



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>7</b>
<b>Number of patients:</b>	<b>226</b>
<b>Number of patients who gave consent:</b>	<b>116</b>
<b>Number of patients completing Sheet 3a:</b>	<b>116</b>
<b>Number of patients completing Sheet 3b:</b>	<b>115</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>116</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**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	1127 [963-1290]	400 [232-793]
<b>2. Total number of admissions in the hospital last year</b>	83620 [73855-93386]	19130 [9693-40039]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	1300 [1192-1408]	204 [113-457]
Medical specialists	632 [632-632]	137 [73-293]
Medical non-specialists	452 [452-452]	50 [16-118]
Nurses	1538 [1389-1687]	460 [253-1026]
Dieticians	38 [38-39]	6 [2-11]
Nutritionists	-	1 [0-3]
Pharmacists	27 [27-27]	8 [3-26]
Kitchen staff	67 [58-75]	33 [15-56]
<b>Full time equivalent</b>		
Total medical doctors	734 [734-734]	183 [89-410]
Medical specialists	447 [447-447]	138 [62-276]
Medical non-specialists	287 [287-287]	46 [18-150]
Nurses	1066 [1066-1066]	395 [233-903]
Dieticians	20 [19-20]	5 [2-9]
Nutritionists	-	0 [0-2]
Pharmacists	23 [23-23]	6 [3-22]
Kitchen staff	48 [48-48]	32 [14-54]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (100%) Yes	732 (77.6%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (50.0%) Yes	668 (70.8%) Yes
Nutrition steering committee is available	2 (100%) Yes	619 (65.6%) Yes
Quality indicators are recorded and reported to national or regional level	2 (100%) Yes	386 (40.9%) Yes
Quality indicators are used for internal benchmarking	2 (100%) Yes	479 (50.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (50.0%) Yes	713 (75.6%) Yes
None	-	38 (4.0%) 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	-	477 (50.6%) Yes

Oral nutrition supplements	-	332 (35.2%) Yes
Parenteral nutrition	-	543 (57.6%) Yes
Enteral nutrition	-	480 (50.9%) Yes
Dietary counseling	-	385 (40.8%) Yes
Specific dietary interventions	-	253 (26.8%) Yes
Screening for malnutrition	-	271 (28.7%) Yes
Risk of malnutrition	-	248 (26.3%) Yes
Malnutrition (in general)	-	438 (46.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	409 (43.4%) Yes
No information available from billing/finance/controlling	2 (100%) Yes	171 (18.1%) Yes
No answer given	-	33 (3.5%)

### Codes routinely used

Nutrition Support	-	415 (44.0%) Yes
Oral nutrition supplements	-	285 (30.2%) Yes
Parenteral nutrition	-	507 (53.8%) Yes
Enteral nutrition	-	459 (48.7%) Yes
Dietary counseling	-	333 (35.3%) Yes
Specific dietary interventions	-	225 (23.9%) Yes
Screening for malnutrition	-	223 (23.6%) Yes
Risk of malnutrition	-	197 (20.9%) Yes
Malnutrition (in general)	-	378 (40.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	347 (36.8%) Yes
No information available from billing/finance/controlling	2 (100%) Yes	185 (19.6%) Yes
No answer given	-	53 (5.6%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	4 (57.1%)	199 (20.5%)
Internal Medicine / Cardiology	-	45 (4.6%)
Internal Medicine / Gastroenterology & hepatology	-	73 (7.5%)
Internal Medicine / Geriatrics	-	89 (9.2%)
Internal Medicine / Infectious diseases	-	5 (0.5%)
Internal Medicine / Nephrology	-	12 (1.2%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (14.3%)	77 (7.9%)
Interdisciplinary	-	31 (3.2%)
Long term care	-	22 (2.3%)
Neurology	1 (14.3%)	35 (3.6%)
Surgery / General	-	142 (14.6%)
Surgery/ Cardiac/Vascular/Thoracic	-	16 (1.6%)
Surgery / Neurosurgery	-	9 (0.9%)
Surgery / Orthopedic	1 (14.3%)	42 (4.3%)
Trauma	-	12 (1.2%)
Ear Nose Throat (ENT)	-	19 (2.0%)
Gynecology / Obstetrics	-	18 (1.9%)
Pediatrics	-	-
Psychiatry	-	11 (1.1%)
Others	-	113 (11.6%)
<b>2. Number of registered inpatients at noon</b>	<b>38 [37-40]</b>	<b>25 [19-32]</b>
<b>3. Total bed capacity of the unit</b>	<b>44 [43-45]</b>	<b>30 [24-38]</b>
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [3-5]	3 [2-7]
Nurses	5 [5-7]	5 [3-8]
Nursing aides	3 [2-4]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-1]
Other staff involved in patient care	1 [0-1]	1 [0-2]
<b>In training</b>		
Medical doctors	4 [2-6]	1 [0-3]
Medical students	1 [0-3]	0 [0-2]
Nurses	1 [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?** 7 (100%) Yes 705 (76.4%) Yes

**6. Does the unit have a nutrition care strategy?** 7 (100%) Yes 678 (73.5%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 7 (100%) Yes 644 (69.8%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 7 (100%) Yes 831 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 7 (100%) Yes 575 (62.3%) Yes

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

#### At admission

No routine screening	-	85 (8.8%)
No fixed criteria	-	14 (1.4%)
Experience / visual assessment only	-	77 (7.9%)
Weighing / BMI only	-	141 (14.5%)
Nutritional Risk Screening (NRS) 2002	-	309 (31.9%)
Malnutrition Universal Screening Tool (MUST)	7 (100%) Yes	59 (6.1%)
Malnutrition Screening tool (MST)	-	70 (7.2%)
SNAQ	-	11 (1.1%)
Other formal tool	-	148 (15.3%)
I do not know	-	9 (0.93%)
Missing	-	47 (4.8%)

#### During hospital stay

No routine monitoring	1 (14.3%) Yes	88 (9.1%)
No fixed criteria	2 (28.6%) Yes	77 (7.9%)
Experience / visual assessment only	-	174 (17.9%)
Weighing / BMI only	1 (14.3%) Yes	313 (32.3%)
Other formal tool	3 (42.9%) Yes	251 (25.9%)
I do not know	-	20 (2.1%)
Missing	-	47 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 6 (85.7%) Yes 724 (80.0%) Yes

<b>11b. If yes, which one is mainly used?</b>			
International guidelines	3 (50.0%)	Yes	186 (25.7%)
National guidelines	-		105 (14.5%)
Standards on hospital level	3 (50.0%)	Yes	249 (34.4%)
Standards on unit level	-		51 (7.0%)
Individual patient nutrition care plans	-		116 (16.0%)
Other	-		7 (0.97%)
Missing	-		10 (1.4%)

## 12. What is routinely done in your unit for given patient groups?

### At risk

Watchful waiting	5 (71.4%)	Yes	281 (29.0%)
Discuss nutrition care activities during ward rounds	4 (57.1%)	Yes	430 (44.3%)
Develop an individual nutrition care plan	7 (100%)	Yes	509 (52.5%)
Initiate treatment / nutrition intervention	7 (100%)	Yes	582 (60.0%)
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (100%)	Yes	592 (61.0%)
Consult a medical professional	1 (14.3%)	Yes	383 (39.5%)
Calculate energy requirements	4 (57.1%)	Yes	479 (49.4%)
Calculate protein requirements	4 (57.1%)	Yes	466 (48.0%)

### Malnourished

Watchful waiting	4 (57.1%)	Yes	196 (20.2%)
Discuss nutrition care activities during ward rounds	5 (71.4%)	Yes	462 (47.6%)
Develop an individual nutrition care plan	5 (71.4%)	Yes	541 (55.8%)
Initiate treatment / nutrition intervention	5 (71.4%)	Yes	624 (64.3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (71.4%)	Yes	581 (59.9%)
Consult a medical professional	4 (57.1%)	Yes	411 (42.4%)
Calculate energy requirements	5 (71.4%)	Yes	537 (55.4%)
Calculate protein requirements	5 (71.4%)	Yes	522 (53.8%)

### Every patient

Watchful waiting	2 (28.6%)	Yes	483 (49.8%)
Discuss nutrition care activities during ward rounds	1 (14.3%)	Yes	258 (26.6%)
Develop an individual nutrition care plan	-		184 (19.0%)
Initiate treatment / nutrition intervention	-		135 (13.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (14.3%)	Yes	185 (19.1%)
Consult a medical professional	2 (28.6%)	Yes	209 (21.5%)
Calculate energy requirements	-		123 (12.7%)
Calculate protein requirements	-		113 (11.6%)

### Never

Watchful waiting	-		76 (7.8%)
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Discuss nutrition care activities during ward rounds	-	62 (6.4%)
Develop an individual nutrition care plan	-	50 (5.2%)
Initiate treatment / nutrition intervention	-	13 (1.3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	16 (1.6%)
Consult a medical professional	-	106 (10.9%)
Calculate energy requirements	-	103 (10.6%)
Calculate protein requirements	-	124 (12.8%)

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

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

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

at admission	5 (71.4%) Yes	625 (64.4%)
Within 24 hours	-	142 (14.6%)
Within 48 hours	-	54 (5.6%)
Within 72 hours	-	27 (2.8%)
Every week	-	393 (40.5%)
Occasionally	-	109 (11.2%)
When requested	3 (42.9%) Yes	483 (49.8%)
At discharge	-	52 (5.4%)
Never	-	13 (1.3%)
I do not know	-	4 (0.41%)
No answer given	2 (8.3%)	50 (5.2%)

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

Offer additional meals or in between snacks	1 (14.3%) Yes	730 (75.3%)
Offer meal choices	4 (57.1%) Yes	711 (73.3%)
Offer different portion sizes	1 (14.3%) Yes	635 (65.5%)
Consider food presentation	1 (14.3%) Yes	356 (36.7%)
Change food texture/consistency as needed	7 (100%) Yes	797 (82.2%)
Consider patient problems with eating and drinking	6 (85.7%) Yes	793 (81.8%)
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (14.3%) Yes	218 (22.5%)
Promote positive eating environment	1 (14.3%) Yes	281 (29.0%)
Consider cultural/religious preferences	5 (71.4%) Yes	559 (57.6%)
Consider patient allergies / intolerances	6 (85.7%) Yes	650 (67.0%)
Other	2 (28.6%) Yes	74 (7.6%)

I do not know	1 (14.3%)	Yes	19 (2.0%)
No answer given		-	48 (4.9%)

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

Nutrition training is available	2 (28.6%)	Yes	558 (57.5%)
Reporting of nutrition related information to hospital managers	5 (71.4%)	Yes	408 (42.1%)
Quality indicators are recorded and reported to national or regional level	3 (42.9%)	Yes	302 (31.1%)
Quality indicators are used for internal benchmarking	4 (57.1%)	Yes	358 (36.9%)
Patient feedback about food and food service is collected using a questionnaire	7 (100%)	Yes	625 (64.4%)
None		-	32 (3.3%)
I do not know		-	38 (3.9%)
No answer given		-	68 (7.0%)

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

Change in weight	6 (85.7%)	Yes	775 (79.9%)
Eating habits/difficulties	5 (71.4%)	Yes	746 (76.9%)
Nutrition before admission	4 (57.1%)	Yes	592 (61.0%)
None		-	15 (1.5%)
I do not know		-	20 (2.1%)
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	7 (100%)	Yes	708 (73.0%)
nutrition treatment	7 (100%)	Yes	582 (60.0%)
None		-	54 (5.6%)
I do not know		-	26 (2.7%)

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	3 (42.9%)	Yes	407 (42.0%)
makes future nutrition-related recommendations	4 (57.1%)	Yes	572 (59.0%)
None	2 (28.6%)	Yes	110 (11.3%)
I do not know		-	69 (7.1%)

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

Head staff	3 (42.9%)	Yes	281 (29.0%)
Dietician	7 (100%)	Yes	517 (53.3%)
Nurse	4 (57.1%)	Yes	279 (28.8%)

Physician	-	128 (13.2%)
Administrative staff	-	8 (0.82%)
Other	-	39 (4.0%)
None	-	-
I do not know	-	7 (0.72%)

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

	YOUR RESULTS	REFERENCE RESULTS
Total	116	17827
Age	70 [61-79]	67 [53-78]
Female	62 (53.4%)	8951 (50.2%)
Weight	74.7±15.7	70.1±19.2
Height	167±10	165±10
BMI	26.8±4.6	25.5±6.0

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

planned	28 (24.1%)	6798 (38.1%)
an emergency	80 (69.0%)	9562 (53.6%)
I do not know	8 (6.9%)	1467 (8.2%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	15 (12.9%)	1555 (8.7%)
0200 Neoplasms	24 (20.7%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	6 (5.2%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	15 (12.9%)	2190 (12.3%)
0500 Mental health	3 (2.6%)	851 (4.8%)
0600 Nervous system	17 (14.7%)	1636 (9.2%)
0700 Eye and adnexa	-	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	14 (12.1%)	3801 (21.3%)
1000 Respiratory system	9 (7.8%)	2810 (15.8%)
1100 Digestive system	9 (7.8%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	4 (3.4%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	18 (15.5%)	2703 (15.2%)
1400 Genitourinary system	12 (10.3%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	1 (0.86%)	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	4 (3.4%)	816 (4.6%)
1900 Injury, poisoning	1 (0.86%)	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 (3.4%)	619 (3.5%)
No answer given	-	-

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

Cardiac insufficiency	24 (22.0%)	3518 (22.5%)
Myocardial infarction	5 (4.7%)	823 (5.4%)
Chronic lung disease	15 (14.3%)	2299 (14.8%)
Cerebral vascular disease	15 (14.0%)	1523 (9.9%)
Peripheral vascular disease	38 (33.9%)	1931 (12.6%)
Chronic liver disease	6 (5.7%)	992 (6.5%)
Chronic kidney disease	24 (22.9%)	1734 (11.3%)
Diabetes	42 (38.5%)	3888 (24.9%)
Cancer	34 (31.2%)	3763 (24.2%)
Infection	18 (16.8%)	2245 (14.5%)
Dementia	1 (0.96%)	798 (5.2%)
Major depressive disorder	3 (2.8%)	853 (5.6%)
Other chronic mental disorder	3 (2.8%)	815 (5.4%)
Other chronic disease	46 (43.4%)	4031 (25.9%)
None	12 (10.3%)	3008 (16.9%)

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

Yes, planned	16 (13.8%)	3584 (20.1%)
Yes, acute	8 (6.9%)	1077 (6.0%)
No	84 (72.4%)	12545 (70.4%)
I do not know	1 (0.86%)	230 (1.3%)
Missing	7 (6.0%)	391 (2.2%)

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

Yes, today or tomorrow	4 (3.4%)	1266 (7.1%)
Yes, later	4 (3.4%)	953 (5.3%)
No	102 (87.9%)	13798 (77.4%)
I do not know	2 (1.7%)	833 (4.7%)
Missing	4 (3.4%)	977 (5.5%)

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

1 (0.86%)	1781 (10.0%)
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#### 6. Is this patient terminally ill?

2 (1.7%)	1122 (6.3%)
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#### 7. Fluid status

Normal	80 (69.0%)	13668 (76.7%)
Overloaded	16 (13.8%)	1008 (5.7%)
Dehydrated	9 (7.8%)	878 (4.9%)
I do not know	11 (9.5%)	2273 (12.8%)
Missing	-	-

**8. Number of different medications planned**

Oral	4 [3-7]	5 [2-8]
Other	3 [1-6]	2 [1-4]

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

Malnourished	6 (5.2%)	2050 (11.5%)
At risk	21 (18.1%)	3162 (17.7%)
No	76 (65.5%)	11117 (62.4%)
I do not know	13 (11.2%)	1498 (8.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	23 (19.8%)	6470 (36.3%)
5% Glucose solution	3 (2.6%)	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	110 (94.8%)	10454 (58.6%)
Fortified/enriched hospital food	14 (12.1%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	7 (6.0%)	2469 (13.8%)
Enteral nutrition	-	882 (4.9%)
Parenteral nutrition	1 (0.86%)	929 (5.2%)
Special diet	26 (22.4%)	5732 (32.2%)
None	3 (2.6%)	895 (5.0%)

**13a. All lines and Tubes**

Central Venous	16 (13.8%)	1535 (8.6%)
Peripheral venous access	72 (62.1%)	8238 (46.2%)
Nasogastric	1 (0.86%)	462 (2.6%)
Nasojejunal	-	79 (0.44%)
Nasoduodenal	-	67 (0.38%)
Enterostoma	-	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	-	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.86%)	63 (0.35%)
None	32 (27.6%)	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	101 (87.1%)	14548 (81.6%)
I do not know	6 (5.2%)	1646 (9.2%)
Missing	9 (7.8%)	1213 (6.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	21 (18.1%)	6273 (35.2%)
Protein requirements were determined	19 (16.4%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	32 (27.6%)	7653 (42.9%)
Nutrition treatment plan was developed	22 (19.0%)	6036 (33.9%)
Nutrition expert was consulted	15 (12.9%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	7 (6.0%)	5297 (29.7%)
None	-	-

#### **15a. Energy goal**

< 500 kcal	2 (1.7%)	749 (4.2%)
500-999 kcal	-	194 (1.1%)
1000-1499 kcal	-	1695 (9.5%)
1500-1999 kcal	27 (23.3%)	5578 (31.3%)
>=2000 kcal	4 (3.4%)	1992 (11.2%)
Not determined	43 (37.1%)	6066 (34.0%)
I do not know	40 (34.5%)	1515 (8.5%)
Missing	-	38 (0.21%)

#### **15b. Energy intake**

< 500 kcal	1 (0.86%)	1264 (7.1%)
500-999 kcal	1 (0.86%)	900 (5.0%)
1000-1499 kcal	-	2387 (13.4%)
1500-1999 kcal	3 (2.6%)	3954 (22.2%)
>=2000 kcal	-	1047 (5.9%)
Not determined	46 (39.7%)	6021 (33.8%)
I do not know	65 (56.0%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	42 (36.2%)	8831 (49.5%)
Deteriorated	3 (2.6%)	1039 (5.8%)
Remained the same	48 (41.4%)	4935 (27.7%)
This patient has just been admitted	2 (1.7%)	1248 (7.0%)
I do not know	21 (18.1%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	7 [4-12]	12 [6-24]
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#### **Outcome Code**

1= Still in the hospital	1 (0.86%)	1702 (9.5%)
2= Transferred to another hospital	1 (0.86%)	419 (2.4%)
3= Transferred to long term care	3 (2.6%)	780 (4.4%)

4= Rehabilitation	8 (6.9%)	785 (4.4%)
5= Discharged home	98 (84.5%)	13163 (73.8%)
6= Death	4 (3.4%)	535 (3.0%)
7= Others	1 (0.86%)	310 (1.7%)
Missing	-	133 (0.75%)

#### Readmitted since ND

1= No	71 (62.3%)	11846 (75.5%)
2= Yes, same hospital planned	18 (15.8%)	1043 (6.7%)
3= Yes, same hospital unplanned	9 (7.9%)	889 (5.7%)
4= Yes, different hospital planned	1 (0.88%)	68 (0.43%)
5= Yes, different hospital unplanned	1 (0.88%)	68 (0.43%)
6= Unknown	9 (7.9%)	646 (4.1%)
Missing	4 (3.5%)	1059 (6.8%)

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	83 (71.6%)	12235 (71.0%)
I am vegetarian	3 (2.6%)	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	-	156 (0.91%)
I avoid added sugars	22 (19.0%)	2604 (15.1%)
I avoid carbohydrates	5 (4.3%)	1038 (6.0%)
I eat a low fat-diet	5 (4.3%)	1930 (11.2%)
I am lactose intolerant	2 (1.7%)	572 (3.3%)
Other special diet due to intolerances/allergies	2 (1.7%)	323 (1.9%)
Other	4 (3.4%)	1219 (7.1%)
No answer given	1 (0.86%)	337 (2.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	104 (89.7%)	15276 (88.7%)
In a nursing home or other live-in facility	5 (4.3%)	609 (3.5%)
I was transferred from another hospital	1 (0.86%)	883 (5.1%)
Other	4 (3.4%)	268 (1.6%)
Missing	2 (1.7%)	185 (1.1%)
<b>3. In general, are you able to walk?</b>		
Yes	79 (68.1%)	11104 (64.5%)
Yes, with someone's help	4 (3.4%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	16 (13.8%)	2412 (14.0%)
No, I have a wheelchair	11 (9.5%)	712 (4.1%)
No, I am bedridden	3 (2.6%)	988 (5.7%)
Missing	3 (2.6%)	243 (1.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	13 (11.2%)	1252 (7.3%)
Good	32 (27.6%)	6191 (36.0%)
Fair	36 (31.0%)	6489 (37.7%)
Poor	23 (19.8%)	2490 (14.5%)
Very poor	11 (9.5%)	558 (3.2%)
Missing	1 (0.86%)	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 [3-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	3 [1-4]	1 [0-2]

... how many nights in total have you spent in hospital?	7 [2-21]	5 [0-15]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	12 (10.3%)	3323 (19.3%)
3-5	29 (25.0%)	4698 (27.3%)
More than 5	58 (50.0%)	5507 (32.0%)
None	13 (11.2%)	2633 (15.3%)
I do not know	4 (3.4%)	778 (4.5%)
Missing	-	282 (1.6%)

### 7. Do you have health insurance?

Yes, private insurance only	10 (8.6%)	2738 (15.9%)
Yes, public insurance only	72 (62.1%)	8466 (49.2%)
Yes, both	28 (24.1%)	2117 (12.3%)
None	3 (2.6%)	2268 (13.2%)
I prefer not to answer	1 (0.86%)	1018 (5.9%)
Missing	2 (1.7%)	614 (3.6%)

<b>8. What was your weight 5 years ago?</b>	<b>78 [70-87]</b>	<b>72 [60-85]</b>
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I do not know	25 (21.6%)	4280 (24.9%)
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### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	9 (7.8%)	1639 (9.5%)
Yes, unintentionally	50 (43.1%)	6488 (37.7%)
No, my weight stayed the same	38 (32.8%)	5108 (29.7%)
No, I gained weight	11 (9.5%)	1894 (11.0%)
I do not know	4 (3.4%)	1680 (9.8%)
Missing	4 (3.4%)	412 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	<b>5 [4-10]</b>	<b>6 [4-10]</b>
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I do not know	8 (13.6%)	1267 (15.6%)
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<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	<b>25 (22.9%)</b>	<b>6721 (41.1%)</b>
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### 11. Please indicate if you ...

... were weighed at admission	31 (27.0%)	9728 (57.2%)
... were informed about your nutrition status	21 (19.1%)	5774 (34.3%)
... were informed about nutrition care options	23 (20.9%)	5459 (32.5%)
... received special nutrition care	23 (20.9%)	5054 (30.1%)

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

More than normal	5 (4.3%)	762 (4.5%)
Normal	72 (62.6%)	10449 (61.1%)

About 3/4 of normal	8 (7.0%)	1762 (10.3%)
About half of normal	10 (8.7%)	2122 (12.4%)
About a quarter to nearly nothing	17 (14.8%)	1571 (9.2%)
I do not know	-	153 (0.89%)
Missing	3 (2.6%)	286 (1.7%)

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

Very satisfied	12 (10.4%)	4212 (24.6%)
Somewhat satisfied	41 (35.7%)	5626 (32.9%)
Neutral	25 (21.7%)	3361 (19.6%)
Dissatisfied	15 (13.0%)	1441 (8.4%)
Very dissatisfied	13 (11.3%)	491 (2.9%)
I do not know	9 (7.8%)	1415 (8.3%)
Missing	-	559 (3.3%)

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

Yes, from family or friends	11 (9.6%)	1651 (9.7%)
Yes, from hospital staff	6 (5.2%)	1185 (6.9%)
No	92 (80.0%)	13278 (77.6%)
I do not know	-	218 (1.3%)
Missing	6 (5.2%)	773 (4.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	56 (56.0%)	11891 (74.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	42 (36.5%)	7871 (46.0%)
1/2	24 (20.9%)	4261 (24.9%)
1/4	24 (20.9%)	2226 (13.0%)
Nothing	24 (20.9%)	1992 (11.6%)
Missing	1 (0.87%)	755 (4.4%)

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

Standard	100 (87.0%)	11000 (64.3%)
Smaller	1 (0.87%)	1600 (9.4%)
Larger	2 (1.7%)	763 (4.5%)
I do not know	-	1701 (9.9%)
Missing	12 (10.4%)	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	21 (29.2%)	1293 (15.2%)
I did not like the smell/taste of the food	16 (22.2%)	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 (5.6%)	207 (2.4%)
Due to food allergy/intolerance	1 (1.4%)	53 (0.63%)
I was not hungry at that time	6 (8.3%)	1520 (17.9%)
I do not have my usual appetite	22 (30.6%)	2475 (29.2%)
I have problems chewing/swallowing	5 (6.9%)	478 (5.6%)
I normally eat less than what was served	5 (6.9%)	969 (11.4%)
I had nausea/vomiting	11 (15.3%)	637 (7.5%)
I was too tired	6 (8.3%)	506 (6.0%)
I cannot eat without help	1 (1.4%)	141 (1.7%)
I was not allowed to eat	5 (6.9%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	3 (4.2%)	469 (5.5%)
I did not get requested food	2 (2.8%)	93 (1.1%)
No answer given	12 (16.7%)	1161 (13.7%)

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

Water	4 [3-6]	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	2 [1-2]	1 [0-2]
Soft drinks	2 [1-3]	0 [0-1]
Nutrition drink	1 [0-2]	0 [0-1]
Other	0 [0-1]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 52 (48.6%) 4518 (28.8%)

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

Sweet snacks	14 (26.9%)	1302 (28.8%)
Salty snacks	9 (17.3%)	512 (11.3%)
Homemade food	17 (32.7%)	703 (15.6%)
Fruits	15 (28.8%)	1730 (38.3%)
Dairy products	5 (9.6%)	471 (10.4%)
Food delivered/restaurant	11 (21.2%)	191 (4.2%)
Sandwich	11 (21.2%)	282 (6.2%)
Other	3 (5.8%)	724 (16.0%)

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

Increased	7 (6.1%)	2508 (14.7%)
Decreased	38 (33.0%)	5344 (31.2%)
Stayed the same	64 (55.7%)	7154 (41.8%)
I do not know	3 (2.6%)	1188 (6.9%)
Missing	3 (2.6%)	911 (5.3%)

**21. TODAY I feel...**

Stronger than at admission	41 (35.7%)	7275 (42.5%)
Weaker than at admission	30 (26.1%)	3158 (18.5%)
Same as at admission	43 (37.4%)	4825 (28.2%)
I was admitted today	-	465 (2.7%)
I do not know	1 (0.87%)	926 (5.4%)
Missing	-	456 (2.7%)

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

Yes	58 (50.4%)	10229 (59.8%)
No, only with assistance	34 (29.6%)	4164 (24.3%)
No, I stay in bed	12 (10.4%)	1821 (10.6%)
Missing	11 (9.6%)	891 (5.2%)

<b>23. Did anyone help you complete this questionnaire?</b>	<b>56 (49.6%)</b>	<b>10837 (65.0%)</b>
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