



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2018
Netherlands

Dear participant,

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

Number of participated center:	1
Number of participated units:	15
Number of patients who gave consent:	138
Number of patients completing Sheet 3a:	138
Number of patients completing Sheet 3b:	138
Number of patients with 30-day outcome assessment:	138

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

The report consists of 4 parts:

Part I reflects capacity and staffing of your hospitals.

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

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

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

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

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	-	317 [188-615]
2. Total number of admissions in the hospital last year	-	17520 [8982-34767]
3. Total number of staff in the hospital		
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]
Full time equivalent		
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]
4. Does the hospital have a nutrition care strategy?	-	351 (78.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
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	(%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	-	216 (48.4%) Yes
Oral nutrition supplements	-	165 (37.0%) Yes

Parenteral nutrition	-	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 (6.7%)	19.3%
Internal Medicine / Cardiology	1 (6.7%)	4.5%
Internal Medicine / Gastroenterology & hepatology	1 (6.7%)	6.3%
Internal Medicine / Geriatrics	1 (6.7%)	7.9%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (6.7%)	7.2%
Interdisciplinary	-	3.3%
Long term care	-	2.0%
Neurology	1 (6.7%)	3.6%
Surgery / General	3 (20.0%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	-	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	2 (13.3%)	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	-	1.8%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	1.3%
Psychiatry	-	0.9%
Others	4 (26.7%)	16.1%
2. Number of registered inpatients at noon	25 [20-27]	24 [18-31]
3. Total bed capacity of the unit	31 [30-33]	30 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [1-2]	3 [2-7]
Nurses	6 [5-8]	5 [3-8]
Nursing aides	1 [0-1]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	2 [2-2]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	2 [1-2]	1 [0-2]
In training		
Medical doctors	3 [2-3]	1 [0-3]
Medical students	2 [1-5]	0 [0-2]
Nurses	5 [4-6]	1 [0-3]

Nursing aides	1 [0-1]	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? 13 (100%) Yes 705 (76.4%) Yes

6. Does the unit have a nutrition care strategy? 13 (100%) Yes 678 (73.5%) Yes

7. Is there a person in your unit responsible for nutrition care? 13 (100%) Yes 644 (69.8%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 13 (100%) Yes 831 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 13 (100%) Yes 575 (62.3%) Yes

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

At admission

No routine screening	-	85 (8.8%) Yes
No fixed criteria	-	14 (1.4%) Yes
Experience / visual assessment only	-	77 (7.9%) Yes
Weighing / BMI only	-	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	13 (86.7%) Yes	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	2 (13.3%)	47 (4.8%)

During hospital stay

No routine monitoring	-	88 (9.1%) Yes
No fixed criteria	13 (86.7%) Yes	77 (7.9%) Yes
Experience / visual assessment only	-	174 (17.9%) Yes
Weighing / BMI only	-	313 (32.3%) Yes
Other formal tool	-	251 (25.9%) Yes
I do not know	-	20 (2.1%) Yes
Missing	2 (13.3%)	47 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 13 (100%) Yes 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	13 (100%) Yes	249 (34.4%) Yes
Standards on unit level	-	51 (7.0%) Yes
Individual patient nutrition care plans	-	116 (16.0%) Yes
Other	-	7 (0.97%) Yes
Missing	-	10 (1.4%)

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

Watchful waiting	4 (26.7%) Yes	281 (29.0%) Yes
Discuss nutrition care activities during ward rounds	5 (33.3%) Yes	430 (44.3%) Yes
Develop an individual nutrition care plan	10 (66.7%) Yes	509 (52.5%) Yes
Initiate treatment / nutrition intervention	10 (66.7%) Yes	582 (60.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (66.7%) Yes	592 (61.0%) Yes
Consult a medical professional	6 (40.0%) Yes	383 (39.5%) Yes
Calculate energy requirements	7 (46.7%) Yes	479 (49.4%) Yes
Calculate protein requirements	7 (46.7%) Yes	466 (48.0%) Yes

Malnourished

Watchful waiting	4 (26.7%) Yes	196 (20.2%) Yes
Discuss nutrition care activities during ward rounds	6 (40.0%) Yes	462 (47.6%) Yes
Develop an individual nutrition care plan	11 (73.3%) Yes	541 (55.8%) Yes
Initiate treatment / nutrition intervention	11 (73.3%) Yes	624 (64.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	13 (86.7%) Yes	581 (59.9%) Yes
Consult a medical professional	6 (40.0%) Yes	411 (42.4%) Yes
Calculate energy requirements	12 (80.0%) Yes	537 (55.4%) Yes
Calculate protein requirements	12 (80.0%) Yes	522 (53.8%) Yes

Every patient

Watchful waiting	12 (80.0%) Yes	483 (49.8%) Yes
Discuss nutrition care activities during ward rounds	4 (26.7%) Yes	258 (26.6%) Yes
Develop an individual nutrition care plan	1 (6.7%) Yes	184 (19.0%) Yes
Initiate treatment / nutrition intervention	2 (13.3%) Yes	135 (13.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	185 (19.1%) Yes
Consult a medical professional	4 (26.7%) Yes	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	2 (13.3%) Yes	62 (6.4%) Yes

Develop an individual nutrition care plan	-	50 (5.2%) Yes
Initiate treatment / nutrition intervention	-	13 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	16 (1.6%) Yes
Consult a medical professional	1 (6.7%) Yes	106 (10.9%) Yes
Calculate energy requirements	1 (6.7%) Yes	103 (10.6%) Yes
Calculate protein requirements	1 (6.7%) 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	9 (60.0%) Yes	625 (64.4%) Yes
Within 24 hours	5 (33.3%) Yes	142 (14.6%) Yes
Within 48 hours	-	54 (5.6%) Yes
Within 72 hours	1 (6.7%) Yes	27 (2.8%) Yes
Every week	12 (80.0%) Yes	393 (40.5%) Yes
Occasionally	-	109 (11.2%) Yes
When requested	7 (46.7%) 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	12 (80.0%) Yes	730 (75.3%) Yes
Offer meal choices	13 (86.7%) Yes	711 (73.3%) Yes
Offer different portion sizes	13 (86.7%) Yes	635 (65.5%) Yes
Consider food presentation	3 (20.0%) Yes	356 (36.7%) Yes
Change food texture/consistency as needed	13 (86.7%) Yes	797 (82.2%) Yes
Consider patient problems with eating and drinking	12 (80.0%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (26.7%) Yes	218 (22.5%) Yes
Promote positive eating environment	7 (46.7%) Yes	281 (29.0%) Yes
Consider cultural/religious preferences	12 (80.0%) Yes	559 (57.6%) Yes
Consider patient allergies / intolerances	13 (86.7%) Yes	650 (67.0%) Yes
Other	1 (6.7%) Yes	74 (7.6%) Yes
I do not know	-	19 (2.0%) Yes
No answer given	2 (13.3%)	48 (4.9%)

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

Nutrition training is available	13 (86.7%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	13 (86.7%) Yes	408 (42.1%) Yes
Quality indicators are recorded and reported to national or regional level	13 (86.7%) Yes	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	13 (86.7%) Yes	625 (64.4%) Yes
None	-	32 (3.3%) Yes
I do not know	-	38 (3.9%) Yes
No answer given	2 (13.3%)	68 (7.0%)

16. At admission what is asked and documented?

Change in weight	13 (86.7%) Yes	775 (79.9%) Yes
Eating habits/difficulties	13 (86.7%) Yes	746 (76.9%) Yes
Nutrition before admission	13 (86.7%) Yes	592 (61.0%) Yes
None	-	15 (1.5%) Yes
I do not know	-	20 (2.1%) Yes
No answer given	2 (13.3%)	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	13 (86.7%) Yes	708 (73.0%) Yes
nutrition treatment	13 (86.7%) Yes	582 (60.0%) Yes
None	-	54 (5.6%) Yes
I do not know	-	26 (2.7%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (33.3%) Yes	407 (42.0%) Yes
makes future nutrition-related recommendations	3 (20.0%) Yes	572 (59.0%) Yes
None	4 (26.7%) Yes	110 (11.3%) Yes
I do not know	2 (13.3%) Yes	69 (7.1%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	12 (92.3%) Yes	356 (44.8%) Yes
--	----------------	-----------------

19. Who filled in this sheet?

Head staff	-	281 (29.0%) Yes
Dietician	11 (73.3%) Yes	517 (53.3%) Yes
Nurse	12 (80.0%) Yes	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	138	17827
Age	72 [59-78]	67 [53-78]
Female	73 (52.9%)	8951 (50.2%)
Weight	78.0±19.9	70.1±19.2
Height	170±10	165±10
BMI	26.8±6.0	25.5±6.0

1. This hospital admission was...

planned	51 (37.0%)	6798 (38.1%)
an emergency	81 (58.7%)	9562 (53.6%)
I do not know	6 (4.3%)	1467 (8.2%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	17 (12.3%)	1555 (8.7%)
0200 Neoplasms	13 (9.4%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	1 (0.72%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	5 (3.6%)	2190 (12.3%)
0500 Mental health	-	851 (4.8%)
0600 Nervous system	10 (7.2%)	1636 (9.2%)
0700 Eye and adnexa	1 (0.72%)	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	25 (18.1%)	3801 (21.3%)
1000 Respiratory system	24 (17.4%)	2810 (15.8%)
1100 Digestive system	12 (8.7%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	3 (2.2%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	23 (16.7%)	2703 (15.2%)
1400 Genitourinary system	6 (4.3%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	-	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	6 (4.3%)	816 (4.6%)
1900 Injury, poisoning	1 (0.72%)	512 (2.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	4 (2.9%)	379 (2.1%)
2100 Factors influencing health status and contact with health services	6 (4.3%)	619 (3.5%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	32 (23.2%)	3518 (22.5%)
-----------------------	------------	--------------

Myocardial infarction	11 (8.0%)	823 (5.4%)
Chronic lung disease	26 (18.8%)	2299 (14.8%)
Cerebral vascular disease	7 (5.1%)	1523 (9.9%)
Peripheral vascular disease	13 (9.4%)	1931 (12.6%)
Chronic liver disease	5 (3.6%)	992 (6.5%)
Chronic kidney disease	23 (16.7%)	1734 (11.3%)
Diabetes	27 (19.6%)	3888 (24.9%)
Cancer	25 (18.1%)	3763 (24.2%)
Infection	18 (13.0%)	2245 (14.5%)
Dementia	4 (2.9%)	798 (5.2%)
Major depressive disorder	4 (2.9%)	853 (5.6%)
Other chronic mental disorder	4 (2.9%)	815 (5.4%)
Other chronic disease	21 (15.2%)	4031 (25.9%)
None	39 (28.3%)	3008 (16.9%)

4a. Previous operation during this hospital stay

Yes, planned	48 (34.8%)	3584 (20.1%)
Yes, acute	10 (7.2%)	1077 (6.0%)
No	80 (58.0%)	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	-	391 (2.2%)

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

4b. Planned operation during this hospital stay

Yes, today or tomorrow	2 (1.4%)	1266 (7.1%)
Yes, later	2 (1.4%)	953 (5.3%)
No	127 (92.0%)	13798 (77.4%)
I do not know	-	833 (4.7%)
Missing	7 (5.1%)	977 (5.5%)

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

4 (2.9%)	1781 (10.0%)
----------	--------------

6. Is this patient terminally ill?

1 (0.72%)	1122 (6.3%)
-----------	-------------

7. Fluid status

Normal	103 (74.6%)	13668 (76.7%)
Overloaded	14 (10.1%)	1008 (5.7%)
Dehydrated	5 (3.6%)	878 (4.9%)
I do not know	16 (11.6%)	2273 (12.8%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-9]	5 [2-8]
------	---------	---------

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

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

Malnourished	26 (18.8%)	2050 (11.5%)
At risk	14 (10.1%)	3162 (17.7%)
No	91 (65.9%)	11117 (62.4%)
I do not know	7 (5.1%)	1498 (8.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	34 (24.6%)	6470 (36.3%)
5% Glucose solution	2 (1.4%)	1853 (10.4%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	88 (63.8%)	10454 (58.6%)
Fortified/enriched hospital food	39 (28.3%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	28 (20.3%)	2469 (13.8%)
Enteral nutrition	2 (1.4%)	882 (4.9%)
Parenteral nutrition	-	929 (5.2%)
Special diet	26 (18.8%)	5732 (32.2%)
None	7 (5.1%)	895 (5.0%)

13a. All lines and Tubes

Central Venous	4 (2.9%)	1535 (8.6%)
Peripheral venous access	61 (44.2%)	8238 (46.2%)
Nasogastric	3 (2.2%)	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	72 (52.2%)	8032 (45.1%)

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

Yes, previously	2 (1.4%)	247 (1.4%)
Yes, ongoing	1 (0.72%)	173 (0.97%)
No	127 (92.0%)	14548 (81.6%)
I do not know	5 (3.6%)	1646 (9.2%)
Missing	3 (2.2%)	1213 (6.8%)

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

Energy requirements were determined	37 (26.8%)	6273 (35.2%)
-------------------------------------	------------	--------------

Protein requirements were determined	36 (26.1%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	50 (36.2%)	7653 (42.9%)
Nutrition treatment plan was developed	39 (28.3%)	6036 (33.9%)
Nutrition expert was consulted	40 (29.0%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	71 (51.4%)	5297 (29.7%)
None	-	-

15a. Energy goal

< 500 kcal	-	749 (4.2%)
500-999 kcal	1 (0.72%)	194 (1.1%)
1000-1499 kcal	-	1695 (9.5%)
1500-1999 kcal	28 (20.3%)	5578 (31.3%)
>=2000 kcal	8 (5.8%)	1992 (11.2%)
Not determined	94 (68.1%)	6066 (34.0%)
I do not know	7 (5.1%)	1515 (8.5%)
Missing	-	38 (0.21%)

15b. Energy intake

< 500 kcal	3 (2.2%)	1264 (7.1%)
500-999 kcal	-	900 (5.0%)
1000-1499 kcal	7 (5.1%)	2387 (13.4%)
1500-1999 kcal	14 (10.1%)	3954 (22.2%)
>=2000 kcal	7 (5.1%)	1047 (5.9%)
Not determined	25 (18.1%)	6021 (33.8%)
I do not know	82 (59.4%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	52 (37.7%)	8831 (49.5%)
Deteriorated	15 (10.9%)	1039 (5.8%)
Remained the same	55 (39.9%)	4935 (27.7%)
This patient has just been admitted	8 (5.8%)	1248 (7.0%)
I do not know	8 (5.8%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	7 [4-13]	12 [6-24]
--------------------------------	----------	-----------

Outcome Code

1= Still in the hospital	5 (3.6%)	1702 (9.5%)
2= Transferred to another hospital	-	419 (2.4%)
3= Transferred to long term care	10 (7.2%)	780 (4.4%)
4= Rehabilitation	15 (10.9%)	785 (4.4%)
5= Discharged home	103 (74.6%)	13163 (73.8%)
6= Death	4 (2.9%)	535 (3.0%)

7= Others	1 (0.72%)	310 (1.7%)
Missing	-	133 (0.75%)
Readmitted since ND		
1= No	116 (87.9%)	11846 (75.5%)
2= Yes, same hospital planned	2 (1.5%)	1043 (6.7%)
3= Yes, same hospital unplanned	14 (10.6%)	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	-	1059 (6.8%)

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

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	112 (81.2%)	12235 (71.0%)
I am vegetarian	1 (0.72%)	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	1 (0.72%)	156 (0.91%)
I avoid added sugars	18 (13.0%)	2604 (15.1%)
I avoid carbohydrates	3 (2.2%)	1038 (6.0%)
I eat a low fat-diet	7 (5.1%)	1930 (11.2%)
I am lactose intolerant	2 (1.4%)	572 (3.3%)
Other special diet due to intolerances/allergies	1 (0.72%)	323 (1.9%)
Other	9 (6.5%)	1219 (7.1%)
No answer given	-	337 (2.0%)
2. Where did you live before your current hospital admission?		
At home	125 (90.6%)	15276 (88.7%)
In a nursing home or other live-in facility	7 (5.1%)	609 (3.5%)
I was transferred from another hospital	2 (1.4%)	883 (5.1%)
Other	4 (2.9%)	268 (1.6%)
Missing	-	185 (1.1%)
3. In general, are you able to walk?		
Yes	67 (48.6%)	11104 (64.5%)
Yes, with someone's help	14 (10.1%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	44 (31.9%)	2412 (14.0%)
No, I have a wheelchair	7 (5.1%)	712 (4.1%)
No, I am bedridden	6 (4.3%)	988 (5.7%)
Missing	-	243 (1.4%)
4. In general, how would you say your health is?		
Very good	12 (8.7%)	1252 (7.3%)
Good	64 (46.4%)	6191 (36.0%)
Fair	46 (33.3%)	6489 (37.7%)
Poor	13 (9.4%)	2490 (14.5%)
Very poor	3 (2.2%)	558 (3.2%)
Missing	-	241 (1.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	4 [2-7]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]
... how many nights in total have you spent in hospital?	2 [0-8]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	22 (15.9%)	3323 (19.3%)
3-5	43 (31.2%)	4698 (27.3%)
More than 5	45 (32.6%)	5507 (32.0%)
None	25 (18.1%)	2633 (15.3%)
I do not know	3 (2.2%)	778 (4.5%)
Missing	-	282 (1.6%)

7. Do you have health insurance?		
Yes, private insurance only	134 (97.1%)	2738 (15.9%)
Yes, public insurance only	1 (0.72%)	8466 (49.2%)
Yes, both	-	2117 (12.3%)
None	-	2268 (13.2%)
I prefer not to answer	2 (1.4%)	1018 (5.9%)
Missing	1 (0.72%)	614 (3.6%)

8. What was your weight 5 years ago?		
	79 [68-90]	72 [60-85]
I do not know	30 (21.7%)	4280 (24.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	17 (12.3%)	1639 (9.5%)
Yes, unintentionally	49 (35.5%)	6488 (37.7%)
No, my weight stayed the same	42 (30.4%)	5108 (29.7%)
No, I gained weight	24 (17.4%)	1894 (11.0%)
I do not know	6 (4.3%)	1680 (9.8%)
Missing	-	412 (2.4%)

9b. If yes, how many kg did you lose?		
	7 [4-10]	6 [4-10]
I do not know	6 (9.1%)	1267 (15.6%)

10. Did you know about your hospitalisation two days before admission? (Yes)		
	54 (39.1%)	6721 (41.1%)

11. Please indicate if you ...		
... were weighed at admission	56 (40.6%)	9728 (57.2%)
... were informed about your nutrition status	36 (26.1%)	5774 (34.3%)
... were informed about nutrition care options	53 (38.4%)	5459 (32.5%)
... received special nutrition care	38 (27.5%)	5054 (30.1%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	3 (2.2%)	762 (4.5%)
Normal	87 (63.0%)	10449 (61.1%)
About 3/4 of normal	9 (6.5%)	1762 (10.3%)
About half of normal	23 (16.7%)	2122 (12.4%)

About a quarter to nearly nothing	14 (10.1%)	1571 (9.2%)
I do not know	1 (0.72%)	153 (0.89%)
Missing	1 (0.72%)	286 (1.7%)

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

Very satisfied	30 (21.7%)	4212 (24.6%)
Somewhat satisfied	71 (51.4%)	5626 (32.9%)
Neutral	22 (15.9%)	3361 (19.6%)
Dissatisfied	9 (6.5%)	1441 (8.4%)
Very dissatisfied	2 (1.4%)	491 (2.9%)
I do not know	4 (2.9%)	1415 (8.3%)
Missing	-	559 (3.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	3 (2.2%)	1651 (9.7%)
Yes, from hospital staff	7 (5.1%)	1185 (6.9%)
No	125 (90.6%)	13278 (77.6%)
I do not know	2 (1.4%)	218 (1.3%)
Missing	1 (0.72%)	773 (4.5%)

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

	112 (81.2%)	11891 (74.2%)
--	-------------	---------------

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

About all	103 (74.6%)	7871 (46.0%)
1/2	23 (16.7%)	4261 (24.9%)
1/4	6 (4.3%)	2226 (13.0%)
Nothing	6 (4.3%)	1992 (11.6%)
Missing	-	755 (4.4%)

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

Standard	87 (63.0%)	11000 (64.3%)
Smaller	28 (20.3%)	1600 (9.4%)
Larger	15 (10.9%)	763 (4.5%)
I do not know	7 (5.1%)	1701 (9.9%)
Missing	1 (0.72%)	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	2 (5.7%)	1293 (15.2%)
I did not like the smell/taste of the food	4 (11.4%)	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 (17.1%)	1520 (17.9%)

I do not have my usual appetite	11 (31.4%)	2475 (29.2%)
I have problems chewing/swallowing	2 (5.7%)	478 (5.6%)
I normally eat less than what was served	2 (5.7%)	969 (11.4%)
I had nausea/vomiting	1 (2.9%)	637 (7.5%)
I was too tired	2 (5.7%)	506 (6.0%)
I cannot eat without help	-	141 (1.7%)
I was not allowed to eat	2 (5.7%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	2 (5.7%)	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	16 (45.7%)	1161 (13.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY? 43 (31.4%) 4518 (28.8%)

19b. If yes, what did you eat?

Sweet snacks	11 (25.6%)	1302 (28.8%)
Salty snacks	6 (14.0%)	512 (11.3%)
Homemade food	2 (4.7%)	703 (15.6%)
Fruits	17 (39.5%)	1730 (38.3%)
Dairy products	4 (9.3%)	471 (10.4%)
Food delivered/restaurant	1 (2.3%)	191 (4.2%)
Sandwich	5 (11.6%)	282 (6.2%)
Other	6 (14.0%)	724 (16.0%)

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

Increased	25 (18.1%)	2508 (14.7%)
Decreased	40 (29.0%)	5344 (31.2%)
Stayed the same	62 (44.9%)	7154 (41.8%)
I do not know	11 (8.0%)	1188 (6.9%)
Missing	-	911 (5.3%)

21. TODAY I feel...

Stronger than at admission	51 (37.0%)	7275 (42.5%)
Weaker than at admission	35 (25.4%)	3158 (18.5%)
Same as at admission	43 (31.2%)	4825 (28.2%)

I was admitted today	1 (0.72%)	465 (2.7%)
I do not know	8 (5.8%)	926 (5.4%)
Missing	-	456 (2.7%)

22. Can you walk without assistance TODAY?

Yes	88 (63.8%)	10229 (59.8%)
No, only with assistance	39 (28.3%)	4164 (24.3%)
No, I stay in bed	10 (7.2%)	1821 (10.6%)
Missing	1 (0.72%)	891 (5.2%)

23. Did anyone help you complete this questionnaire?	58 (42.0%)	10837 (65.0%)
---	------------	---------------