9]
Nutritionists	1 [0-1]	1 [0-4]
Pharmacists	4 [3-13]	7 [4-22]
Kitchen staff	35 [16-71]	30 [14-55]
<b>Full time equivalent</b>		
Total medical doctors	317 [113-670]	139 [60-368]
Medical specialists	120 [45-299]	98 [48-245]
Medical non-specialists	88 [35-274]	34 [11-87]
Nurses	519 [225-1095]	350 [187-778]
Dieticians	4 [3-8]	4 [2-8]
Nutritionists	0 [0-2]	1 [0-3]
Pharmacists	4 [2-9]	6 [3-18]
Kitchen staff	24 [4-55]	27 [14-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	18 (52.9%) Yes	351 (78.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	26 (76.5%) Yes	298 (66.8%) Yes
Nutrition steering committee is available	10 (29.4%) Yes	280 (62.8%) Yes
Quality indicators are recorded and reported to national or regional level	3 (8.8%) Yes	193 (43.3%) Yes
Quality indicators are used for internal benchmarking	12 (35.3%) Yes	235 (52.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	22 (64.7%) Yes	337 (75.6%) Yes
None	2 (5.9%) Yes	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	16 (47.1%) Yes	216 (48.4%) Yes
Oral nutrition supplements	11 (32.4%) Yes	165 (37.0%) Yes

Parenteral nutrition	23 (67.6%) Yes	255 (57.2%) Yes
Enteral nutrition	17 (50.0%) Yes	224 (50.2%) Yes
Dietary counseling	14 (41.2%) Yes	166 (37.2%) Yes
Specific dietary interventions	10 (29.4%) Yes	119 (26.7%) Yes
Screening for malnutrition	14 (41.2%) Yes	119 (26.7%) Yes
Risk of malnutrition	12 (35.3%) Yes	103 (23.1%) Yes
Malnutrition (in general)	22 (64.7%) Yes	203 (45.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	19 (55.9%) Yes	195 (43.7%) Yes
No information available from billing/finance/controlling	6 (17.6%) Yes	75 (16.8%) Yes
No answer given	-	18 (4.0%)

### Codes routinely used

Nutrition Support	10 (29.4%) Yes	188 (42.2%) Yes
Oral nutrition supplements	7 (20.6%) Yes	143 (32.1%) Yes
Parenteral nutrition	16 (47.1%) Yes	233 (52.2%) Yes
Enteral nutrition	11 (32.4%) Yes	205 (46.0%) Yes
Dietary counseling	10 (29.4%) Yes	140 (31.4%) Yes
Specific dietary interventions	7 (20.6%) Yes	105 (23.5%) Yes
Screening for malnutrition	7 (20.6%) Yes	95 (21.3%) Yes
Risk of malnutrition	7 (20.6%) Yes	80 (17.9%) Yes
Malnutrition (in general)	17 (50.0%) Yes	176 (39.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	13 (38.2%) Yes	169 (37.9%) Yes
No information available from billing/finance/controlling	10 (29.4%) Yes	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	5 (7.6%)	19.3%
Internal Medicine / Cardiology	-	4.5%
Internal Medicine / Gastroenterology & hepatology	16 (24.2%)	6.3%
Internal Medicine / Geriatrics	11 (16.7%)	7.9%
Internal Medicine / Infectious diseases	1 (1.5%)	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	7 (10.6%)	7.2%
Interdisciplinary	3 (4.5%)	3.3%
Long term care	-	2.0%
Neurology	4 (6.1%)	3.6%
Surgery / General	12 (18.2%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	-	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	2 (3.0%)	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	1 (1.5%)	1.8%
Gynecology / Obstetrics	1 (1.5%)	1.6%
Pediatrics	-	1.3%
Psychiatry	-	0.9%
Others	3 (4.5%)	16.1%
<b>2. Number of registered inpatients at noon</b>	24 [4-30]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	32 [24-37]	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	3 [2-4]	3 [2-7]
Nurses	4 [3-5]	5 [3-8]
Nursing aides	1 [0-1]	2 [1-3]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-1]
Other staff involved in patient care	1 [1-2]	1 [0-2]
<b>In training</b>		
Medical doctors	1 [0-2]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	1 [0-1]	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 [0-1]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 39 (60.9%) Yes 705 (76.4%) Yes

**6. Does the unit have a nutrition care strategy?** 39 (60.9%) Yes 678 (73.5%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 36 (56.3%) Yes 644 (69.8%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 59 (92.2%) Yes 831 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 14 (21.9%) Yes 575 (62.3%) Yes

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

**At admission**

No routine screening	5 (7.6%) Yes	85 (8.8%) Yes
No fixed criteria	2 (3.0%) Yes	14 (1.4%) Yes
Experience / visual assessment only	6 (9.1%) Yes	77 (7.9%) Yes
Weighing / BMI only	17 (25.8%) Yes	141 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	29 (43.9%) 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	5 (7.6%) Yes	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	2 (3.0%)	47 (4.8%)

**During hospital stay**

No routine monitoring	6 (9.1%) Yes	88 (9.1%) Yes
No fixed criteria	1 (1.5%) Yes	77 (7.9%) Yes
Experience / visual assessment only	14 (21.2%) Yes	174 (17.9%) Yes
Weighing / BMI only	40 (60.6%) Yes	313 (32.3%) Yes
Other formal tool	1 (1.5%) Yes	251 (25.9%) Yes
I do not know	2 (3.0%) Yes	20 (2.1%) Yes
Missing	2 (3.0%)	47 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 50 (79.4%) Yes 724 (80.0%) Yes

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

International guidelines	6 (12.0%) Yes	186 (25.7%) Yes
National guidelines	22 (44.0%) Yes	105 (14.5%) Yes
Standards on hospital level	14 (28.0%) Yes	249 (34.4%) Yes
Standards on unit level	5 (10.0%) Yes	51 (7.0%) Yes
Individual patient nutrition care plans	3 (6.0%) Yes	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	17 (25.8%) Yes	281 (29.0%) Yes
Discuss nutrition care activities during ward rounds	29 (43.9%) Yes	430 (44.3%) Yes
Develop an individual nutrition care plan	24 (36.4%) Yes	509 (52.5%) Yes
Initiate treatment / nutrition intervention	34 (51.5%) Yes	582 (60.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	40 (60.6%) Yes	592 (61.0%) Yes
Consult a medical professional	25 (37.9%) Yes	383 (39.5%) Yes
Calculate energy requirements	19 (28.8%) Yes	479 (49.4%) Yes
Calculate protein requirements	15 (22.7%) Yes	466 (48.0%) Yes

**Malnourished**

Watchful waiting	11 (16.7%) Yes	196 (20.2%) Yes
Discuss nutrition care activities during ward rounds	43 (65.2%) Yes	462 (47.6%) Yes
Develop an individual nutrition care plan	39 (59.1%) Yes	541 (55.8%) Yes
Initiate treatment / nutrition intervention	45 (68.2%) Yes	624 (64.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	38 (57.6%) Yes	581 (59.9%) Yes
Consult a medical professional	31 (47.0%) Yes	411 (42.4%) Yes
Calculate energy requirements	34 (51.5%) Yes	537 (55.4%) Yes
Calculate protein requirements	30 (45.5%) Yes	522 (53.8%) Yes

**Every patient**

Watchful waiting	17 (25.8%) Yes	483 (49.8%) Yes
Discuss nutrition care activities during ward rounds	9 (13.6%) Yes	258 (26.6%) Yes
Develop an individual nutrition care plan	3 (4.5%) Yes	184 (19.0%) Yes
Initiate treatment / nutrition intervention	2 (3.0%) Yes	135 (13.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (6.1%) Yes	185 (19.1%) Yes
Consult a medical professional	2 (3.0%) Yes	209 (21.5%) Yes
Calculate energy requirements	2 (3.0%) Yes	123 (12.7%) Yes
Calculate protein requirements	2 (3.0%) Yes	113 (11.6%) Yes

**Never**

Watchful waiting	14 (21.2%) Yes	76 (7.8%) Yes
Discuss nutrition care activities during ward rounds	4 (6.1%) Yes	62 (6.4%) Yes

Develop an individual nutrition care plan	5 (7.6%) Yes	50 (5.2%) Yes
Initiate treatment / nutrition intervention	2 (3.0%) Yes	13 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (3.0%) Yes	16 (1.6%) Yes
Consult a medical professional	10 (15.2%) Yes	106 (10.9%) Yes
Calculate energy requirements	11 (16.7%) Yes	103 (10.6%) Yes
Calculate protein requirements	14 (21.2%) Yes	124 (12.8%) Yes

#### **I do not know**

Watchful waiting	11 (16.7%) Yes	51 (5.3%) Yes
Discuss nutrition care activities during ward rounds	3 (4.5%) Yes	40 (4.1%) Yes
Develop an individual nutrition care plan	12 (18.2%) Yes	22 (2.3%) Yes
Initiate treatment / nutrition intervention	5 (7.6%) Yes	22 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (9.1%) Yes	18 (1.9%) Yes
Consult a medical professional	14 (21.2%) Yes	51 (5.3%) Yes
Calculate energy requirements	14 (21.2%) Yes	40 (4.1%) Yes
Calculate protein requirements	15 (22.7%) Yes	42 (4.3%) Yes

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

at admission	39 (59.1%) Yes	625 (64.4%) Yes
Within 24 hours	7 (10.6%) Yes	142 (14.6%) Yes
Within 48 hours	3 (4.5%) Yes	54 (5.6%) Yes
Within 72 hours	1 (1.5%) Yes	27 (2.8%) Yes
Every week	32 (48.5%) Yes	393 (40.5%) Yes
Occasionally	11 (16.7%) Yes	109 (11.2%) Yes
When requested	44 (66.7%) Yes	483 (49.8%) Yes
At discharge	2 (3.0%) 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	46 (69.7%) Yes	730 (75.3%) Yes
Offer meal choices	58 (87.9%) Yes	711 (73.3%) Yes
Offer different portion sizes	38 (57.6%) Yes	635 (65.5%) Yes
Consider food presentation	13 (19.7%) Yes	356 (36.7%) Yes
Change food texture/consistency as needed	48 (72.7%) Yes	797 (82.2%) Yes
Consider patient problems with eating and drinking	52 (78.8%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	10 (15.2%) Yes	218 (22.5%) Yes
Promote positive eating environment	15 (22.7%) Yes	281 (29.0%) Yes
Consider cultural/religious preferences	47 (71.2%) Yes	559 (57.6%) Yes
Consider patient allergies / intolerances	59 (89.4%) Yes	650 (67.0%) Yes
Other	6 (9.1%) Yes	74 (7.6%) Yes
I do not know	-	19 (2.0%) Yes
No answer given	2 (3.0%)	48 (4.9%)



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

Nutrition training is available	43 (65.2%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	18 (27.3%) Yes	408 (42.1%) Yes
Quality indicators are recorded and reported to national or regional level	3 (4.5%) Yes	302 (31.1%) Yes
Quality indicators are used for internal benchmarking	13 (19.7%) Yes	358 (36.9%) Yes
Patient feedback about food and food service is collected using a questionnaire	40 (60.6%) Yes	625 (64.4%) Yes
None	6 (9.1%) Yes	32 (3.3%) Yes
I do not know	6 (9.1%) Yes	38 (3.9%) Yes
No answer given	2 (3.0%)	68 (7.0%)

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

Change in weight	60 (90.9%) Yes	775 (79.9%) Yes
Eating habits/difficulties	47 (71.2%) Yes	746 (76.9%) Yes
Nutrition before admission	34 (51.5%) Yes	592 (61.0%) Yes
None	-	15 (1.5%) Yes
I do not know	1 (1.5%) Yes	20 (2.1%) Yes
No answer given	2 (3.0%)	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	51 (77.3%) Yes	708 (73.0%) Yes
nutrition treatment	29 (43.9%) Yes	582 (60.0%) Yes
None	5 (7.6%) Yes	54 (5.6%) Yes
I do not know	3 (4.5%) Yes	26 (2.7%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	26 (39.4%) Yes	407 (42.0%) Yes
makes future nutrition-related recommendations	47 (71.2%) Yes	572 (59.0%) Yes
None	6 (9.1%) Yes	110 (11.3%) Yes
I do not know	8 (12.1%) Yes	69 (7.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	28 (46.7%) Yes	356 (44.8%) Yes
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### 19. Who filled in this sheet?

Head staff	27 (40.9%) Yes	281 (29.0%) Yes
Dietician	17 (25.8%) Yes	517 (53.3%) Yes
Nurse	23 (34.8%) Yes	279 (28.8%) Yes
Physician	11 (16.7%) Yes	128 (13.2%) Yes
Administrative staff	1 (1.5%) Yes	8 (0.82%) Yes



Other	14 (21.2%) 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	989	17827
Age	69 [56-79]	67 [53-78]
Female	511 (51.7%)	8951 (50.2%)
Weight	75.4±18.8	70.1±19.2
Height	170±10	165±10
BMI	26.2±6.1	25.5±6.0

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

planned	425 (43.0%)	6798 (38.1%)
an emergency	447 (45.2%)	9562 (53.6%)
I do not know	117 (11.8%)	1467 (8.2%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	104 (10.5%)	1555 (8.7%)
0200 Neoplasms	265 (26.8%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	87 (8.8%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	214 (21.6%)	2190 (12.3%)
0500 Mental health	47 (4.8%)	851 (4.8%)
0600 Nervous system	132 (13.3%)	1636 (9.2%)
0700 Eye and adnexa	13 (1.3%)	236 (1.3%)
0800 Ear and mastoid process	7 (0.71%)	127 (0.71%)
0900 Circulatory system	248 (25.1%)	3801 (21.3%)
1000 Respiratory system	164 (16.6%)	2810 (15.8%)
1100 Digestive system	396 (40.0%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	50 (5.1%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	202 (20.4%)	2703 (15.2%)
1400 Genitourinary system	112 (11.3%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	3 (0.30%)	198 (1.1%)
1600 Conditions originating in the perinatal period	2 (0.20%)	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	47 (4.8%)	816 (4.6%)
1900 Injury, poisoning	20 (2.0%)	512 (2.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	17 (1.7%)	379 (2.1%)
2100 Factors influencing health status and contact with health services	95 (9.6%)	619 (3.5%)
No answer given	-	-

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

Cardiac insufficiency	167 (17.5%)	3518 (22.5%)
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Myocardial infarction	36 (3.8%)	823 (5.4%)
Chronic lung disease	129 (13.7%)	2299 (14.8%)
Cerebral vascular disease	69 (7.3%)	1523 (9.9%)
Peripheral vascular disease	111 (11.8%)	1931 (12.6%)
Chronic liver disease	111 (11.9%)	992 (6.5%)
Chronic kidney disease	148 (15.7%)	1734 (11.3%)
Diabetes	215 (22.8%)	3888 (24.9%)
Cancer	257 (27.1%)	3763 (24.2%)
Infection	124 (13.3%)	2245 (14.5%)
Dementia	34 (3.6%)	798 (5.2%)
Major depressive disorder	28 (3.0%)	853 (5.6%)
Other chronic mental disorder	39 (4.2%)	815 (5.4%)
Other chronic disease	235 (25.5%)	4031 (25.9%)
None	195 (19.7%)	3008 (16.9%)

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

Yes, planned	173 (17.5%)	3584 (20.1%)
Yes, acute	72 (7.3%)	1077 (6.0%)
No	714 (72.2%)	12545 (70.4%)
I do not know	6 (0.61%)	230 (1.3%)
Missing	24 (2.4%)	391 (2.2%)

Days since operation	6 [2-14]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	32 (3.2%)	1266 (7.1%)
Yes, later	42 (4.2%)	953 (5.3%)
No	822 (83.1%)	13798 (77.4%)
I do not know	33 (3.3%)	833 (4.7%)
Missing	60 (6.1%)	977 (5.5%)

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

126 (12.8%)	1781 (10.0%)
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#### 6. Is this patient terminally ill?

132 (13.3%)	1122 (6.3%)
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#### 7. Fluid status

Normal	601 (60.8%)	13668 (76.7%)
Overloaded	39 (3.9%)	1008 (5.7%)
Dehydrated	37 (3.7%)	878 (4.9%)
I do not know	312 (31.5%)	2273 (12.8%)
Missing	-	-

#### 8. Number of different medications planned

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

Malnourished	108 (10.9%)	2050 (11.5%)
At risk	123 (12.4%)	3162 (17.7%)
No	652 (65.9%)	11117 (62.4%)
I do not know	106 (10.7%)	1498 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	224 (22.6%)	6470 (36.3%)
5% Glucose solution	17 (1.7%)	1853 (10.4%)

### 11. Number of ONS drinks planned

0 [0-0]	0 [0-0]
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### 12. Nutrition intake

Regular hospital food	764 (77.2%)	10454 (58.6%)
Fortified/enriched hospital food	57 (5.8%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	138 (14.0%)	2469 (13.8%)
Enteral nutrition	37 (3.7%)	882 (4.9%)
Parenteral nutrition	41 (4.1%)	929 (5.2%)
Special diet	156 (15.8%)	5732 (32.2%)
None	28 (2.8%)	895 (5.0%)

### 13a. All lines and Tubes

Central Venous	123 (12.5%)	1535 (8.6%)
Peripheral venous access	530 (54.0%)	8238 (46.2%)
Nasogastric	8 (0.82%)	462 (2.6%)
Nasojejunal	1 (0.10%)	79 (0.44%)
Nasoduodenal	-	67 (0.38%)
Enterostoma	7 (0.71%)	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	19 (1.9%)	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	4 (0.41%)	63 (0.35%)
None	340 (34.4%)	8032 (45.1%)

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

Yes, previously	20 (2.0%)	247 (1.4%)
Yes, ongoing	4 (0.40%)	173 (0.97%)
No	837 (84.6%)	14548 (81.6%)
I do not know	95 (9.6%)	1646 (9.2%)
Missing	33 (3.3%)	1213 (6.8%)

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

Energy requirements were determined	181 (18.5%)	6273 (35.2%)
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Protein requirements were determined	143 (14.6%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	202 (20.6%)	7653 (42.9%)
Nutrition treatment plan was developed	138 (14.1%)	6036 (33.9%)
Nutrition expert was consulted	198 (20.2%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	183 (18.7%)	5297 (29.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	26 (2.6%)	749 (4.2%)
500-999 kcal	11 (1.1%)	194 (1.1%)
1000-1499 kcal	41 (4.1%)	1695 (9.5%)
1500-1999 kcal	170 (17.2%)	5578 (31.3%)
>=2000 kcal	81 (8.2%)	1992 (11.2%)
Not determined	524 (53.0%)	6066 (34.0%)
I do not know	128 (12.9%)	1515 (8.5%)
Missing	8 (0.81%)	38 (0.21%)

### 15b. Energy intake

< 500 kcal	39 (3.9%)	1264 (7.1%)
500-999 kcal	28 (2.8%)	900 (5.0%)
1000-1499 kcal	57 (5.8%)	2387 (13.4%)
1500-1999 kcal	158 (16.0%)	3954 (22.2%)
>=2000 kcal	45 (4.6%)	1047 (5.9%)
Not determined	433 (43.8%)	6021 (33.8%)
I do not know	221 (22.3%)	2199 (12.3%)
Missing	8 (0.81%)	55 (0.31%)

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

Improved	393 (39.7%)	8831 (49.5%)
Deteriorated	48 (4.9%)	1039 (5.8%)
Remained the same	260 (26.3%)	4935 (27.7%)
This patient has just been admitted	105 (10.6%)	1248 (7.0%)
I do not know	175 (17.7%)	1774 (10.0%)
Missing	8 (0.81%)	-

Length of hospital stay (days)	11 [6-19]	12 [6-24]
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### Outcome Code

1= Still in the hospital	56 (5.7%)	1702 (9.5%)
2= Transferred to another hospital	8 (0.81%)	419 (2.4%)
3= Transferred to long term care	34 (3.4%)	780 (4.4%)
4= Rehabilitation	32 (3.2%)	785 (4.4%)
5= Discharged home	681 (68.9%)	13163 (73.8%)
6= Death	17 (1.7%)	535 (3.0%)

7= Others	12 (1.2%)	310 (1.7%)
Missing	149 (15.1%)	133 (0.75%)
Readmitted since ND		
1= No	564 (73.1%)	11846 (75.5%)
2= Yes, same hospital planned	72 (9.3%)	1043 (6.7%)
3= Yes, same hospital unplanned	72 (9.3%)	889 (5.7%)
4= Yes, different hospital planned	2 (0.26%)	68 (0.43%)
5= Yes, different hospital unplanned	2 (0.26%)	68 (0.43%)
6= Unknown	45 (5.8%)	646 (4.1%)
Missing	11 (1.4%)	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	723 (75.9%)	12235 (71.0%)
I am vegetarian	12 (1.3%)	370 (2.1%)
I adhere to a vegan diet	5 (0.53%)	132 (0.77%)
I eat gluten-free diet	6 (0.63%)	156 (0.91%)
I avoid added sugars	140 (14.7%)	2604 (15.1%)
I avoid carbohydrates	40 (4.2%)	1038 (6.0%)
I eat a low fat-diet	134 (14.1%)	1930 (11.2%)
I am lactose intolerant	21 (2.2%)	572 (3.3%)
Other special diet due to intolerances/allergies	14 (1.5%)	323 (1.9%)
Other	84 (8.8%)	1219 (7.1%)
No answer given	13 (1.4%)	337 (2.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	853 (89.6%)	15276 (88.7%)
In a nursing home or other live-in facility	34 (3.6%)	609 (3.5%)
I was transferred from another hospital	43 (4.5%)	883 (5.1%)
Other	10 (1.1%)	268 (1.6%)
Missing	12 (1.3%)	185 (1.1%)
<b>3. In general, are you able to walk?</b>		
Yes	591 (62.1%)	11104 (64.5%)
Yes, with someone's help	67 (7.0%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	190 (20.0%)	2412 (14.0%)
No, I have a wheelchair	51 (5.4%)	712 (4.1%)
No, I am bedridden	38 (4.0%)	988 (5.7%)
Missing	15 (1.6%)	243 (1.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	30 (3.2%)	1252 (7.3%)
Good	271 (28.5%)	6191 (36.0%)
Fair	391 (41.1%)	6489 (37.7%)
Poor	201 (21.1%)	2490 (14.5%)
Very poor	43 (4.5%)	558 (3.2%)
Missing	16 (1.7%)	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?	5 [2-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-3]	1 [0-2]
... how many nights in total have you spent in hospital?	10 [1-21]	5 [0-15]



<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	177 (18.6%)	3323 (19.3%)
3-5	280 (29.4%)	4698 (27.3%)
More than 5	312 (32.8%)	5507 (32.0%)
None	137 (14.4%)	2633 (15.3%)
I do not know	31 (3.3%)	778 (4.5%)
Missing	15 (1.6%)	282 (1.6%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	85 (8.9%)	2738 (15.9%)
Yes, public insurance only	728 (76.5%)	8466 (49.2%)
Yes, both	74 (7.8%)	2117 (12.3%)
None	37 (3.9%)	2268 (13.2%)
I prefer not to answer	9 (0.95%)	1018 (5.9%)
Missing	19 (2.0%)	614 (3.6%)

<b>8. What was your weight 5 years ago?</b>		
	77 [65-90]	72 [60-85]
I do not know	179 (18.8%)	4280 (24.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	94 (9.9%)	1639 (9.5%)
Yes, unintentionally	401 (42.1%)	6488 (37.7%)
No, my weight stayed the same	269 (28.3%)	5108 (29.7%)
No, I gained weight	96 (10.1%)	1894 (11.0%)
I do not know	71 (7.5%)	1680 (9.8%)
Missing	21 (2.2%)	412 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>		
	8 [4-14]	6 [4-10]
I do not know	65 (13.1%)	1267 (15.6%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>		
	381 (41.9%)	6721 (41.1%)

<b>11. Please indicate if you ...</b>		
... were weighed at admission	447 (47.6%)	9728 (57.2%)
... were informed about your nutrition status	244 (26.0%)	5774 (34.3%)
... were informed about nutrition care options	213 (22.8%)	5459 (32.5%)
... received special nutrition care	180 (19.3%)	5054 (30.1%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	31 (3.3%)	762 (4.5%)
Normal	601 (63.7%)	10449 (61.1%)
About 3/4 of normal	113 (12.0%)	1762 (10.3%)
About half of normal	98 (10.4%)	2122 (12.4%)

About a quarter to nearly nothing	85 (9.0%)	1571 (9.2%)
I do not know	4 (0.42%)	153 (0.89%)
Missing	11 (1.2%)	286 (1.7%)

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

Very satisfied	152 (16.1%)	4212 (24.6%)
Somewhat satisfied	331 (35.1%)	5626 (32.9%)
Neutral	225 (23.9%)	3361 (19.6%)
Dissatisfied	83 (8.8%)	1441 (8.4%)
Very dissatisfied	36 (3.8%)	491 (2.9%)
I do not know	89 (9.4%)	1415 (8.3%)
Missing	27 (2.9%)	559 (3.3%)

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

Yes, from family or friends	25 (2.7%)	1651 (9.7%)
Yes, from hospital staff	74 (7.8%)	1185 (6.9%)
No	774 (82.1%)	13278 (77.6%)
I do not know	15 (1.6%)	218 (1.3%)
Missing	55 (5.8%)	773 (4.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	622 (71.7%)	11891 (74.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	399 (42.3%)	7871 (46.0%)
1/2	269 (28.5%)	4261 (24.9%)
1/4	111 (11.8%)	2226 (13.0%)
Nothing	103 (10.9%)	1992 (11.6%)
Missing	61 (6.5%)	755 (4.4%)

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

Standard	638 (67.7%)	11000 (64.3%)
Smaller	89 (9.4%)	1600 (9.4%)
Larger	10 (1.1%)	763 (4.5%)
I do not know	118 (12.5%)	1701 (9.9%)
Missing	88 (9.3%)	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	71 (14.7%)	1293 (15.2%)
I did not like the smell/taste of the food	68 (14.1%)	996 (11.7%)
The food did not fit my cultural/religious preferences	4 (0.83%)	90 (1.1%)
The food was too hot	2 (0.41%)	38 (0.45%)
The food was too cold	10 (2.1%)	207 (2.4%)
Due to food allergy/intolerance	6 (1.2%)	53 (0.63%)
I was not hungry at that time	78 (16.1%)	1520 (17.9%)

I do not have my usual appetite	158 (32.7%)	2475 (29.2%)
I have problems chewing/swallowing	28 (5.8%)	478 (5.6%)
I normally eat less than what was served	66 (13.7%)	969 (11.4%)
I had nausea/vomiting	34 (7.0%)	637 (7.5%)
I was too tired	23 (4.8%)	506 (6.0%)
I cannot eat without help	5 (1.0%)	141 (1.7%)
I was not allowed to eat	55 (11.4%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	38 (7.9%)	469 (5.5%)
I did not get requested food	10 (2.1%)	93 (1.1%)
No answer given	53 (11.0%)	1161 (13.7%)

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

Water	5 [3-8]	3 [2-5]
Tea	2 [1-3]	1 [1-3]
Coffee	2 [1-2]	1 [1-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	1 [0-2]	1 [0-2]
Soft drinks	0 [0-2]	0 [0-1]
Nutrition drink	1 [0-1]	0 [0-1]
Other	0 [0-1]	0 [0-1]

<b>19a. Did you eat any food apart from hospital food TODAY?</b>	201 (23.2%)	4518 (28.8%)
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### 19b. If yes, what did you eat?

Sweet snacks	87 (43.3%)	1302 (28.8%)
Salty snacks	23 (11.4%)	512 (11.3%)
Homemade food	29 (14.4%)	703 (15.6%)
Fruits	86 (42.8%)	1730 (38.3%)
Dairy products	12 (6.0%)	471 (10.4%)
Food delivered/restaurant	8 (4.0%)	191 (4.2%)
Sandwich	20 (10.0%)	282 (6.2%)
Other	17 (8.5%)	724 (16.0%)

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

Increased	71 (7.5%)	2508 (14.7%)
Decreased	384 (40.7%)	5344 (31.2%)
Stayed the same	331 (35.1%)	7154 (41.8%)
I do not know	91 (9.7%)	1188 (6.9%)
Missing	66 (7.0%)	911 (5.3%)

### 21. TODAY I feel...

Stronger than at admission	344 (36.5%)	7275 (42.5%)
Weaker than at admission	195 (20.7%)	3158 (18.5%)
Same as at admission	305 (32.3%)	4825 (28.2%)

I was admitted today	36 (3.8%)	465 (2.7%)
I do not know	36 (3.8%)	926 (5.4%)
Missing	27 (2.9%)	456 (2.7%)

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

Yes	616 (65.3%)	10229 (59.8%)
No, only with assistance	220 (23.3%)	4164 (24.3%)
No, I stay in bed	72 (7.6%)	1821 (10.6%)
Missing	35 (3.7%)	891 (5.2%)

<b>23. Did anyone help you complete this questionnaire?</b>	569 (62.3%)	10837 (65.0%)
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## V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	25	255
Computerized system in hospital:	22 units (88%) YES	243 units (95%) YES
Nutritional treatment of cancer patients is part of overall care plan	22 units (88%) YES	225 units (88%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	8 (32,0%)	153 (60,0%)
When patient asks	9 (36,0%)	62 (24,3%)
When body weight loss > 10%	9 (36,0%)	72 (28,2%)
During palliative phase	6 (24,0%)	62 (24,3%)
Other	5 (20,0%)	14 (5,49%)
Missing	4 (16,0%)	26 (10,2%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	10 (3,92%)
No knowledge of the field	1 (4,00%)	9 (3,53%)
No reimbursement	-	8 (3,14%)
It feeds the tumour	-	2 (0,78%)
Other	1 (4,00%)	9 (3,53%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	17 (68,0%)	166 (65,1%)
Calculation of energy needs	15 (60,0%)	181 (71,0%)
Monitoring patients intake and use of oral supplements	21 (84,0%)	219 (85,9%)
None	-	7 (2,75%)
Other	2 (8,00%)	12 (4,71%)
Missing	2 (8,00%)	5 (1,96%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	-	3 (1,18%)
Lack of experience	-	7 (2,75%)
No reimbursement	-	3 (1,18%)
Lack of dietitians	-	12 (4,71%)
Lack of other experts	-	3 (1,18%)
Other	1 (4,00%)	5 (1,96%)
Missing	-	1 (0,39%)
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		
<b>Anthropometry/Body composition:</b>		

**Body weight**

Regularly	14 (56,0%)	175 (68,6%)
At chemotherapy	6 (24,0%)	34 (13,3%)
When necessary	3 (12,0%)	36 (14,1%)
Never	-	4 (1,57%)
Unknown	-	3 (1,18%)
Missing	2 (8,00%)	3 (1,18%)

**Anthropometrics (circumference)**

Regularly	-	33 (12,9%)
At chemotherapy	2 (8,00%)	6 (2,35%)
When necessary	7 (28,0%)	95 (37,3%)
Never	11 (44,0%)	106 (41,6%)
Unknown	2 (8,00%)	5 (1,96%)
Missing	3 (12,0%)	10 (3,92%)

**BIA**

Regularly	-	8 (3,14%)
At chemotherapy	1 (4,00%)	3 (1,18%)
When necessary	14 (56,0%)	68 (26,7%)
Never	4 (16,0%)	156 (61,2%)
Unknown	3 (12,0%)	9 (3,53%)
Missing	3 (12,0%)	11 (4,31%)

**CT SCAN**

Regularly	-	12 (4,71%)
At chemotherapy	1 (4,00%)	2 (0,78%)
When necessary	3 (12,0%)	71 (27,8%)
Never	13 (52,0%)	149 (58,4%)
Unknown	5 (20,0%)	11 (4,31%)
Missing	3 (12,0%)	10 (3,92%)

**DEXA**

Regularly	-	3 (1,18%)
At chemotherapy	-	2 (0,78%)
When necessary	1 (4,00%)	44 (17,3%)
Never	16 (64,0%)	175 (68,6%)
Unknown	5 (20,0%)	17 (6,67%)
Missing	3 (12,0%)	14 (5,49%)

**Other (body composition)**

Regularly	-	5 (1,96%)
At chemotherapy	-	1 (0,39%)
When necessary	1 (4,00%)	34 (13,3%)

Never	11 (44,0%)	84 (32,9%)
Unknown	4 (16,0%)	39 (15,3%)
Missing	9 (36,0%)	92 (36,1%)

### Body function:

#### Handgrip

Regularly	-	12 (4,71%)
At chemotherapy	-	6 (2,35%)
When necessary	10 (40,0%)	77 (30,2%)
Never	10 (40,0%)	136 (53,3%)
Unknown	2 (8,00%)	10 (3,92%)
Missing	3 (12,0%)	14 (5,49%)

#### 6-minutes walking test

Regularly	-	7 (2,75%)
At chemotherapy	-	4 (1,57%)
When necessary	5 (20,0%)	65 (25,5%)
Never	12 (48,0%)	149 (58,4%)
Unknown	4 (16,0%)	12 (4,71%)
Missing	4 (16,0%)	18 (7,06%)

#### Other (body function)

Regularly	1 (4,00%)	11 (4,31%)
At chemotherapy	-	1 (0,39%)
When necessary	3 (12,0%)	44 (17,3%)
Never	11 (44,0%)	99 (38,8%)
Unknown	3 (12,0%)	36 (14,1%)
Missing	7 (28,0%)	64 (25,1%)

#### Nutritional requirements, calculated

Regularly	2 (8,00%)	78 (30,6%)
At chemotherapy	1 (4,00%)	1 (0,39%)
When necessary	14 (56,0%)	127 (49,8%)
Never	2 (8,00%)	14 (5,49%)
Unknown	2 (8,00%)	3 (1,18%)
Missing	4 (16,0%)	32 (12,5%)

#### Nutritional intake:

##### Every meal

Regularly	-	73 (28,6%)
At chemotherapy	-	2 (0,78%)
When necessary	12 (48,0%)	107 (42,0%)
Never	5 (20,0%)	26 (10,2%)
Unknown	2 (8,00%)	13 (5,10%)



Missing	6 (24,0%)	34 (13,3%)
<b>1 meal per day</b>		
Regularly	-	20 (7,84%)
At chemotherapy	-	2 (0,78%)
When necessary	6 (24,0%)	82 (32,2%)
Never	7 (28,0%)	49 (19,2%)
Unknown	2 (8,00%)	17 (6,67%)
Missing	10 (40,0%)	85 (33,3%)
<b>2 meals per day</b>		
Regularly	-	20 (7,84%)
At chemotherapy	-	-
When necessary	6 (24,0%)	80 (31,4%)
Never	7 (28,0%)	51 (20,0%)
Unknown	2 (8,00%)	16 (6,27%)
Missing	10 (40,0%)	88 (34,5%)
<b>24h recall</b>		
Regularly	1 (4,00%)	53 (20,8%)
At chemotherapy	-	6 (2,35%)
When necessary	14 (56,0%)	89 (34,9%)
Never	2 (8,00%)	34 (13,3%)
Unknown	1 (4,00%)	14 (5,49%)
Missing	7 (28,0%)	59 (23,1%)
<b>Other (nutritional intake)</b>		
Regularly	2 (8,00%)	6 (2,35%)
At chemotherapy	-	1 (0,39%)
When necessary	5 (20,0%)	38 (14,9%)
Never	3 (12,0%)	49 (19,2%)
Unknown	3 (12,0%)	37 (14,5%)
Missing	12 (48,0%)	124 (48,6%)
<b>Questionnaire completed by</b>		
Dietitian	5 (20,0%)	110 (43,1%)
Nurse	7 (28,0%)	66 (25,9%)
Physician	3 (12,0%)	59 (23,1%)
Nutritional scientist	7 (28,0%)	14 (5,49%)
Other	1 (4,00%)	1 (0,39%)
Missing	2 (8,00%)	5 (1,96%)

## V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	147	2506
<b>Demographic data:</b>		
Age (years)	68 [34-91]	65 [18-96]
Female gender	62 (42,2%)	1093 (43,6%)
Weight (kg)	73,4 ± 14,9	66,5 ± 17,5
Height (cm)	170,9 ± 8,8	166,0 ± 10,1
BMI (kg/m2)	25,1 ± 4,3	24,0 ± 5,0
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	7 (4,76%)	142 (5,67%)
Ward (w)	139 (94,6%)	2340 (93,4%)
Missing	1 (0,68%)	24 (0,96%)
<b>Goal of Therapy</b>		
Curative	74 (50,3%)	1449 (57,8%)
Palliative	55 (37,4%)	849 (33,9%)
Terminal	8 (5,44%)	122 (4,87%)
Missing	10 (6,80%)	86 (3,43%)
<b>Reason for admission</b>		
Clinical diagnostics	40 (27,2%)	295 (11,8%)
Therapy	58 (39,5%)	1236 (49,3%)
Surgery related	26 (17,7%)	492 (19,6%)
Treatment complications	14 (9,52%)	267 (10,7%)
Poor health status	14 (9,52%)	334 (13,3%)
Independent care difficult	1 (0,68%)	22 (0,88%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	9 (6,12%)	162 (6,46%)
Colon, rectum	34 (23,1%)	417 (16,6%)
Prostate	1 (0,68%)	65 (2,59%)
Lung	8 (5,44%)	237 (9,46%)
Skin	2 (1,36%)	19 (0,76%)
Kidney/bladder	5 (3,40%)	94 (3,75%)
Gastric/oesophageal	16 (10,9%)	291 (11,6%)
Pancreas	14 (9,52%)	123 (4,91%)
Lymphoma	12 (8,16%)	246 (9,82%)
Ears nose throat (ENT)	4 (2,72%)	109 (4,35%)
Leukaemia	3 (2,04%)	205 (8,18%)
Genital tract	1 (0,68%)	107 (4,27%)

Liver	12 (8,16%)	189 (7,54%)
Sarcoma	3 (2,04%)	27 (1,08%)
Brain	3 (2,04%)	37 (1,48%)
Testicular	1 (0,68%)	9 (0,36%)
Other	16 (10,9%)	229 (9,14%)
Missing	8 (5,44%)	51 (2,04%)

### Time since diagnosis

0-2 months	47 (32,0%)	811 (32,4%)
3-5 months	23 (15,6%)	426 (17,0%)
6-12 months	24 (16,3%)	398 (15,9%)
1-2 years	17 (11,6%)	333 (13,3%)
2-4 years	6 (4,08%)	214 (8,54%)
> 4 years	24 (16,3%)	208 (8,30%)
Missing	4 (2,72%)	86 (3,43%)

### Cancer staging

0=Carcinoma in situ	6 (4,08%)	103 (4,11%)
I=Localized	16 (10,9%)	503 (20,1%)
II=Early locally advanced	20 (13,6%)	487 (19,4%)
III=Late locally advanced	27 (18,4%)	370 (14,8%)
IV=Metastasised	53 (36,1%)	704 (28,1%)
Missing	25 (17,0%)	339 (13,5%)

### Time since first therapy start

No therapy	8 (5,44%)	238 (9,50%)
Tumour staging/diagnosis	20 (13,6%)	221 (8,82%)
0-2 months	42 (28,6%)	747 (29,8%)
3-5 months	17 (11,6%)	342 (13,6%)
6-12 months	20 (13,6%)	360 (14,4%)
1-2 years	11 (7,48%)	265 (10,6%)
2-4 years	6 (4,08%)	166 (6,62%)
> 4 years	20 (13,6%)	191 (7,62%)
Missing	6 (4,08%)	69 (2,75%)

### Therapy situation

Diagnosis	29 (19,7%)	248 (9,90%)
Chemotherapy 1st line	31 (21,1%)	541 (21,6%)
Chemotherapy > 1st line	19 (12,9%)	420 (16,8%)
Radiotherapy	8 (5,44%)	229 (9,14%)
Target therapy	4 (2,72%)	77 (3,07%)
Hormone therapy	-	22 (0,88%)
Palliative	16 (10,9%)	249 (9,94%)
Surgery	26 (17,7%)	681 (27,2%)

Cancer related complications	6 (4,08%)	187 (7,46%)
Therapy related complications	7 (4,76%)	101 (4,03%)
Missing	6 (4,08%)	71 (2,83%)

### Infections

None	110 (74,8%)	1857 (74,1%)
Local	21 (14,3%)	352 (14,0%)
General	8 (5,44%)	215 (8,58%)
Missing	8 (5,44%)	82 (3,27%)

### Nutrition Treatment

No special diet	65 (44,2%)	1058 (42,2%)
Individualized diet plan	22 (15,0%)	709 (28,3%)
Energy rich/protein rich ONS	31 (21,1%)	443 (17,7%)
Enteral nutrition (via NGT/PEG)	6 (4,08%)	131 (5,23%)
Parenteral nutrition	13 (8,84%)	279 (11,1%)
ONS enriched with special nutrients	2 (1,36%)	72 (2,87%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	1 (0,68%)	39 (1,56%)
Personal preferences	20 (13,6%)	208 (8,30%)
Counselling	20 (13,6%)	237 (9,46%)
Other	4 (2,72%)	129 (5,15%)
Missing	-	-

## V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	139	2484
Body weight prior to becoming ill	79 [48-158]	70 [22-180]
Actual body weight	70 [43-130]	64 [21-175]
<b>Change in weight was</b>		
Intentional	10 (6,80%)	99 (3,95%)
Unintentional	92 (62,6%)	1609 (64,2%)
Weight is stable	24 (16,3%)	389 (15,5%)
Missing	5 (3,40%)	84 (3,35%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	36 (24,5%)	828 (33,0%)
A little	27 (18,4%)	711 (28,4%)
Quite a bit	27 (18,4%)	469 (18,7%)
Very much	43 (29,3%)	265 (10,6%)
Missing	12 (8,16%)	198 (7,90%)
<b>Patients who needed a rest:</b>		
Not at all	13 (8,84%)	560 (22,3%)
A little	22 (15,0%)	694 (27,7%)
Quite a bit	36 (24,5%)	606 (24,2%)
Very much	61 (41,5%)	394 (15,7%)
Missing	12 (8,16%)	212 (8,46%)
<b>Patients who felt weak:</b>		
Not at all	17 (11,6%)	543 (21,7%)
A little	26 (17,7%)	715 (28,5%)
Quite a bit	36 (24,5%)	605 (24,1%)
Very much	54 (36,7%)	407 (16,2%)
Missing	11 (7,48%)	203 (8,10%)
<b>Patients who felt depressed:</b>		
Not at all	43 (29,3%)	900 (35,9%)
A little	27 (18,4%)	776 (31,0%)
Quite a bit	26 (17,7%)	359 (14,3%)
Very much	33 (22,4%)	208 (8,30%)
Missing	13 (8,84%)	207 (8,26%)
<b>Patients who were tired:</b>		

Not at all	14 (9,52%)	558 (22,3%)
A little	31 (21,1%)	769 (30,7%)
Quite a bit	42 (28,6%)	563 (22,5%)
Very much	47 (32,0%)	376 (15,0%)
Missing	12 (8,16%)	204 (8,14%)

#### Patients whose pain interfered with their daily activities:

Not at all	38 (25,9%)	953 (38,0%)
A little	29 (19,7%)	567 (22,6%)
Quite a bit	24 (16,3%)	418 (16,7%)
Very much	40 (27,2%)	300 (12,0%)
Missing	13 (8,84%)	221 (8,82%)

#### Patients who lacked appetite:

Not at all	45 (30,6%)	881 (35,2%)
A little	16 (10,9%)	617 (24,6%)
Quite a bit	26 (17,7%)	431 (17,2%)
Very much	42 (28,6%)	322 (12,8%)
Missing	12 (8,16%)	218 (8,70%)

#### Just now

##### Patients who have pain:

Not at all	48 (32,7%)	993 (39,6%)
A little	36 (24,5%)	814 (32,5%)
Quite a bit	33 (22,4%)	359 (14,3%)
Very much	16 (10,9%)	106 (4,23%)
Missing	13 (8,84%)	205 (8,18%)

##### Patients who need a rest:

Not at all	15 (10,2%)	513 (20,5%)
A little	32 (21,8%)	832 (33,2%)
Quite a bit	46 (31,3%)	605 (24,1%)
Very much	40 (27,2%)	307 (12,3%)
Missing	13 (8,84%)	210 (8,38%)

##### Patients who feel weak:

Not at all	21 (14,3%)	562 (22,4%)
A little	27 (18,4%)	807 (32,2%)
Quite a bit	46 (31,3%)	594 (23,7%)
Very much	38 (25,9%)	296 (11,8%)
Missing	13 (8,84%)	210 (8,38%)

##### Patients who are depressed:

Not at all	48 (32,7%)	1027 (41,0%)
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A little	27 (18,4%)	763 (30,4%)
Quite a bit	30 (20,4%)	321 (12,8%)
Very much	26 (17,7%)	140 (5,59%)
Missing	14 (9,52%)	209 (8,34%)

#### Patients who are tired:

Not at all	28 (19,0%)	606 (24,2%)
A little	31 (21,1%)	871 (34,8%)
Quite a bit	47 (32,0%)	496 (19,8%)
Very much	25 (17,0%)	280 (11,2%)
Missing	13 (8,84%)	215 (8,58%)

#### Patients whose pain interferes with their daily activities:

Not at all	43 (29,3%)	961 (38,3%)
A little	24 (16,3%)	631 (25,2%)
Quite a bit	35 (23,8%)	418 (16,7%)
Very much	28 (19,0%)	233 (9,30%)
Missing	14 (9,52%)	221 (8,82%)

#### Patients who lack appetite:

Not at all	49 (33,3%)	907 (36,2%)
A little	18 (12,2%)	637 (25,4%)
Quite a bit	35 (23,8%)	430 (17,2%)
Very much	29 (19,7%)	278 (11,1%)
Missing	12 (8,16%)	217 (8,66%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	26 (17,7%)	434 (17,3%)
Inflammation in mouth	10 (6,80%)	145 (5,79%)
Pain	29 (19,7%)	332 (13,2%)
Constipation	12 (8,16%)	197 (7,86%)
Diarrhea	13 (8,84%)	129 (5,15%)
Change in taste/smell	22 (15,0%)	326 (13,0%)
Early satiation/Loss of appetite	39 (26,5%)	604 (24,1%)
Other	21 (14,3%)	427 (17,0%)
Missing	6 (4,08%)	93 (3,71%)

#### Maximum activity performed by patients

Able to do sports	9 (6,12%)	96 (3,83%)
Fully active	13 (8,84%)	356 (14,2%)
Able to carry out light activities	36 (24,5%)	508 (20,3%)
Able to carry out self care	40 (27,2%)	623 (24,9%)
Able to carry out limited self care	22 (15,0%)	371 (14,8%)
Confined to bed or chair	12 (8,16%)	333 (13,3%)



Missing	13 (8,84%)	196 (7,82%)
<b>Patient takes additional (without prescription)</b>		
Nothing	84 (57,1%)	1595 (63,6%)
Herbal tea	18 (12,2%)	237 (9,46%)
Nutritional supplements	20 (13,6%)	214 (8,54%)
Multivitamin	9 (6,12%)	81 (3,23%)
Other medication	9 (6,12%)	92 (3,67%)
Other	4 (2,72%)	127 (5,07%)
Missing	13 (8,84%)	253 (10,1%)
<b>Additional activities performed</b>		
Nothing	90 (61,2%)	1750 (69,8%)
Psychotherapy	6 (4,08%)	53 (2,11%)
Yoga	1 (0,68%)	25 (1,00%)
Meditation	3 (2,04%)	103 (4,11%)
Progressive muscle relaxation	8 (5,44%)	40 (1,60%)
Qigong	-	8 (0,32%)
Other	28 (19,0%)	261 (10,4%)
Missing	16 (10,9%)	300 (12,0%)
<b>Patients having difficulties in complying with treatment</b>		
Patients having difficulties in complying with treatment	21 (14,3%)	542 (21,6%)
<b>Patients needing help to complete questionnaire</b>		
Patients needing help to complete questionnaire	69 (46,9%)	1313 (52,4%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>		
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	76 (51,7%)	1505 (60,1%)