



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2018*  
*Croatia*

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>3</b>
<b>Number of participated units:</b>	<b>10</b>
<b>Number of patients who gave consent:</b>	<b>181</b>
<b>Number of patients completing Sheet 3a:</b>	<b>181</b>
<b>Number of patients completing Sheet 3b:</b>	<b>180</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>161</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

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	432 [271-1114]	317 [188-615]
<b>2. Total number of admissions in the hospital last year</b>	17159	17520 [8982-34767]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	259 [133-715]	170 [78-396]
Medical specialists	175 [91-537]	117 [54-244]
Medical non-specialists	79 [40-176]	35 [11-82]
Nurses	545 [303-1427]	418 [195-800]
Dieticians	1 [1-3]	5 [2-9]
Nutritionists	1 [1-5]	1 [0-4]
Pharmacists	3 [2-24]	7 [4-22]
Kitchen staff	61 [34-84]	30 [14-55]
<b>Full time equivalent</b>		
Total medical doctors	127 [66-188]	139 [60-368]
Medical specialists	85 [45-125]	98 [48-245]
Medical non-specialists	40 [21-60]	34 [11-87]
Nurses	299 [180-419]	350 [187-778]
Dieticians	1 [0-1]	4 [2-8]
Nutritionists	1 [1-1]	1 [0-3]
Pharmacists	2 [1-2]	6 [3-18]
Kitchen staff	34 [20-47]	27 [14-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (66.7%) Yes	351 (78.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	3 (100%) 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	2 (66.7%) Yes	235 (52.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (33.3%) Yes	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	1 (33.3%) Yes	216 (48.4%) Yes
Oral nutrition supplements	2 (66.7%) Yes	165 (37.0%) Yes

Parenteral nutrition	2 (66.7%) Yes	255 (57.2%) Yes
Enteral nutrition	2 (66.7%) Yes	224 (50.2%) Yes
Dietary counseling	1 (33.3%) Yes	166 (37.2%) Yes
Specific dietary interventions	1 (33.3%) Yes	119 (26.7%) Yes
Screening for malnutrition	-	119 (26.7%) Yes
Risk of malnutrition	-	103 (23.1%) Yes
Malnutrition (in general)	1 (33.3%) Yes	203 (45.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	195 (43.7%) Yes
No information available from billing/finance/controlling	1 (33.3%) Yes	75 (16.8%) Yes
No answer given	-	18 (4.0%)

### Codes routinely used

Nutrition Support	2 (66.7%) Yes	188 (42.2%) Yes
Oral nutrition supplements	2 (66.7%) Yes	143 (32.1%) Yes
Parenteral nutrition	2 (66.7%) Yes	233 (52.2%) Yes
Enteral nutrition	2 (66.7%) Yes	205 (46.0%) Yes
Dietary counseling	1 (33.3%) Yes	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)	1 (33.3%) Yes	176 (39.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	169 (37.9%) Yes
No information available from billing/finance/controlling	1 (33.3%) 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	-	19.3%
Internal Medicine / Cardiology	1 (10.0%)	4.5%
Internal Medicine / Gastroenterology & hepatology	2 (20.0%)	6.3%
Internal Medicine / Geriatrics	-	7.9%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	7.2%
Interdisciplinary	-	3.3%
Long term care	1 (10.0%)	2.0%
Neurology	-	3.6%
Surgery / General	2 (20.0%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	-	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	-	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	-	1.8%
Gynecology / Obstetrics	-	1.6%
Pediatrics	1 (10.0%)	1.3%
Psychiatry	-	0.9%
Others	3 (30.0%)	16.1%
<b>2. Number of registered inpatients at noon</b>	18 [15-29]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	25 [20-31]	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	5 [2-6]	3 [2-7]
Nurses	4 [4-14]	5 [3-8]
Nursing aides	1 [1-4]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	1 [0-1]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-1]
Other staff involved in patient care	2 [1-3]	1 [0-2]
<b>In training</b>		
Medical doctors	2 [2-4]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	5 [3-8]	1 [0-3]

Nursing aides	0 [0-3]	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?** 5 (55.6%) Yes 705 (76.4%) Yes

**6. Does the unit have a nutrition care strategy?** 4 (44.4%) Yes 678 (73.5%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 4 (44.4%) Yes 644 (69.8%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 9 (100%) Yes 831 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 5 (55.6%) Yes 575 (62.3%) Yes

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

**At admission**

No routine screening	2 (20.0%) Yes	85 (8.8%) Yes
No fixed criteria	-	14 (1.4%) Yes
Experience / visual assessment only	1 (10.0%) Yes	77 (7.9%) Yes
Weighing / BMI only	4 (40.0%) 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	2 (20.0%) Yes	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	1 (10.0%)	47 (4.8%)

**During hospital stay**

No routine monitoring	2 (20.0%) Yes	88 (9.1%) Yes
No fixed criteria	1 (10.0%) Yes	77 (7.9%) Yes
Experience / visual assessment only	-	174 (17.9%) Yes
Weighing / BMI only	4 (40.0%) Yes	313 (32.3%) Yes
Other formal tool	2 (20.0%) Yes	251 (25.9%) Yes
I do not know	-	20 (2.1%) Yes
Missing	1 (10.0%)	47 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 7 (77.8%) Yes 724 (80.0%) Yes

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

International guidelines	1 (14.3%) Yes	186 (25.7%) Yes
National guidelines	2 (28.6%) Yes	105 (14.5%) Yes
Standards on hospital level	2 (28.6%) Yes	249 (34.4%) Yes
Standards on unit level	-	51 (7.0%) Yes
Individual patient nutrition care plans	2 (28.6%) 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	3 (30.0%) Yes	281 (29.0%) Yes
Discuss nutrition care activities during ward rounds	5 (50.0%) Yes	430 (44.3%) Yes
Develop an individual nutrition care plan	4 (40.0%) Yes	509 (52.5%) Yes
Initiate treatment / nutrition intervention	6 (60.0%) Yes	582 (60.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (50.0%) Yes	592 (61.0%) Yes
Consult a medical professional	5 (50.0%) Yes	383 (39.5%) Yes
Calculate energy requirements	4 (40.0%) Yes	479 (49.4%) Yes
Calculate protein requirements	5 (50.0%) Yes	466 (48.0%) Yes

**Malnourished**

Watchful waiting	1 (10.0%) Yes	196 (20.2%) Yes
Discuss nutrition care activities during ward rounds	2 (20.0%) Yes	462 (47.6%) Yes
Develop an individual nutrition care plan	5 (50.0%) Yes	541 (55.8%) Yes
Initiate treatment / nutrition intervention	5 (50.0%) Yes	624 (64.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (30.0%) Yes	581 (59.9%) Yes
Consult a medical professional	3 (30.0%) Yes	411 (42.4%) Yes
Calculate energy requirements	1 (10.0%) Yes	537 (55.4%) Yes
Calculate protein requirements	3 (30.0%) Yes	522 (53.8%) Yes

**Every patient**

Watchful waiting	6 (60.0%) Yes	483 (49.8%) Yes
Discuss nutrition care activities during ward rounds	4 (40.0%) Yes	258 (26.6%) Yes
Develop an individual nutrition care plan	2 (20.0%) Yes	184 (19.0%) Yes
Initiate treatment / nutrition intervention	2 (20.0%) Yes	135 (13.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (30.0%) Yes	185 (19.1%) Yes
Consult a medical professional	2 (20.0%) Yes	209 (21.5%) Yes
Calculate energy requirements	4 (40.0%) Yes	123 (12.7%) Yes
Calculate protein requirements	2 (20.0%) Yes	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	1 (10.0%) Yes	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	1 (10.0%) Yes	103 (10.6%) Yes
Calculate protein requirements	1 (10.0%) Yes	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	7 (70.0%) Yes	625 (64.4%) Yes
Within 24 hours	-	142 (14.6%) Yes
Within 48 hours	-	54 (5.6%) Yes
Within 72 hours	-	27 (2.8%) Yes
Every week	1 (10.0%) Yes	393 (40.5%) Yes
Occasionally	4 (40.0%) Yes	109 (11.2%) Yes
When requested	1 (10.0%) Yes	483 (49.8%) Yes
At discharge	1 (10.0%) 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	8 (80.0%) Yes	730 (75.3%) Yes
Offer meal choices	6 (60.0%) Yes	711 (73.3%) Yes
Offer different portion sizes	5 (50.0%) Yes	635 (65.5%) Yes
Consider food presentation	2 (20.0%) Yes	356 (36.7%) Yes
Change food texture/consistency as needed	7 (70.0%) Yes	797 (82.2%) Yes
Consider patient problems with eating and drinking	8 (80.0%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (60.0%) Yes	218 (22.5%) Yes
Promote positive eating environment	2 (20.0%) Yes	281 (29.0%) Yes
Consider cultural/religious preferences	6 (60.0%) Yes	559 (57.6%) Yes
Consider patient allergies / intolerances	8 (80.0%) Yes	650 (67.0%) Yes
Other	2 (20.0%) Yes	74 (7.6%) Yes
I do not know	-	19 (2.0%) Yes
No answer given	1 (10.0%)	48 (4.9%)

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

Nutrition training is available	6 (60.0%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	2 (20.0%) Yes	408 (42.1%) Yes
Quality indicators are recorded and reported to national or regional level	2 (20.0%) Yes	302 (31.1%) Yes
Quality indicators are used for internal benchmarking	7 (70.0%) Yes	358 (36.9%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (50.0%) Yes	625 (64.4%) Yes
None	-	32 (3.3%) Yes
I do not know	-	38 (3.9%) Yes
No answer given	1 (10.0%)	68 (7.0%)

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

Change in weight	7 (70.0%) Yes	775 (79.9%) Yes
Eating habits/difficulties	8 (80.0%) Yes	746 (76.9%) Yes
Nutrition before admission	7 (70.0%) Yes	592 (61.0%) Yes
None	-	15 (1.5%) Yes
I do not know	-	20 (2.1%) Yes
No answer given	1 (10.0%)	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	5 (50.0%) Yes	708 (73.0%) Yes
nutrition treatment	6 (60.0%) Yes	582 (60.0%) Yes
None	1 (10.0%) Yes	54 (5.6%) Yes
I do not know	1 (10.0%) Yes	26 (2.7%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	4 (40.0%) Yes	407 (42.0%) Yes
makes future nutrition-related recommendations	8 (80.0%) Yes	572 (59.0%) Yes
None	-	110 (11.3%) Yes
I do not know	1 (10.0%) Yes	69 (7.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	2 (22.2%) Yes	356 (44.8%) Yes
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### 19. Who filled in this sheet?

Head staff	1 (10.0%) Yes	281 (29.0%) Yes
Dietician	2 (20.0%) Yes	517 (53.3%) Yes
Nurse	5 (50.0%) Yes	279 (28.8%) Yes
Physician	-	128 (13.2%) Yes
Administrative staff	1 (10.0%) Yes	8 (0.82%) Yes



Other	1 (10.0%) 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	181	17827
Age	54 [31-69]	67 [53-78]
Female	78 (43.1%)	8951 (50.2%)
Weight	68.9±25.9	70.1±19.2
Height	168±13	165±10
BMI	24.0±7.2	25.5±6.0

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

planned	114 (63.0%)	6798 (38.1%)
an emergency	59 (32.6%)	9562 (53.6%)
I do not know	8 (4.4%)	1467 (8.2%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	1 (0.55%)	1555 (8.7%)
0200 Neoplasms	13 (7.2%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	6 (3.3%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	11 (6.1%)	2190 (12.3%)
0500 Mental health	48 (26.5%)	851 (4.8%)
0600 Nervous system	44 (24.3%)	1636 (9.2%)
0700 Eye and adnexa	4 (2.2%)	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	51 (28.2%)	3801 (21.3%)
1000 Respiratory system	8 (4.4%)	2810 (15.8%)
1100 Digestive system	63 (34.8%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	3 (1.7%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	14 (7.7%)	2703 (15.2%)
1400 Genitourinary system	22 (12.2%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	6 (3.3%)	25 (0.14%)
1700 Congenital/chromosomal abnormalities	7 (3.9%)	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	2 (1.1%)	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	1 (0.55%)	619 (3.5%)
No answer given	-	-

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

Cardiac insufficiency	49 (27.1%)	3518 (22.5%)
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Myocardial infarction	16 (8.8%)	823 (5.4%)
Chronic lung disease	7 (3.9%)	2299 (14.8%)
Cerebral vascular disease	4 (2.2%)	1523 (9.9%)
Peripheral vascular disease	3 (1.7%)	1931 (12.6%)
Chronic liver disease	1 (0.56%)	992 (6.5%)
Chronic kidney disease	17 (9.4%)	1734 (11.3%)
Diabetes	24 (13.3%)	3888 (24.9%)
Cancer	13 (7.2%)	3763 (24.2%)
Infection	11 (6.1%)	2245 (14.5%)
Dementia	1 (0.56%)	798 (5.2%)
Major depressive disorder	2 (1.1%)	853 (5.6%)
Other chronic mental disorder	35 (19.4%)	815 (5.4%)
Other chronic disease	57 (31.7%)	4031 (25.9%)
None	40 (22.1%)	3008 (16.9%)

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

Yes, planned	41 (22.7%)	3584 (20.1%)
Yes, acute	5 (2.8%)	1077 (6.0%)
No	134 (74.0%)	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	1 (0.55%)	391 (2.2%)

Days since operation	3 [1-9]	3 [1-11]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	17 (9.4%)	1266 (7.1%)
Yes, later	12 (6.6%)	953 (5.3%)
No	147 (81.2%)	13798 (77.4%)
I do not know	-	833 (4.7%)
Missing	5 (2.8%)	977 (5.5%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	19 (10.5%)	1781 (10.0%)
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<b>6. Is this patient terminally ill?</b>	6 (3.3%)	1122 (6.3%)
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#### 7. Fluid status

Normal	162 (89.5%)	13668 (76.7%)
Overloaded	4 (2.2%)	1008 (5.7%)
Dehydrated	11 (6.1%)	878 (4.9%)
I do not know	4 (2.2%)	2273 (12.8%)
Missing	-	-

#### 8. Number of different medications planned

Oral	4 [1-6]	5 [2-8]
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Other	0 [0-2]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	38 (21.0%)	2050 (11.5%)
At risk	22 (12.2%)	3162 (17.7%)
No	118 (65.2%)	11117 (62.4%)
I do not know	3 (1.7%)	1498 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	44 (24.3%)	6470 (36.3%)
5% Glucose solution	19 (10.5%)	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	109 (60.2%)	10454 (58.6%)
Fortified/enriched hospital food	10 (5.5%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	21 (11.6%)	2469 (13.8%)
Enteral nutrition	6 (3.3%)	882 (4.9%)
Parenteral nutrition	8 (4.4%)	929 (5.2%)
Special diet	51 (28.2%)	5732 (32.2%)
None	10 (5.5%)	895 (5.0%)

### 13a. All lines and Tubes

Central Venous	12 (6.6%)	1535 (8.6%)
Peripheral venous access	63 (34.8%)	8238 (46.2%)
Nasogastric	13 (7.2%)	462 (2.6%)
Nasojejunal	1 (0.55%)	79 (0.44%)
Nasoduodenal	1 (0.55%)	67 (0.38%)
Enterostoma	2 (1.1%)	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	16 (8.8%)	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.55%)	63 (0.35%)
None	88 (48.6%)	8032 (45.1%)

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

Yes, previously	10 (5.5%)	247 (1.4%)
Yes, ongoing	4 (2.2%)	173 (0.97%)
No	158 (87.3%)	14548 (81.6%)
I do not know	6 (3.3%)	1646 (9.2%)
Missing	3 (1.7%)	1213 (6.8%)

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

Energy requirements were determined	107 (59.1%)	6273 (35.2%)
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Protein requirements were determined	98 (54.1%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	111 (61.3%)	7653 (42.9%)
Nutrition treatment plan was developed	105 (58.0%)	6036 (33.9%)
Nutrition expert was consulted	62 (34.3%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	40 (22.1%)	5297 (29.7%)
None	-	-

### 15a. Energy goal

< 500 kcal	11 (6.1%)	749 (4.2%)
500-999 kcal	5 (2.8%)	194 (1.1%)
1000-1499 kcal	10 (5.5%)	1695 (9.5%)
1500-1999 kcal	62 (34.3%)	5578 (31.3%)
>=2000 kcal	61 (33.7%)	1992 (11.2%)
Not determined	4 (2.2%)	6066 (34.0%)
I do not know	28 (15.5%)	1515 (8.5%)
Missing	-	38 (0.21%)

### 15b. Energy intake

< 500 kcal	14 (7.7%)	1264 (7.1%)
500-999 kcal	9 (5.0%)	900 (5.0%)
1000-1499 kcal	11 (6.1%)	2387 (13.4%)
1500-1999 kcal	67 (37.0%)	3954 (22.2%)
>=2000 kcal	44 (24.3%)	1047 (5.9%)
Not determined	5 (2.8%)	6021 (33.8%)
I do not know	31 (17.1%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	62 (34.3%)	8831 (49.5%)
Deteriorated	15 (8.3%)	1039 (5.8%)
Remained the same	84 (46.4%)	4935 (27.7%)
This patient has just been admitted	6 (3.3%)	1248 (7.0%)
I do not know	14 (7.7%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	11 [6-18]	12 [6-24]
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### Outcome Code

1= Still in the hospital	58 (32.0%)	1702 (9.5%)
2= Transferred to another hospital	7 (3.9%)	419 (2.4%)
3= Transferred to long term care	2 (1.1%)	780 (4.4%)
4= Rehabilitation	1 (0.55%)	785 (4.4%)
5= Discharged home	91 (50.3%)	13163 (73.8%)
6= Death	2 (1.1%)	535 (3.0%)

7= Others	-	310 (1.7%)
Missing	20 (11.0%)	133 (0.75%)
Readmitted since ND		
1= No	74 (71.8%)	11846 (75.5%)
2= Yes, same hospital planned	14 (13.6%)	1043 (6.7%)
3= Yes, same hospital unplanned	9 (8.7%)	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 (0.97%)	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	140 (77.3%)	12235 (71.0%)
I am vegetarian	1 (0.55%)	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	3 (1.7%)	156 (0.91%)
I avoid added sugars	18 (9.9%)	2604 (15.1%)
I avoid carbohydrates	11 (6.1%)	1038 (6.0%)
I eat a low fat-diet	23 (12.7%)	1930 (11.2%)
I am lactose intolerant	5 (2.8%)	572 (3.3%)
Other special diet due to intolerances/allergies	2 (1.1%)	323 (1.9%)
Other	10 (5.5%)	1219 (7.1%)
No answer given	-	337 (2.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	124 (68.5%)	15276 (88.7%)
In a nursing home or other live-in facility	4 (2.2%)	609 (3.5%)
I was transferred from another hospital	49 (27.1%)	883 (5.1%)
Other	3 (1.7%)	268 (1.6%)
Missing	1 (0.55%)	185 (1.1%)
<b>3. In general, are you able to walk?</b>		
Yes	103 (56.9%)	11104 (64.5%)
Yes, with someone's help	23 (12.7%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	8 (4.4%)	2412 (14.0%)
No, I have a wheelchair	28 (15.5%)	712 (4.1%)
No, I am bedridden	19 (10.5%)	988 (5.7%)
Missing	-	243 (1.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	11 (6.1%)	1252 (7.3%)
Good	62 (34.3%)	6191 (36.0%)
Fair	77 (42.5%)	6489 (37.7%)
Poor	23 (12.7%)	2490 (14.5%)
Very poor	8 (4.4%)	558 (3.2%)
Missing	-	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?	3 [1-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-1]	1 [0-2]
... how many nights in total have you spent in hospital?	3 [0-12]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	33 (18.2%)	3323 (19.3%)
3-5	42 (23.2%)	4698 (27.3%)
More than 5	25 (13.8%)	5507 (32.0%)
None	25 (13.8%)	2633 (15.3%)
I do not know	56 (30.9%)	778 (4.5%)
Missing	-	282 (1.6%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	96 (53.0%)	2738 (15.9%)
Yes, public insurance only	3 (1.7%)	8466 (49.2%)
Yes, both	80 (44.2%)	2117 (12.3%)
None	2 (1.1%)	2268 (13.2%)
I prefer not to answer	-	1018 (5.9%)
Missing	-	614 (3.6%)

<b>8. What was your weight 5 years ago?</b>	81 [72-95]	72 [60-85]
I do not know	73 (40.3%)	4280 (24.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	18 (9.9%)	1639 (9.5%)
Yes, unintentionally	53 (29.3%)	6488 (37.7%)
No, my weight stayed the same	71 (39.2%)	5108 (29.7%)
No, I gained weight	33 (18.2%)	1894 (11.0%)
I do not know	6 (3.3%)	1680 (9.8%)
Missing	-	412 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	7 [3-10]	6 [4-10]
I do not know	4 (5.6%)	1267 (15.6%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	117 (64.6%)	6721 (41.1%)
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<b>11. Please indicate if you ...</b>		
... were weighed at admission	105 (58.3%)	9728 (57.2%)
... were informed about your nutrition status	19 (10.5%)	5774 (34.3%)
... were informed about nutrition care options	16 (8.8%)	5459 (32.5%)
... received special nutrition care	30 (16.6%)	5054 (30.1%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	11 (6.1%)	762 (4.5%)
Normal	88 (48.9%)	10449 (61.1%)
About 3/4 of normal	17 (9.4%)	1762 (10.3%)
About half of normal	5 (2.8%)	2122 (12.4%)



About a quarter to nearly nothing	12 (6.7%)	1571 (9.2%)
I do not know	47 (26.1%)	153 (0.89%)
Missing	-	286 (1.7%)

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

Very satisfied	58 (32.2%)	4212 (24.6%)
Somewhat satisfied	65 (36.1%)	5626 (32.9%)
Neutral	21 (11.7%)	3361 (19.6%)
Dissatisfied	7 (3.9%)	1441 (8.4%)
Very dissatisfied	1 (0.56%)	491 (2.9%)
I do not know	28 (15.6%)	1415 (8.3%)
Missing	-	559 (3.3%)

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

Yes, from family or friends	-	1651 (9.7%)
Yes, from hospital staff	52 (28.9%)	1185 (6.9%)
No	127 (70.6%)	13278 (77.6%)
I do not know	-	218 (1.3%)
Missing	1 (0.56%)	773 (4.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	121 (68.0%)	11891 (74.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	96 (53.3%)	7871 (46.0%)
1/2	40 (22.2%)	4261 (24.9%)
1/4	19 (10.6%)	2226 (13.0%)
Nothing	22 (12.2%)	1992 (11.6%)
Missing	3 (1.7%)	755 (4.4%)

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

Standard	132 (73.3%)	11000 (64.3%)
Smaller	12 (6.7%)	1600 (9.4%)
Larger	6 (3.3%)	763 (4.5%)
I do not know	20 (11.1%)	1701 (9.9%)
Missing	10 (5.6%)	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	24 (29.6%)	1293 (15.2%)
I did not like the smell/taste of the food	10 (12.3%)	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	4 (4.9%)	207 (2.4%)
Due to food allergy/intolerance	2 (2.5%)	53 (0.63%)
I was not hungry at that time	13 (16.0%)	1520 (17.9%)

I do not have my usual appetite	26 (32.1%)	2475 (29.2%)
I have problems chewing/swallowing	9 (11.1%)	478 (5.6%)
I normally eat less than what was served	4 (4.9%)	969 (11.4%)
I had nausea/vomiting	6 (7.4%)	637 (7.5%)
I was too tired	2 (2.5%)	506 (6.0%)
I cannot eat without help	10 (12.3%)	141 (1.7%)
I was not allowed to eat	7 (8.6%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	10 (12.3%)	469 (5.5%)
I did not get requested food	1 (1.2%)	93 (1.1%)
No answer given	7 (8.6%)	1161 (13.7%)

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

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

**19a. Did you eat any food apart from hospital food TODAY?** 57 (32.2%) 4518 (28.8%)

### 19b. If yes, what did you eat?

Sweet snacks	9 (15.8%)	1302 (28.8%)
Salty snacks	12 (21.1%)	512 (11.3%)
Homemade food	1 (1.8%)	703 (15.6%)
Fruits	26 (45.6%)	1730 (38.3%)
Dairy products	10 (17.5%)	471 (10.4%)
Food delivered/restaurant	1 (1.8%)	191 (4.2%)
Sandwich	5 (8.8%)	282 (6.2%)
Other	1 (1.8%)	724 (16.0%)

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

Increased	13 (7.2%)	2508 (14.7%)
Decreased	34 (18.9%)	5344 (31.2%)
Stayed the same	115 (63.9%)	7154 (41.8%)
I do not know	14 (7.8%)	1188 (6.9%)
Missing	4 (2.2%)	911 (5.3%)

### 21. TODAY I feel...

Stronger than at admission	42 (23.3%)	7275 (42.5%)
Weaker than at admission	32 (17.8%)	3158 (18.5%)
Same as at admission	47 (26.1%)	4825 (28.2%)

I was admitted today	2 (1.1%)	465 (2.7%)
I do not know	56 (31.1%)	926 (5.4%)
Missing	1 (0.56%)	456 (2.7%)

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

Yes	106 (58.9%)	10229 (59.8%)
No, only with assistance	19 (10.6%)	4164 (24.3%)
No, I stay in bed	52 (28.9%)	1821 (10.6%)
Missing	3 (1.7%)	891 (5.2%)

<b>23. Did anyone help you complete this questionnaire?</b>	143 (79.9%)	10837 (65.0%)
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