



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2018
Thailand

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:	6
Number of patients who gave consent:	112
Number of patients completing Sheet 3a:	112
Number of patients completing Sheet 3b:	111
Number of patients with 30-day outcome assessment:	112

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	2 (33.3%)	19.3%
Internal Medicine / Cardiology	-	4.5%
Internal Medicine / Gastroenterology & hepatology	-	6.3%
Internal Medicine / Geriatrics	-	7.9%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (16.7%)	7.2%
Interdisciplinary	-	3.3%
Long term care	-	2.0%
Neurology	-	3.6%
Surgery / General	2 (33.3%)	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	-	1.3%
Psychiatry	-	0.9%
Others	1 (16.7%)	16.1%
2. Number of registered inpatients at noon	24 [23-25]	24 [18-31]
3. Total bed capacity of the unit	30 [28-38]	30 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [5-5]	3 [2-7]
Nurses	6 [6-6]	5 [3-8]
Nursing aides	4 [4-6]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	10 [5-10]	1 [0-2]
In training		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	2	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? 5 (100%) Yes 705 (76.4%) Yes

6. Does the unit have a nutrition care strategy? 5 (100%) Yes 678 (73.5%) Yes

7. Is there a person in your unit responsible for nutrition care? 2 (40.0%) Yes 644 (69.8%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 5 (100%) Yes 831 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (80.0%) 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	1 (16.7%) 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	4 (66.7%) Yes	148 (15.3%) Yes
I do not know	-	9 (0.93%) Yes
Missing	1 (16.7%)	47 (4.8%)

During hospital stay

No routine monitoring	-	88 (9.1%) Yes
No fixed criteria	-	77 (7.9%) Yes
Experience / visual assessment only	-	174 (17.9%) Yes
Weighing / BMI only	2 (33.3%) Yes	313 (32.3%) Yes
Other formal tool	3 (50.0%) Yes	251 (25.9%) Yes
I do not know	-	20 (2.1%) Yes
Missing	1 (16.7%)	47 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 4 (80.0%) Yes 724 (80.0%) Yes

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

International guidelines	-	186 (25.7%) Yes
National guidelines	2 (50.0%) Yes	105 (14.5%) Yes
Standards on hospital level	2 (50.0%) 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 (66.7%) Yes	281 (29.0%) Yes
Discuss nutrition care activities during ward rounds	3 (50.0%) Yes	430 (44.3%) Yes
Develop an individual nutrition care plan	4 (66.7%) Yes	509 (52.5%) Yes
Initiate treatment / nutrition intervention	4 (66.7%) Yes	582 (60.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (83.3%) Yes	592 (61.0%) Yes
Consult a medical professional	3 (50.0%) Yes	383 (39.5%) Yes
Calculate energy requirements	2 (33.3%) Yes	479 (49.4%) Yes
Calculate protein requirements	2 (33.3%) Yes	466 (48.0%) Yes

Malnourished

Watchful waiting	1 (16.7%) Yes	196 (20.2%) Yes
Discuss nutrition care activities during ward rounds	3 (50.0%) Yes	462 (47.6%) Yes
Develop an individual nutrition care plan	2 (33.3%) Yes	541 (55.8%) Yes
Initiate treatment / nutrition intervention	2 (33.3%) Yes	624 (64.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (33.3%) Yes	581 (59.9%) Yes
Consult a medical professional	4 (66.7%) Yes	411 (42.4%) Yes
Calculate energy requirements	2 (33.3%) Yes	537 (55.4%) Yes
Calculate protein requirements	1 (16.7%) Yes	522 (53.8%) Yes

Every patient

Watchful waiting	2 (33.3%) Yes	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	1 (16.7%) Yes	123 (12.7%) Yes
Calculate protein requirements	1 (16.7%) Yes	113 (11.6%) Yes

Never

Watchful waiting	-	76 (7.8%) Yes
Discuss nutrition care activities during ward rounds	1 (16.7%) Yes	62 (6.4%) Yes

Develop an individual nutrition care plan	1 (16.7%) Yes	50 (5.2%) Yes
Initiate treatment / nutrition intervention	1 (16.7%) Yes	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	2 (33.3%) Yes	103 (10.6%) Yes
Calculate protein requirements	2 (33.3%) 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	5 (83.3%) 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	4 (66.7%) Yes	393 (40.5%) Yes
Occasionally	2 (33.3%) Yes	109 (11.2%) Yes
When requested	3 (50.0%) 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 (50.0%) Yes	730 (75.3%) Yes
Offer meal choices	2 (33.3%) Yes	711 (73.3%) Yes
Offer different portion sizes	2 (33.3%) Yes	635 (65.5%) Yes
Consider food presentation	-	356 (36.7%) Yes
Change food texture/consistency as needed	-	797 (82.2%) Yes
Consider patient problems with eating and drinking	4 (66.7%) Yes	793 (81.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (66.7%) Yes	218 (22.5%) Yes
Promote positive eating environment	2 (33.3%) Yes	281 (29.0%) Yes
Consider cultural/religious preferences	3 (50.0%) Yes	559 (57.6%) Yes
Consider patient allergies / intolerances	3 (50.0%) Yes	650 (67.0%) Yes
Other	-	74 (7.6%) Yes
I do not know	-	19 (2.0%) Yes
No answer given	1 (16.7%)	48 (4.9%)

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

Nutrition training is available	1 (16.7%) Yes	558 (57.5%) Yes
Reporting of nutrition related information to hospital managers	3 (50.0%) Yes	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	2 (33.3%) Yes	358 (36.9%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (16.7%) Yes	625 (64.4%) Yes
None	-	32 (3.3%) Yes
I do not know	1 (16.7%) Yes	38 (3.9%) Yes
No answer given	1 (16.7%)	68 (7.0%)

16. At admission what is asked and documented?

Change in weight	4 (66.7%) Yes	775 (79.9%) Yes
Eating habits/difficulties	4 (66.7%) Yes	746 (76.9%) Yes
Nutrition before admission	2 (33.3%) Yes	592 (61.0%) Yes
None	-	15 (1.5%) Yes
I do not know	-	20 (2.1%) Yes
No answer given	1 (16.7%)	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 (83.3%) Yes	708 (73.0%) Yes
nutrition treatment	3 (50.0%) 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	2 (33.3%) Yes	407 (42.0%) Yes
makes future nutrition-related recommendations	4 (66.7%) Yes	572 (59.0%) Yes
None	-	110 (11.3%) Yes
I do not know	1 (16.7%) Yes	69 (7.1%) Yes

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	2 (33.3%) Yes	281 (29.0%) Yes
Dietician	2 (33.3%) Yes	517 (53.3%) Yes
Nurse	3 (50.0%) Yes	279 (28.8%) Yes
Physician	1 (16.7%) Yes	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	112	17827
Age	62 [50-73]	67 [53-78]
Female	53 (47.3%)	8951 (50.2%)
Weight	56.7±12.0	70.1±19.2
Height	161±9	165±10
BMI	21.8±4.1	25.5±6.0

1. This hospital admission was...

planned	55 (49.1%)	6798 (38.1%)
an emergency	57 (50.9%)	9562 (53.6%)
I do not know	-	1467 (8.2%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	17 (15.2%)	1555 (8.7%)
0200 Neoplasms	37 (33.0%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	23 (20.5%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	21 (18.8%)	2190 (12.3%)
0500 Mental health	-	851 (4.8%)
0600 Nervous system	7 (6.3%)	1636 (9.2%)
0700 Eye and adnexa	-	236 (1.3%)
0800 Ear and mastoid process	-	127 (0.71%)
0900 Circulatory system	12 (10.7%)	3801 (21.3%)
1000 Respiratory system	23 (20.5%)	2810 (15.8%)
1100 Digestive system	12 (10.7%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	-	786 (4.4%)
1300 Musculoskeletal system and connective tissue	4 (3.6%)	2703 (15.2%)
1400 Genitourinary system	2 (1.8%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	1 (0.89%)	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	17 (15.2%)	816 (4.6%)
1900 Injury, poisoning	7 (6.3%)	512 (2.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.89%)	379 (2.1%)
2100 Factors influencing health status and contact with health services	7 (6.3%)	619 (3.5%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	15 (13.5%)	3518 (22.5%)
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Myocardial infarction	4 (3.6%)	823 (5.4%)
Chronic lung disease	15 (13.5%)	2299 (14.8%)
Cerebral vascular disease	12 (10.9%)	1523 (9.9%)
Peripheral vascular disease	2 (1.8%)	1931 (12.6%)
Chronic liver disease	10 (9.1%)	992 (6.5%)
Chronic kidney disease	22 (19.8%)	1734 (11.3%)
Diabetes	26 (23.4%)	3888 (24.9%)
Cancer	57 (51.4%)	3763 (24.2%)
Infection	33 (30.0%)	2245 (14.5%)
Dementia	3 (2.8%)	798 (5.2%)
Major depressive disorder	2 (1.8%)	853 (5.6%)
Other chronic mental disorder	1 (0.90%)	815 (5.4%)
Other chronic disease	41 (37.3%)	4031 (25.9%)
None	10 (8.9%)	3008 (16.9%)

4a. Previous operation during this hospital stay

Yes, planned	31 (27.7%)	3584 (20.1%)
Yes, acute	8 (7.1%)	1077 (6.0%)
No	73 (65.2%)	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	-	391 (2.2%)

Days since operation	3 [1-8]	3 [1-11]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	2 (1.8%)	1266 (7.1%)
Yes, later	6 (5.4%)	953 (5.3%)
No	94 (83.9%)	13798 (77.4%)
I do not know	3 (2.7%)	833 (4.7%)
Missing	7 (6.3%)	977 (5.5%)

5. Previous ICU admission during this hospital stay? (Yes)	14 (12.5%)	1781 (10.0%)
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6. Is this patient terminally ill?	4 (3.6%)	1122 (6.3%)
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7. Fluid status

Normal	79 (70.5%)	13668 (76.7%)
Overloaded	15 (13.4%)	1008 (5.7%)
Dehydrated	6 (5.4%)	878 (4.9%)
I do not know	12 (10.7%)	2273 (12.8%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-9]	5 [2-8]
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Other	2 [1-4]	2 [1-4]
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9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	26 (23.2%)	2050 (11.5%)
At risk	44 (39.3%)	3162 (17.7%)
No	38 (33.9%)	11117 (62.4%)
I do not know	4 (3.6%)	1498 (8.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	27 (24.1%)	6470 (36.3%)
5% Glucose solution	9 (8.0%)	1853 (10.4%)

11. Number of ONS drinks planned	0 [0-3]	0 [0-0]
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12. Nutrition intake

Regular hospital food	90 (80.4%)	10454 (58.6%)
Fortified/enriched hospital food	22 (19.6%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	31 (27.7%)	2469 (13.8%)
Enteral nutrition	22 (19.6%)	882 (4.9%)
Parenteral nutrition	9 (8.0%)	929 (5.2%)
Special diet	12 (10.7%)	5732 (32.2%)
None	3 (2.7%)	895 (5.0%)

13a. All lines and Tubes

Central Venous	5 (4.5%)	1535 (8.6%)
Peripheral venous access	41 (36.6%)	8238 (46.2%)
Nasogastric	19 (17.0%)	462 (2.6%)
Nasojejunal	-	79 (0.44%)
Nasoduodenal	-	67 (0.38%)
Enterostoma	1 (0.89%)	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.89%)	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.35%)
None	55 (49.1%)	8032 (45.1%)

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

Yes, previously	2 (1.8%)	247 (1.4%)
Yes, ongoing	3 (2.7%)	173 (0.97%)
No	100 (89.3%)	14548 (81.6%)
I do not know	1 (0.89%)	1646 (9.2%)
Missing	6 (5.4%)	1213 (6.8%)

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

Energy requirements were determined	40 (35.7%)	6273 (35.2%)
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Protein requirements were determined	38 (33.9%)	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	92 (82.1%)	7653 (42.9%)
Nutrition treatment plan was developed	36 (32.1%)	6036 (33.9%)
Nutrition expert was consulted	25 (22.3%)	6237 (35.0%)
Malnutrition status is recorded in the patient record	78 (69.6%)	5297 (29.7%)
None	-	-

15a. Energy goal

< 500 kcal	1 (0.89%)	749 (4.2%)
500-999 kcal	1 (0.89%)	194 (1.1%)
1000-1499 kcal	5 (4.5%)	1695 (9.5%)
1500-1999 kcal	40 (35.7%)	5578 (31.3%)
>=2000 kcal	8 (7.1%)	1992 (11.2%)
Not determined	53 (47.3%)	6066 (34.0%)
I do not know	4 (3.6%)	1515 (8.5%)
Missing	-	38 (0.21%)

15b. Energy intake

< 500 kcal	10 (8.9%)	1264 (7.1%)
500-999 kcal	22 (19.6%)	900 (5.0%)
1000-1499 kcal	20 (17.9%)	2387 (13.4%)
1500-1999 kcal	30 (26.8%)	3954 (22.2%)
>=2000 kcal	6 (5.4%)	1047 (5.9%)
Not determined	22 (19.6%)	6021 (33.8%)
I do not know	2 (1.8%)	2199 (12.3%)
Missing	-	55 (0.31%)

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

Improved	56 (50.0%)	8831 (49.5%)
Deteriorated	4 (3.6%)	1039 (5.8%)
Remained the same	43 (38.4%)	4935 (27.7%)
This patient has just been admitted	6 (5.4%)	1248 (7.0%)
I do not know	3 (2.7%)	1774 (10.0%)
Missing	-	-

Length of hospital stay (days)	12 [7-31]	12 [6-24]
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Outcome Code

1= Still in the hospital	13 (11.6%)	1702 (9.5%)
2= Transferred to another hospital	2 (1.8%)	419 (2.4%)
3= Transferred to long term care	-	780 (4.4%)
4= Rehabilitation	-	785 (4.4%)
5= Discharged home	95 (84.8%)	13163 (73.8%)
6= Death	2 (1.8%)	535 (3.0%)

7= Others	-	310 (1.7%)
Missing	-	133 (0.75%)
Readmitted since ND		
1= No	81 (81.8%)	11846 (75.5%)
2= Yes, same hospital planned	11 (11.1%)	1043 (6.7%)
3= Yes, same hospital unplanned	3 (3.0%)	889 (5.7%)
4= Yes, different hospital planned	1 (1.0%)	68 (0.43%)
5= Yes, different hospital unplanned	1 (1.0%)	68 (0.43%)
6= Unknown	2 (2.0%)	646 (4.1%)
Missing	1 (1.0%)	1059 (6.8%)

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

	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
1. What are your typical dietary habits?		
No special dietary habits	84 (75.0%)	12235 (71.0%)
I am vegetarian	1 (0.89%)	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	-	156 (0.91%)
I avoid added sugars	17 (15.2%)	2604 (15.1%)
I avoid carbohydrates	7 (6.3%)	1038 (6.0%)
I eat a low fat-diet	12 (10.7%)	1930 (11.2%)
I am lactose intolerant	1 (0.89%)	572 (3.3%)
Other special diet due to intolerances/allergies	6 (5.4%)	323 (1.9%)
Other	25 (22.3%)	1219 (7.1%)
No answer given	2 (1.8%)	337 (2.0%)
2. Where did you live before your current hospital admission?		
At home	100 (89.3%)	15276 (88.7%)
In a nursing home or other live-in facility	2 (1.8%)	609 (3.5%)
I was transferred from another hospital	5 (4.5%)	883 (5.1%)
Other	5 (4.5%)	268 (1.6%)
Missing	-	185 (1.1%)
3. In general, are you able to walk?		
Yes	64 (57.1%)	11104 (64.5%)
Yes, with someone's help	14 (12.5%)	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	12 (10.7%)	2412 (14.0%)
No, I have a wheelchair	4 (3.6%)	712 (4.1%)
No, I am bedridden	16 (14.3%)	988 (5.7%)
Missing	2 (1.8%)	243 (1.4%)
4. In general, how would you say your health is?		
Very good	7 (6.3%)	1252 (7.3%)
Good	36 (32.1%)	6191 (36.0%)
Fair	48 (42.9%)	6489 (37.7%)
Poor	20 (17.9%)	2490 (14.5%)
Very poor	1 (0.89%)	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?	8 [4-12]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-3]	1 [0-2]
... how many nights in total have you spent in hospital?	10 [3-30]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	24 (21.4%)	3323 (19.3%)
3-5	36 (32.1%)	4698 (27.3%)
More than 5	26 (23.2%)	5507 (32.0%)
None	17 (15.2%)	2633 (15.3%)
I do not know	7 (6.3%)	778 (4.5%)
Missing	2 (1.8%)	282 (1.6%)
7. Do you have health insurance?		
Yes, private insurance only	-	2738 (15.9%)
Yes, public insurance only	101 (90.2%)	8466 (49.2%)
Yes, both	1 (0.89%)	2117 (12.3%)
None	7 (6.3%)	2268 (13.2%)
I prefer not to answer	1 (0.89%)	1018 (5.9%)
Missing	2 (1.8%)	614 (3.6%)
8. What was your weight 5 years ago?		
	20	72 [60-85]
I do not know	96 (85.7%)	4280 (24.9%)
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	5 (4.5%)	1639 (9.5%)
Yes, unintentionally	54 (48.2%)	6488 (37.7%)
No, my weight stayed the same	27 (24.1%)	5108 (29.7%)
No, I gained weight	16 (14.3%)	1894 (11.0%)
I do not know	4 (3.6%)	1680 (9.8%)
Missing	6 (5.4%)	412 (2.4%)
9b. If yes, how many kg did you lose?		
	5 [3-7]	6 [4-10]
I do not know	3 (5.1%)	1267 (15.6%)
10. Did you know about your hospitalisation two days before admission? (Yes)		
	58 (54.2%)	6721 (41.1%)
11. Please indicate if you ...		
... were weighed at admission	103 (93.6%)	9728 (57.2%)
... were informed about your nutrition status	19 (17.3%)	5774 (34.3%)
... were informed about nutrition care options	37 (33.6%)	5459 (32.5%)
... received special nutrition care	32 (29.1%)	5054 (30.1%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	13 (11.7%)	762 (4.5%)
Normal	39 (35.1%)	10449 (61.1%)
About 3/4 of normal	17 (15.3%)	1762 (10.3%)
About half of normal	15 (13.5%)	2122 (12.4%)

About a quarter to nearly nothing	22 (19.8%)	1571 (9.2%)
I do not know	2 (1.8%)	153 (0.89%)
Missing	3 (2.7%)	286 (1.7%)

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

Very satisfied	18 (16.2%)	4212 (24.6%)
Somewhat satisfied	43 (38.7%)	5626 (32.9%)
Neutral	29 (26.1%)	3361 (19.6%)
Dissatisfied	8 (7.2%)	1441 (8.4%)
Very dissatisfied	3 (2.7%)	491 (2.9%)
I do not know	8 (7.2%)	1415 (8.3%)
Missing	2 (1.8%)	559 (3.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	16 (14.4%)	1651 (9.7%)
Yes, from hospital staff	18 (16.2%)	1185 (6.9%)
No	71 (64.0%)	13278 (77.6%)
I do not know	2 (1.8%)	218 (1.3%)
Missing	4 (3.6%)	773 (4.5%)

15. Were you able to eat without interruption TODAY? (Yes)	44 (40.7%)	11891 (74.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	44 (39.6%)	7871 (46.0%)
1/2	25 (22.5%)	4261 (24.9%)
1/4	29 (26.1%)	2226 (13.0%)
Nothing	5 (4.5%)	1992 (11.6%)
Missing	8 (7.2%)	755 (4.4%)

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

Standard	66 (59.5%)	11000 (64.3%)
Smaller	10 (9.0%)	1600 (9.4%)
Larger	13 (11.7%)	763 (4.5%)
I do not know	6 (5.4%)	1701 (9.9%)
Missing	16 (14.4%)	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	17 (28.8%)	1293 (15.2%)
I did not like the smell/taste of the food	25 (42.4%)	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	1 (1.7%)	207 (2.4%)
Due to food allergy/intolerance	-	53 (0.63%)
I was not hungry at that time	10 (16.9%)	1520 (17.9%)

I do not have my usual appetite	22 (37.3%)	2475 (29.2%)
I have problems chewing/swallowing	4 (6.8%)	478 (5.6%)
I normally eat less than what was served	8 (13.6%)	969 (11.4%)
I had nausea/vomiting	12 (20.3%)	637 (7.5%)
I was too tired	8 (13.6%)	506 (6.0%)
I cannot eat without help	-	141 (1.7%)
I was not allowed to eat	3 (5.1%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	-	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	1 (1.7%)	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	0 [0-0]	1 [1-3]
Coffee	0 [0-0]	1 [1-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-2]	0 [0-1]
Other	0 [0-4]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 36 (36.4%) 4518 (28.8%)

19b. If yes, what did you eat?

Sweet snacks	2 (5.6%)	1302 (28.8%)
Salty snacks	2 (5.6%)	512 (11.3%)
Homemade food	2 (5.6%)	703 (15.6%)
Fruits	12 (33.3%)	1730 (38.3%)
Dairy products	8 (22.2%)	471 (10.4%)
Food delivered/restaurant	8 (22.2%)	191 (4.2%)
Sandwich	1 (2.8%)	282 (6.2%)
Other	6 (16.7%)	724 (16.0%)

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

Increased	26 (23.4%)	2508 (14.7%)
Decreased	38 (34.2%)	5344 (31.2%)
Stayed the same	40 (36.0%)	7154 (41.8%)
I do not know	6 (5.4%)	1188 (6.9%)
Missing	1 (0.90%)	911 (5.3%)

21. TODAY I feel...

Stronger than at admission	50 (45.0%)	7275 (42.5%)
Weaker than at admission	23 (20.7%)	3158 (18.5%)
Same as at admission	28 (25.2%)	4825 (28.2%)

I was admitted today	7 (6.3%)	465 (2.7%)
I do not know	2 (1.8%)	926 (5.4%)
Missing	1 (0.90%)	456 (2.7%)

22. Can you walk without assistance TODAY?

Yes	54 (48.6%)	10229 (59.8%)
No, only with assistance	24 (21.6%)	4164 (24.3%)
No, I stay in bed	29 (26.1%)	1821 (10.6%)
Missing	4 (3.6%)	891 (5.2%)

23. Did anyone help you complete this questionnaire?	56 (50.5%)	10837 (65.0%)
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