



nutritionDay worldwide
benchmark & monitor your nutrition care

nutritionDay National Report 2024



Dear participant!

Thank you for participating to **nutritionDay worldwide in 2024**.
Your **country report** consists of the following sample size:

nutritionDay
WORLDWIDE

Country	ECUADOR
Number of participating centers	5
Number of participating units	11
Number of patients	202
Number of patients who gave consent	189

This report compares your country to the international reference database based on data from nutritionDay 2020-2023.

Participate again to next year's nutritionDay in November 2025!

Repeated participation allows benchmarking and monitoring of the nutrition care in your country.

For more information visit www.nutritionDay.org or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!



ESPE
European Society for Clinical Nutrition and Metabolism



MEDICAL UNIVERSITY
OF VIENNA

Prof. Dr. Michael Hiesmayr



Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	346 [369-497]	302 [150-594]
2. Total number of admissions in the hospital last year	8991 [1839-20638]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	381 [373-579]	188 [94-411]
Medical specialists	258 [279.5-364.5]	116 [38-248]
Medical non-specialists	177 [161-280.5]	46 [13-128]
Nurses	339 [253-594]	396 [140-763]
Dieticians	6 [5.5-10]	2 [0-8]
Nutritionists	5 [10-12]	2 [0-4]
Pharmacists	22 [20.5-34]	7 [3-16]
Kitchen staff	14 [8-35]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	192 [346-481]	148 [54-256]
Medical specialists	112 [204-279.5]	78 [27-182]
Medical non-specialists	81 [142-201.5]	43 [10-101]
Nurses	236 [298-578]	287 [99-580]
Dieticians	2 [4-5.5]	2 [0-7]
Nutritionists	3 [14-14]	1 [0-3]
Pharmacists	11 [23-27]	5 [2-11]
Kitchen staff	12 [25-30]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	2 (50%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	3 (60%)	140 (33.7%) Yes
Nutrition steering committee is available	2 (40%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	1 (20%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	-	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (40%)	137 (32.9%) Yes
None	-	28 (6.7%) - Yes
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
No information available from billing/finance/controlling	1 (20%)	33 (7.9%) Yes



Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	3 (60%)	117 (28.1%) Yes
Oral nutrition supplements	2 (40%)	110 (26.4%) Yes
Parenteral nutrition	2 (40%)	139 (33.4%) Yes
Enteral nutrition	2 (40%)	135 (32.5%) Yes
Dietary counseling	3 (60%)	86 (20.7%) Yes
Specific dietary interventions	2 (40%)	79 (19%) Yes
Screening for malnutrition	1 (20%)	80 (19.2%) Yes
Risk of malnutrition	1 (20%)	65 (15.6%) Yes
Malnutrition (in general)	3 (60%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (40%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	1 (20%)	105 (25.2%) Yes
Oral nutrition supplements	3 (60%)	96 (23.1%) Yes
Parenteral nutrition	1 (20%)	120 (28.8%) Yes
Enteral nutrition	2 (40%)	121 (29.1%) Yes
Dietary counseling	2 (40%)	71 (17.1%) Yes
Specific dietary interventions	1 (20%)	65 (15.6%) Yes
Screening for malnutrition	2 (40%)	71 (17.1%) Yes
Risk of malnutrition	1 (20%)	54 (13%) Yes
Malnutrition (in general)	2 (40%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (20%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	5 (45.45%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	-	100 (6.8%)
Internal Medicine / Geriatrics	-	92 (6.2%)
Internal Medicine / Infectious diseases	1 (9.09%)	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (9.09%)	172 (11.7%)
Surgery / General	1 (9.09%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	-	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	-	23 (1.6%)
Gynecology / Obstetrics	-	26 (1.8%)
Neurology	-	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	-	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	3 (27.27%)	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	2 (18.18%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	2 (18.18%)	71 (4.8%) Yes
c) Do you have an ERAS team?	1 (9.09%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	20 [12-25]	21 [15-29]
3. Total bed capacity of the unit	43 [15-77]	28 [21-38]
4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)		
<i>Fully trained</i>		
Medical doctors	6 [3-6]	3 [2-6]
Medical students	7 [3-9]	



Nurses	4 [2-7]	4 [3-7]
Nursing aides	1 [1-1]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [2-3]	1 [0-1]
Administrative staff	0 [1-1]	1 [1-2]
Other staff involved in patient care		1 [0-2]
<i>In training</i>		
Medical doctors	1 [5-6]	1 [0-3]
Medical students	9 [8-36]	1 [0-3]
Nurses	3 [5-11]	1 [0-2]
Nursing aides	2 [2.5-6]	0 [0-1]
Dieticians	0 [2-3]	0 [0-0]
Nutritionists	1 [1-3]	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	-	0 [0-0]
5. Is there a nutrition support team in your hospital available?	9 (81.82%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	9 (81.82%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	11 (100%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	11 (100%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	8 (72.73%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	-	145 (9.8%) Yes
No fixed criteria	-	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	3 (27.27%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	5 (45.45%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	5 (45.45%)	99 (6.7%) Yes
Malnutrition Screening tool (MST)	-	94 (6.4%) Yes
SNAQ	-	6 (0.4%) Yes
Other formal tool	-	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	(0%)	156 (10.6%) Yes
No fixed criteria	2 (18.18%)	104 (7.1%) Yes
Experience / visual assessment only	1 (9.09%)	172 (11.7%) Yes
Weighing / BMI only	2 (18.18%)	483 (32.8%) Yes
Other formal tool	5 (45.45%)	379 (25.7%) Yes
I do not know	1 (9.09%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	10 (90.91%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	1 (9.09%)	364 (24.7%) Yes
National guidelines	2 (18.18%)	131 (8.9%) Yes
Standards on hospital level	1 (9.09%)	324 (22%) Yes
Standards on unit level	3 (27.27%)	61 (4.1%) Yes
Individual patient nutrition care plans	2 (18.18%)	117 (7.9%) Yes
Others	1 (9.09%)	20 (1.4%) Yes
12. What is routinely done in your unit for given patient groups?		
<i>At risk</i>		
Watchful waiting	5 (45.45%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	1 (9.09%)	549 (37.2%) Yes
Develop an individual nutrition care plan	2 (18.18%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	3 (27.27%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (18.18%)	658 (39.2%) Yes
Consult a medical professional	3 (27.27%)	411 (27.9%) Yes
Calculate energy requirements	3 (27.27%)	583 (39.6%) Yes
Calculate protein requirements	3 (27.27%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	2 (18.18%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	2 (18.18%)	618 (41.9%) Yes
Develop an individual nutrition care plan	2 (18.18%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	1 (9.09%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (18.18%)	734 (49.8%) Yes
Consult a medical professional	3 (27.27%)	487 (33%) Yes
Calculate energy requirements	5 (45.45%)	739 (50.1%) Yes
Calculate protein requirements	5 (45.45%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	7 (45.45%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	10 (90.91%)	382 (25.9%) Yes
Develop an individual nutrition care plan	8 (72.73%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	8 (72.73%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	8 (72.73%)	298 (20.2%) Yes
Consult a medical professional	7 (63.64%)	370 (25.1%) Yes
Calculate energy requirements	6 (54.55%)	193 (13.1%) Yes
Calculate protein requirements	6 (54.55%)	185 (12.6%) Yes
None		
Watchful waiting	-	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	-	76 (5.2%) Yes
Develop an individual nutrition care plan	-	78 (5.3%) Yes
Initiate treatment / nutrition intervention	-	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	26 (1.8%) Yes
Consult a medical professional	-	147 (10%) Yes
Calculate energy requirements	-	114 (7.7%) Yes
Calculate protein requirements	-	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	6 (54.55%)	825 (56%) Yes
Within 24 hours	-	153 (10.4%) Yes
Within 48 hours	1 (9.09%)	88 (6%) Yes
Within 72 hours	1 (9.09%)	28 (1.9%) Yes
Every week	5 (45.45%)	534 (36.2%) Yes
Occasionally	-	136 (9.2%) Yes
When requested	4 (36.36%)	738 (50.1%) Yes
At discharge	-	76 (5.2%) Yes
Never	-	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	7 (63.64%)	1028 (69.7%) Yes
Offer meal choices	2 (18.18%)	896 (60.8%) Yes
Offer different portion sizes	2 (18.18%)	737 (50%) Yes
Consider food presentation	2 (18.18%)	400 (27.1%) Yes
Change food texture/consistency as needed	10 (90.91%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	11 (100%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (9.09%)	350 (23.7%) Yes
Promote positive eating environment	1 (9.09%)	385 (26.1%) Yes
Consider cultural/religious preferences	6 (54.55%)	949 (64.4%) Yes
Consider patient allergies / intolerances	8 (72.73%)	1113 (75.5%) Yes
Other	1 (9.09%)	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	4 (36.36%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	3 (27.27%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	1 (9.09%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	4 (36.36%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (18.18%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	10 (90.91%)	1052 (71.4%) Yes
Eating habits/difficulties	9 (81.82%)	941 (63.8%) Yes
Nutrition before admission	8 (72.73%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	7 (63.64%)	948 (64.3%) Yes
nutrition treatment	9 (81.82%)	714 (48.4%) Yes
I do not know	1 (9.09%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	6 (54.55%)	664 (45%) Yes
future nutrition-related recommendation	9 (81.82%)	768 (52.1%) Yes
I do not know	1 (9.09%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	7 (63.64%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	1 (9.09%)	349 (23.7%) Yes
Dietician	5 (45.45%)	630 (42.7%) Yes
Nurse	-	326 (22.1%) Yes
Physician	-	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	5 (45.45%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)

	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	202 (100%)	26084
Number of patients who gave consent:	199 (98.51%)	26084 (48.6%)
Female	85 (42.71%)	12664 (48.6%)
Male	114 (57.29%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	49 [30-64]	64 [47-76]
Weight (kg)	63.6±14.1	70.5±18.7
Height (cm)	162±9.4	166±11
BMI (female)	24.5±4.9	26±6.4
BMI (male)	24.1±4.5	25.3±5.5
BMI	24.3±4.7	25.6±5.9
This hospital admission was...		
planned	33 (16.58%)	9329 (35.8%)
an emergency	152 (76.38%)	15237 (58.4%)
I do not know	13 (6.53%)	1518 (5.8%)
None of the above	-	(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	12 (6.03%)	2226 (8.5%)
0500 Mental health	3 (1.51%)	1017 (3.9%)
0700 Eye and adnexa	1 (0.5%)	247 (0.9%)
0800 Ear and mastoid process	4 (2.01%)	132 (0.5%)
0900 Circulatory system	8 (4.02%)	4506 (17.3%)
1000 Respiratory system	15 (7.54%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	15 (7.54%)	3400 (13%)
1100 Digestive system	30 (15.08%)	5708 (21.9%)
1400 Genitourinary system	16 (8.04%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	12 (6.03%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	13 (6.53%)	1233 (4.7%)
0100 Infectious and parasitic diseases	7 (3.52%)	2768 (10.6%)
0200 Neoplasms	26 (13.07%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	17 (8.54%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (1.51%)	1384 (5.3%)
2000 External causes of morbidity and mortality	41 (20.6%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	3 (1.51%)	405 (1.6%)
1600 Conditions originating in the perinatal period	1 (0.5%)	22 (0.1%)
1700 Congenital/chromosomal abnormalities	-	66 (0.3%)
1900 Injury, poisoning	4 (2.01%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	1 (0.5%)	1109 (4.3%)
None of the above	25 (12.56%)	NA (NA%)



2. Main reason for admission

0600 Nervous system	11 (5.53%)	1362 (5.2%)
0500 Mental health	-	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	2 (1.01%)	77 (0.3%)
0900 Circulatory system	4 (2.01%)	2308 (8.8%)
1000 Respiratory system	12 (6.03%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	12 (6.03%)	1161 (4.5%)
1100 Digestive system	24 (12.06%)	4135 (15.9%)
1400 Genitourinary system	11 (5.53%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	5 (2.51%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	4 (2.01%)	629 (2.4%)
0100 Infectious and parasitic diseases	6 (3.02%)	1592 (6.1%)
0200 Neoplasms	17 (8.54%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	15 (7.54%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (0.5%)	630 (2.4%)
2000 External causes of morbidity and mortality	39 (19.6%)	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	2 (1.01%)	385 (1.5%)
1600 Conditions originating in the perinatal period	1 (0.5%)	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	4 (2.01%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	2 (1.01%)	416 (1.6%)
None of the above	21 (10.55%)	NA (NA%)

3. Which conditions/comorbidities does this patient have?

<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	2 (1.01%)	1744 (6.7%)
Dementia	3 (1.51%)	985 (3.8%)
Major depressive disorder	1 (0.5%)	1090 (4.2%)
Chronic mental disorder	1 (0.5%)	1111 (4.3%)
Myocardial infarction	3 (1.51%)	1014 (3.9%)
Cardiac insufficiency	4 (2.01%)	4077 (15.6%)
Chronic lung disease	3 (1.51%)	2633 (10.1%)
Chronic liver disease	2 (1.01%)	1455 (5.6%)
Chronic kidney disease	17 (8.54%)	2943 (11.3%)
GI disease/problems	6 (3.02%)	NA (NA%)
Urological disease/problems	2 (1.01%)	NA (NA%)
Muscle-skeletal disease	-	NA (NA%)
Arthritis	4 (2.01%)	NA (NA%)
Skin problems	5 (2.51%)	NA (NA%)
Peripheral vascular disease	1 (0.5%)	2589 (9.9%)



GENERAL COMORBIDITIES		
Pain	41 (20.6%)	NA (NA%)
Fatigue	30 (15.08%)	NA (NA%)
Infection	13 (6.53%)	3527 (13.5%)
Diabetes	42 (21.11%)	5790 (22.2%)
Hypertension	40 (20.1%)	NA (NA%)
Hyperlipidaemia	2 (1.01%)	NA (NA%)
Endocrinal disease	1 (0.5%)	NA (NA%)
Cancer (active)	17 (8.54%)	5564 (21.3%)
History of cancer	1 (0.5%)	NA (NA%)
Other chronic disease	7 (3.52%)	7194 (27.6%)
NO COMORBIDITIES	14 (7.04%)	NA (%)
OTHER COMORBIDITIES	63 (31.66%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	20 (10.05%)	2766 (10.6%)
No	152 (76.38%)	20451 (78.4%)
I do not know	4 (2.01%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	9 (4.52%)	1807 (6.9%)
No	182 (91.46%)	22073 (84.6%)
I do not know	8 (4.02%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	170 (85.43%)	20374 (78.1%)
Overloaded	3 (1.51%)	1199 (4.6%)
Dehydrated	21 (10.55%)	1619 (6.2%)
I do not know	5 (2.51%)	2892 (11.1%)
7. Number of different medications planned		
oral	3[1-3]	4[2-8]
Other	1[0-2.5]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	19 (9.55%)	3987 (15.3%)
At risk	39 (19.6%)	5662 (21.7%)
No	122 (61.31%)	14860 (57%)
I do not know	19 (9.55%)	1575 (6%)



9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	96 (48.24%)	9898 (37.9%)
5% Glucose solution	29 (14.57%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	2[01-2]	0[0-1]
11. Nutrition intake (TODAY)		
Regular hospital food	125 (62.81%)	15714 (60.2%)
Fortified/enriched hospital food	52 (26.13%)	3511 (13.5%)
Special diet	76 (38.19%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	24 (12.06%)	5001 (19.2%)
Enteral nutrition	26 (13.07%)	1402 (5.4%)
Parenteral nutrition	3 (1.51%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	15 (7.54%)	2933 (11.2%)
Peripheral venous access	91 (45.73%)	13234 (50.7%)
Nasogastric	4 (2.01%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	-	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	3 (1.51%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	1 (0.5%)	447 (1.7%)
Yes, ongoing	-	199 (0.8%)
No	137 (68.84%)	20166 (77.3%)
I do not know	22 (11.06%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	67 (33.67%)	9371 (35.9%)
Protein requirements were determined	62 (31.16%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	61 (30.65%)	10577 (40.5%)
Nutrition treatment plan was developed	64 (32.16%)	9611 (36.8%)
Nutrition expert was consulted	73 (36.68%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	59 (29.65%)	8920 (34.2%)



14a. Energy goal (YESTERDAY)		
< 500 kcal	12 (6.03%)	354 (1.4%)
500-999 kcal	20 (10.05%)	252 (1%)
1000-1499 kcal	74 (37.19%)	1770 (6.8%)
1500-1999 kcal	19 (9.55%)	6981 (26.8%)
>=2000 kcal	30 (15.08%)	4667 (17.9%)
Not determined	15 (7.54%)	7466 (28.6%)
I do not know		1846 (7.1%)
Sum: kcal/kg	139.8[0-0]	NA[NA-NA]
14b. Energy intake (YESTERDAY)		
< 500 kcal	2 (1.01%)	1112 (4.3%)
500-999 kcal	7 (3.52%)	1537 (5.9%)
1000-1499 kcal	28 (14.07%)	3036 (11.6%)
1500-1999 kcal	83 (41.71%)	4998 (19.2%)
>=2000 kcal	2 (1.01%)	2771 (10.6%)
Not determined	31 (15.58%)	7333 (28.1%)
I do not know	18 (9.05%)	2522 (9.7%)
Sum: kcal/kg	105.9[0-0]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	100 (50.25%)	12633 (48.4%)
Deteriorated	10 (5.03%)	1595 (6.1%)
Remained the same	43 (21.61%)	5937 (22.8%)
This patient has just been admitted	4 (2.01%)	1656 (6.3%)
I do not know	18 (9.05%)	1979 (7.6%)



Surgery sheet (sheet 2c- only for surgical patients)		
16a. Previous operation during this hospital stay		
	13 (6.53%)	
Yes, planned	8 (4.02%)	4723 (18.1%)
Yes, acute	31 (15.58%)	2219 (8.5%)
No		16185 (62%)
days since operation	424[0-730]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	9 (4.52%)	2649 (10.2%)
Yes, later	11 (5.53%)	1764 (6.8%)
No	29 (14.57%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	12 (6.03%)	NA (NA%)
Planned after unscheduled admission	10 (5.03%)	NA (NA%)
Planned after scheduled admission	11 (5.53%)	NA (NA%)
None of the above	1 (0.5%)	NA (NA%)
I don't know	-	NA (NA%)
Non-applicable (NA)	12 (6.03%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	15 (7.54%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	19 (9.55%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (≤ 1 hour)	8 (4.02%)	NA (NA%)
Major surgery (> 1 hour)	27 (13.57%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	6 (3.02%)	NA (NA%)
Liver	1 (0.5%)	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	-	NA (NA%)
Gynecology	2 (1.01%)	NA (NA%)
Gynecology oncology	2 (0%)	NA (NA%)
Urology	3 (1.51%)	NA (NA%)
Urology oncology	-	NA (NA%)



Cystectomy	-	NA (NA%)
Bariatric	1 (0.5%)	NA (NA%)
Hip replacement	1 (0.5%)	NA (NA%)
Knee replacementl	-	NA (NA%)
Lung	-	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	4 (2.01%)	NA (NA%)
Other	15 (0%)	NA (NA%)
I don't know	3 (1.51%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	40 (20.1%)	NA (NA%)
Expected prolonged post-operative fasting	3 (1.51%)	NA (NA%)
Preoperative malnutrition	1 (0.5%)	NA (NA%)
Ongoing surgical complication	1 (0.5%)	NA (NA%)
Patient does not eat enough	1 (0.5%)	NA (NA%)
Other	4 (2.01%)	NA (NA%)
I don't know	4 (2.01%)	NA (NA%)
22. Days since nutritional therapy		
Days since nutritional therapy	9[2.5-10]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	7 (3.52%)	2346 (9%)
2= Transferred to another hospital	3 (1.51%)	536 (2.1%)
3= Transferred to long term care	-	662 (2.5%)
4= Rehabilitation	-	546 (2.1%)
5= Discharged home	170 (85.43%)	16868 (64.7%)
6= Death	10 (5.03%)	844 (3.2%)
7= Others	1 (0.5%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	158 (79.4%)	16020 (61.4%)
2= Yes, same hospital planned	23 (11.56%)	1635 (6.3%)
3= Yes, same hospital unplanned	4 (2.01%)	1080 (4.1%)
4= Yes, different hospital planned	1 (0.5%)	162 (0.6%)
5= Yes, different hospital unplanned	-	74 (0.3%)
6= Others	3 (1.51%)	596 (2.3%)
Admitted to ICU?	-	NA
Re-operated after nDay?	8 (4.02%)	NA
How many days after nDay	23[-12.5]	[NA]



Patient's perspective: Medical history, nutrition status & intake today (Sheet 3a/3b)		
	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
I have dietary restrictions	40 (20.1%)	NA (NA%)
No special dietary habits	70 (35.18%)	16574 (63.5%)
I am vegetarian	-	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	8 (4.02%)	245 (0.9%)
I avoid added sugars	42 (21.11%)	3723 (14.3%)
I avoid carbohydrates	31 (15.58%)	1327 (5.1%)
I eat a low fat-diet	25 (12.56%)	2344 (9%)
I am lactose intolerant	19 (9.55%)	959 (3.7%)
Other special diet due to intolerances/allergies	6 (3.02%)	426 (1.6%)
Other	25 (12.56%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	165 (82.91%)	20315 (77.9%)
In a nursing home or other live-in facility	1 (0.5%)	631 (2.4%)
I was transferred from another hospital	7 (3.52%)	1683 (6.5%)
Other	3 (1.51%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	99 (49.75%)	14347 (55%)
Yes, with someone's help	35 (17.59%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	10 (5.03%)	3042 (11.7%)
No, I have a wheelchair	12 (6.03%)	923 (3.5%)
No, I am bedridden	19 (9.55%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	15 (7.54%)	1891 (7.2%)
Good	64 (32.16%)	8563 (32.8%)
Fair	84 (42.21%)	8731 (33.5%)
Poor	11 (5.53%)	3103 (11.9%)
Very poor	1 (0.5%)	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	6[2.5-8]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	2[0-2]	1[0-2]
... how many nights in total have you spent in hospital?	12[4-15]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	66 (33.17%)	5405 (20.7%)
3-5	39 (19.6%)	6039 (23.2%)
More than 5	17 (8.54%)	6283 (24.1%)
None	43 (21.61%)	4409 (3.1%)
I do not know	7 (3.52%)	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	10 (5.03%)	3834 (14.7%)
Yes, public insurance only	72 (36.18%)	11434 (43.8%)
Yes, both	2 (1.01%)	2368 (9.1%)
No	84 (42.21%)	4322 (16.6%)
I prefer not to answer	7 (3.52%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	73[60.5-80.5]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	18 (9.05%)	1991 (7.6%)
Yes, unintentionally	106 (53.27%)	11584 (44.4%)
No, my weight stayed the same	27 (13.57%)	6693 (25.7%)
No, I gained weight	12 (6.03%)	2724 (10.4%)
No, I gained weight	31 (15.58%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	10[3-9]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	50 (25.13%)	8485 (32.5%)
No	114 (57.29%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	70 (35.18%)	11722 (44.9%)
No	93 (46.73%)	9976 (38.2%)
... were informed about your nutrition status		
Yes	35 (17.59%)	8269 (31.7%)
No	132 (66.33%)	13097 (50.2%)
... were informed about nutrition care options		
Yes	26 (13.07%)	7888 (30.2%)
No	138 (69.35%)	13318 (51.1%)
... received special nutrition care		
Yes	24 (12.06%)	8204 (31.5%)
No	139 (69.85%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	12 (6.03%)	1271 (4.9%)
Normal	113 (56.78%)	15182 (58.2%)
About 3/4 of normal	7 (3.52%)	2567 (9.8%)
About half of normal	25 (12.56%)	3356 (12.9%)
About a quarter to nearly nothing	17 (8.54%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	120 (60.3%)	11622 (44.6%)
1/2	41 (20.6%)	6714 (25.7%)
1/4	20 (10.05%)	3460 (13.3%)
nothing	16 (8.04%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	119 (59.8%)	15031 (57.6%)
smaller	19 (9.55%)	2158 (8.3%)
larger	2 (1.01%)	1137 (4.4%)
I do not know	28 (14.07%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	34 (17.09%)	5768 (22.1%)
Somewhat satisfied	51 (25.63%)	7354 (28.2%)
Dissatisfied	32 (16.08%)	4636 (17.8%)



Very dissatisfied	20 (10.05%)	2177 (8.3%)
Neutral	28 (14.07%)	921 (3.5%)
I do not know	9 (4.52%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	44 (22.11%)	2686 (10.3%)
Yes, from hospital staff	4 (2.01%)	1512 (5.8%)
No	122 (61.31%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	136 (68.34%)	16089 (61.7%)
No	33 (16.58%)	5349 (20.5%)
I did not like the type of food offered	27 (13.57%)	2646 (10.1%)
I did not like the smell of the food	12 (6.03%)	NA (NA%)
I did not like the taste of the food	21 (10.55%)	NA (NA%)
The food did not fit my cultural/religious preferences	2 (1.01%)	139 (0.5%)
The food was too hot	1 (0.5%)	67 (0.3%)
The food was too cold	24 (12.06%)	498 (1.9%)
Due to food allergy/intolerance	3 (1.51%)	151 (0.6%)
I was not hungry at that time	12 (6.03%)	2174 (8.3%)
I do not have my usual appetite	15 (7.54%)	4432 (17%)
I have problems chewing/swallowing	9 (4.52%)	962 (3.7%)
I normally eat less than what was served	8 (4.02%)	1688 (6.5%)
I had nausea/vomiting	4 (2.01%)	1234 (4.7%)
I was too tired	2 (1.01%)	758 (2.9%)
I cannot eat without help	3 (1.51%)	213 (0.8%)
I was not allowed to eat	7 (3.52%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	-	970 (3.7%)
I did not get requested food	3 (1.51%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	4[2-6]	3[2-5]
Coffee	2[1-2]	1[0-2]
Fruit juice	4[2-6]	1[0-2]
Nutrition drink	2[1-2]	0[0-1]
Tea	2[1-2]	1[0-2]
Milk	2[1-1.5]	0[0-1]
Soft drinks	1[1-1]	0[0-0]
Other		0[0-0]
19a. Did you eat any food apart from hospital food TODAY?		
Yes	51 (25.63%)	5629 (21.6%)



No	115 (57.79%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	6 (3.02%)	1724 (6.6%)
Salty snacks	8 (4.02%)	856 (3.3%)
Homemade food	23 (11.56%)	1378 (5.3%)
Fruits	18 (9.05%)	2185 (8.4%)
Dairy products	7 (3.52%)	747 (2.9%)
Food delivered/restaurant	-	235 (0.9%)
Sandwich	5 (2.51%)	395 (1.5%)
Other	15 (7.54%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	25 (12.56%)	3862 (14.8%)
Less	78 (39.2%)	7908 (30.3%)
Same	57 (28.64%)	9129 (35%)
I do not know	12 (6.03%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	100 (50.25%)	11906 (45.6%)
Weaker	39 (19.6%)	4690 (18%)
Same	45 (22.61%)	6893 (26.4%)
I was admitted today	7 (3.52%)	657 (2.5%)
I do not know	8 (4.02%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	100 (50.25%)	14647 (56.2%)
No, only with assistance	51 (25.63%)	6567 (25.2%)
No, I stay in bed	48 (24.12%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes		16527 (63.4%)
No	100 (50.25%)	5953 (22.8%)
I do not know	74 (37.19%)	2573 (9.9 %)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office



nutritionDay worldwide
benchmark & monitor your nutrition care

office@nutritionDay.org



nutritionDay
WORLDWIDE



ESPEN
European Society for Clinical Nutrition and Metabolism



MEDICAL UNIVERSITY
OF VIENNA