



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2018*  
*Latvia*

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2018 and for your effort. We are now able to present you your country report of the following sample size:

<b>Number of participated center:</b>	<b>1</b>
<b>Number of participated units:</b>	<b>7</b>
<b>Number of patients who gave consent:</b>	<b>124</b>
<b>Number of patients completing Sheet 3a:</b>	<b>124</b>
<b>Number of patients completing Sheet 3b:</b>	<b>124</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>123</b>

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

The report consists of 4 parts:

Part I reflects capacity and staffing of your hospitals.

Part II reflects the organisation and the structure of the units.

Part III describes the patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

**Next year's nutritionDay will take place in November 2019. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	855	317 [188-615]
<b>2. Total number of admissions in the hospital last year</b>	-	17520 [8982-34767]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	-	170 [78-396]
Medical specialists	-	117 [54-244]
Medical non-specialists	-	35 [11-82]
Nurses	-	418 [195-800]
Dieticians	-	5 [2-9]
Nutritionists	-	1 [0-4]
Pharmacists	-	7 [4-22]
Kitchen staff	-	30 [14-55]
<b>Full time equivalent</b>		
Total medical doctors	-	139 [60-368]
Medical specialists	-	98 [48-245]
Medical non-specialists	-	34 [11-87]
Nurses	-	350 [187-778]
Dieticians	-	4 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	6 [3-18]
Kitchen staff	-	27 [14-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	351 (78.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	-	298 (66.8%) Yes
Nutrition steering committee is available	-	280 (62.8%) Yes
Quality indicators are recorded and reported to national or regional level	-	193 (43.3%) Yes
Quality indicators are used for internal benchmarking	-	235 (52.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	337 (75.6%) Yes
None	-	19 (4.3%) Yes
No answer given	1 (100.0%)	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	-	216 (48.4%) Yes
Oral nutrition supplements	-	165 (37.0%) Yes

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

### Codes routinely used

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

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (14.3%)	19.3%
Internal Medicine / Cardiology	-	4.5%
Internal Medicine / Gastroenterology & hepatology	1 (14.3%)	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	-	2.0%
Neurology	1 (14.3%)	3.6%
Surgery / General	2 (28.6%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	2 (28.6%)	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	-	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	-	1.8%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	1.3%
Psychiatry	-	0.9%
Others	-	16.1%
<b>2. Number of registered inpatients at noon</b>	<b>32 [24-40]</b>	<b>24 [18-31]</b>
<b>3. Total bed capacity of the unit</b>	<b>38 [26-42]</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	11 [10-17]	3 [2-7]
Nurses	10 [9-11]	5 [3-8]
Nursing aides	-	2 [1-3]
Dieticians	-	1 [0-1]
Nutritionists	-	0 [0-1]
Administrative staff	-	1 [0-1]
Other staff involved in patient care	-	1 [0-2]
<b>In training</b>		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	1 [0-3]

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

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

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

**7. Is there a person in your unit responsible for nutrition care?** - 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?** - 575 (62.3%) Yes

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

**At admission**

No routine screening	-	85 (8.8%) Yes
No fixed criteria	3 (42.9%) Yes	14 (1.4%) Yes
Experience / visual assessment only	1 (14.3%) Yes	77 (7.9%) Yes
Weighing / BMI only	3 (42.9%) Yes	141 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	-	309 (31.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	59 (6.1%) Yes
Malnutrition Screening tool (MST)	-	70 (7.2%) Yes
SNAQ	-	11 (1.1%) Yes
Other formal tool	-	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	-	47 (4.8%)

**During hospital stay**

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

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

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

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

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

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

**Malnourished**

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

**Every patient**

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

**Never**

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

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

### I do not know

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

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

at admission	4 (57.1%)	Yes	625 (64.4%)	Yes
Within 24 hours	3 (42.9%)	Yes	142 (14.6%)	Yes
Within 48 hours	2 (28.6%)	Yes	54 (5.6%)	Yes
Within 72 hours	-		27 (2.8%)	Yes
Every week	-		393 (40.5%)	Yes
Occasionally	3 (42.9%)	Yes	109 (11.2%)	Yes
When requested	4 (57.1%)	Yes	483 (49.8%)	Yes
At discharge	-		52 (5.4%)	Yes
Never	-		13 (1.3%)	Yes
I do not know	-		4 (0.41%)	Yes
No answer given	10 (41.7%)		50 (5.2%)	

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

Offer additional meals or in between snacks	3 (42.9%)	Yes	730 (75.3%)	Yes
Offer meal choices	1 (14.3%)	Yes	711 (73.3%)	Yes
Offer different portion sizes	1 (14.3%)	Yes	635 (65.5%)	Yes
Consider food presentation	-		356 (36.7%)	Yes
Change food texture/consistency as needed	2 (28.6%)	Yes	797 (82.2%)	Yes
Consider patient problems with eating and drinking	5 (71.4%)	Yes	793 (81.8%)	Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (57.1%)	Yes	218 (22.5%)	Yes
Promote positive eating environment	2 (28.6%)	Yes	281 (29.0%)	Yes
Consider cultural/religious preferences	2 (28.6%)	Yes	559 (57.6%)	Yes
Consider patient allergies / intolerances	6 (85.7%)	Yes	650 (67.0%)	Yes
Other	1 (14.3%)	Yes	74 (7.6%)	Yes
I do not know	-		19 (2.0%)	Yes
No answer given	-		48 (4.9%)	

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

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

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

Change in weight	-	775 (79.9%)	Yes
Eating habits/difficulties	-	746 (76.9%)	Yes
Nutrition before admission	-	592 (61.0%)	Yes
None	-	15 (1.5%)	Yes
I do not know	-	20 (2.1%)	Yes
No answer given	7 (100%)	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	-	708 (73.0%)	Yes
nutrition treatment	-	582 (60.0%)	Yes
None	-	54 (5.6%)	Yes
I do not know	-	26 (2.7%)	Yes

#### b. Discharge Letter ...

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

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

### 19. Who filled in this sheet?

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



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

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

	YOUR RESULTS	REFERENCE RESULTS
Total	124	17827
Age	67 [60-77]	67 [53-78]
Female	74 (59.7%)	8951 (50.2%)
Weight	75.2±16.1	70.1±19.2
Height	168±9	165±10
BMI	26.6±5.3	25.5±6.0

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

planned	58 (46.8%)	6798 (38.1%)
an emergency	66 (53.2%)	9562 (53.6%)
I do not know	-	1467 (8.2%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	-	1555 (8.7%)
0200 Neoplasms	32 (25.8%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	3 (2.4%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	4 (3.2%)	2190 (12.3%)
0500 Mental health	-	851 (4.8%)
0600 Nervous system	18 (14.5%)	1636 (9.2%)
0700 Eye and adnexa	1 (0.81%)	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	42 (33.9%)	3801 (21.3%)
1000 Respiratory system	22 (17.7%)	2810 (15.8%)
1100 Digestive system	40 (32.3%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	-	786 (4.4%)
1300 Musculoskeletal system and connective tissue	2 (1.6%)	2703 (15.2%)
1400 Genitourinary system	1 (0.81%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	-	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	816 (4.6%)
1900 Injury, poisoning	3 (2.4%)	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 (0.81%)	619 (3.5%)
No answer given	-	-

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

Cardiac insufficiency	46 (37.4%)	3518 (22.5%)
-----------------------	------------	--------------

Myocardial infarction	10 (8.2%)	823 (5.4%)
Chronic lung disease	18 (14.5%)	2299 (14.8%)
Cerebral vascular disease	13 (10.7%)	1523 (9.9%)
Peripheral vascular disease	16 (13.1%)	1931 (12.6%)
Chronic liver disease	10 (8.2%)	992 (6.5%)
Chronic kidney disease	10 (8.1%)	1734 (11.3%)
Diabetes	11 (9.1%)	3888 (24.9%)
Cancer	33 (27.0%)	3763 (24.2%)
Infection	13 (10.7%)	2245 (14.5%)
Dementia	7 (5.7%)	798 (5.2%)
Major depressive disorder	2 (1.6%)	853 (5.6%)
Other chronic mental disorder	7 (5.7%)	815 (5.4%)
Other chronic disease	33 (26.8%)	4031 (25.9%)
None	19 (15.3%)	3008 (16.9%)

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

Yes, planned	-	3584 (20.1%)
Yes, acute	-	1077 (6.0%)
No	-	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	124 (100%)	391 (2.2%)

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

#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	-	1266 (7.1%)
Yes, later	-	953 (5.3%)
No	-	13798 (77.4%)
I do not know	-	833 (4.7%)
Missing	124 (100%)	977 (5.5%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	-	1781 (10.0%)
---	---	--------------

<b>6. Is this patient terminally ill?</b>	3 (2.4%)	1122 (6.3%)
---	----------	-------------

#### 7. Fluid status

Normal	78 (62.9%)	13668 (76.7%)
Overloaded	7 (5.6%)	1008 (5.7%)
Dehydrated	26 (21.0%)	878 (4.9%)
I do not know	13 (10.5%)	2273 (12.8%)
Missing	-	-

#### 8. Number of different medications planned

Oral	-	5 [2-8]
------	---	---------

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

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

Malnourished	8 (6.5%)	2050 (11.5%)
At risk	2 (1.6%)	3162 (17.7%)
No	15 (12.1%)	11117 (62.4%)
I do not know	99 (79.8%)	1498 (8.4%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	-	6470 (36.3%)
5% Glucose solution	-	1853 (10.4%)

<b>11. Number of ONS drinks planned</b>	-	0 [0-0]
---	---	---------

### 12. Nutrition intake

Regular hospital food	97 (78.2%)	10454 (58.6%)
Fortified/enriched hospital food	1 (0.81%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	12 (9.7%)	2469 (13.8%)
Enteral nutrition	4 (3.2%)	882 (4.9%)
Parenteral nutrition	-	929 (5.2%)
Special diet	22 (17.7%)	5732 (32.2%)
None	1 (0.8%)	895 (5.0%)

### 13a. All lines and Tubes

Central Venous	-	1535 (8.6%)
Peripheral venous access	-	8238 (46.2%)
Nasogastric	-	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	-	63 (0.35%)
None	124 (100.0%)	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	-	14548 (81.6%)
I do not know	-	1646 (9.2%)
Missing	124 (100%)	1213 (6.8%)

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

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

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

### 15a. Energy goal

< 500 kcal	-	749 (4.2%)
500-999 kcal	-	194 (1.1%)
1000-1499 kcal	-	1695 (9.5%)
1500-1999 kcal	-	5578 (31.3%)
>=2000 kcal	-	1992 (11.2%)
Not determined	-	6066 (34.0%)
I do not know	-	1515 (8.5%)
Missing	124 (100%)	38 (0.21%)

### 15b. Energy intake

< 500 kcal	-	1264 (7.1%)
500-999 kcal	-	900 (5.0%)
1000-1499 kcal	-	2387 (13.4%)
1500-1999 kcal	-	3954 (22.2%)
>=2000 kcal	-	1047 (5.9%)
Not determined	-	6021 (33.8%)
I do not know	-	2199 (12.3%)
Missing	124 (100%)	55 (0.31%)

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

Improved	-	8831 (49.5%)
Deteriorated	-	1039 (5.8%)
Remained the same	-	4935 (27.7%)
This patient has just been admitted	-	1248 (7.0%)
I do not know	-	1774 (10.0%)
Missing	124 (100%)	-

Length of hospital stay (days)	10 [6-16]	12 [6-24]
--------------------------------	-----------	-----------

### Outcome Code

1= Still in the hospital	5 (4.0%)	1702 (9.5%)
2= Transferred to another hospital	-	419 (2.4%)
3= Transferred to long term care	-	780 (4.4%)
4= Rehabilitation	-	785 (4.4%)
5= Discharged home	116 (93.5%)	13163 (73.8%)
6= Death	2 (1.6%)	535 (3.0%)

7= Others	-	310 (1.7%)
Missing	1 (0.81%)	133 (0.75%)
Readmitted since ND		
1= No	88 (74.6%)	11846 (75.5%)
2= Yes, same hospital planned	1 (0.85%)	1043 (6.7%)
3= Yes, same hospital unplanned	7 (5.9%)	889 (5.7%)
4= Yes, different hospital planned	-	68 (0.43%)
5= Yes, different hospital unplanned	-	68 (0.43%)
6= Unknown	20 (16.9%)	646 (4.1%)
Missing	2 (1.7%)	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	-	12235 (71.0%)
I am vegetarian	-	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	-	156 (0.91%)
I avoid added sugars	-	2604 (15.1%)
I avoid carbohydrates	-	1038 (6.0%)
I eat a low fat-diet	-	1930 (11.2%)
I am lactose intolerant	-	572 (3.3%)
Other special diet due to intolerances/allergies	-	323 (1.9%)
Other	-	1219 (7.1%)
No answer given	124 (100%)	337 (2.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	-	15276 (88.7%)
In a nursing home or other live-in facility	-	609 (3.5%)
I was transferred from another hospital	-	883 (5.1%)
Other	-	268 (1.6%)
Missing	124 (100%)	185 (1.1%)
<b>3. In general, are you able to walk?</b>		
Yes	-	11104 (64.5%)
Yes, with someone's help	-	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	-	2412 (14.0%)
No, I have a wheelchair	-	712 (4.1%)
No, I am bedridden	-	988 (5.7%)
Missing	124 (100%)	243 (1.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	-	1252 (7.3%)
Good	-	6191 (36.0%)
Fair	-	6489 (37.7%)
Poor	-	2490 (14.5%)
Very poor	-	558 (3.2%)
Missing	124 (100%)	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]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	-	1 [0-2]
... how many nights in total have you spent in hospital?	-	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	-	3323 (19.3%)
3-5	-	4698 (27.3%)
More than 5	-	5507 (32.0%)
None	-	2633 (15.3%)
I do not know	-	778 (4.5%)
Missing	124 (100%)	282 (1.6%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	-	2738 (15.9%)
Yes, public insurance only	-	8466 (49.2%)
Yes, both	-	2117 (12.3%)
None	-	2268 (13.2%)
I prefer not to answer	-	1018 (5.9%)
Missing	124 (100%)	614 (3.6%)

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

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	8 (6.5%)	1639 (9.5%)
Yes, unintentionally	50 (40.3%)	6488 (37.7%)
No, my weight stayed the same	41 (33.1%)	5108 (29.7%)
No, I gained weight	12 (9.7%)	1894 (11.0%)
I do not know	13 (10.5%)	1680 (9.8%)
Missing	-	412 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	5 [3-10]	6 [4-10]
I do not know	11 (19.0%)	1267 (15.6%)

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

<b>11. Please indicate if you ...</b>		
... were weighed at admission	-	9728 (57.2%)
... were informed about your nutrition status	-	5774 (34.3%)
... were informed about nutrition care options	-	5459 (32.5%)
... received special nutrition care	-	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 (8.9%)	762 (4.5%)
Normal	73 (58.9%)	10449 (61.1%)
About 3/4 of normal	9 (7.3%)	1762 (10.3%)
About half of normal	20 (16.1%)	2122 (12.4%)



About a quarter to nearly nothing	11 (8.9%)	1571 (9.2%)
I do not know	-	153 (0.89%)
Missing	-	286 (1.7%)

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

Very satisfied	-	4212 (24.6%)
Somewhat satisfied	-	5626 (32.9%)
Neutral	-	3361 (19.6%)
Dissatisfied	-	1441 (8.4%)
Very dissatisfied	-	491 (2.9%)
I do not know	-	1415 (8.3%)
Missing	124 (100%)	559 (3.3%)

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

Yes, from family or friends	-	1651 (9.7%)
Yes, from hospital staff	-	1185 (6.9%)
No	-	13278 (77.6%)
I do not know	-	218 (1.3%)
Missing	124 (100%)	773 (4.5%)

### 15. Were you able to eat without interruption TODAY? (Yes)

	-	11891 (74.2%)
--	---	---------------

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

About all	47 (37.9%)	7871 (46.0%)
1/2	28 (22.6%)	4261 (24.9%)
1/4	18 (14.5%)	2226 (13.0%)
Nothing	30 (24.2%)	1992 (11.6%)
Missing	1 (0.81%)	755 (4.4%)

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

Standard	-	11000 (64.3%)
Smaller	-	1600 (9.4%)
Larger	-	763 (4.5%)
I do not know	-	1701 (9.9%)
Missing	124 (100%)	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	23 (30.3%)	1293 (15.2%)
I did not like the smell/taste of the food	10 (13.2%)	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	-	207 (2.4%)
Due to food allergy/intolerance	-	53 (0.63%)
I was not hungry at that time	6 (7.9%)	1520 (17.9%)

I do not have my usual appetite	19 (25.0%)	2475 (29.2%)
I have problems chewing/swallowing	4 (5.3%)	478 (5.6%)
I normally eat less than what was served	7 (9.2%)	969 (11.4%)
I had nausea/vomiting	2 (2.6%)	637 (7.5%)
I was too tired	2 (2.6%)	506 (6.0%)
I cannot eat without help	-	141 (1.7%)
I was not allowed to eat	18 (23.7%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	1 (1.3%)	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	6 (7.9%)	1161 (13.7%)

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

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

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

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

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

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

Increased	-	2508 (14.7%)
Decreased	-	5344 (31.2%)
Stayed the same	-	7154 (41.8%)
I do not know	-	1188 (6.9%)
Missing	124 (100%)	911 (5.3%)

### 21. TODAY I feel...

Stronger than at admission	59 (47.6%)	7275 (42.5%)
Weaker than at admission	26 (21.0%)	3158 (18.5%)
Same as at admission	26 (21.0%)	4825 (28.2%)

I was admitted today	6 (4.8%)	465 (2.7%)
I do not know	7 (5.6%)	926 (5.4%)
Missing	-	456 (2.7%)

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

Yes	94 (75.8%)	10229 (59.8%)
No, only with assistance	17 (13.7%)	4164 (24.3%)
No, I stay in bed	13 (10.5%)	1821 (10.6%)
Missing	-	891 (5.2%)

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