



nutritionDay worldwide  
benchmark & monitor your nutrition care

## nutritionDay National Report 2024



nutritionDay  
WORLDWIDE

Dear participant!

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

Country	Argentina
Number of participating centers	22
Number of participating units	48
Number of patients	954
Number of patients who gave consent	936

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](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!

Best regards from the nutritionDay-Team!



**ESPEN**  
European Society for Clinical Nutrition and Metabolism



MEDICAL UNIVERSITY  
OF VIENNA

Prof. Dr. Michael Hiesmayr



Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	215 [154-308]	302 [150-594]
<b>2. Total number of admissions in the hospital last year</b>	16386 [7525-18245]	14886 [5212-32951]
<b>3. Total number of staff in the hospital</b>		
<i>Total number</i>		
Total medical doctors	373 [155-963]	188 [94-411]
Medical specialists	204 [62-469.5]	116 [38-248]
Medical non-specialists	98 [75-262]	46 [13-128]
Nurses	244 [154-451]	396 [140-763]
Dieticians	4 [7-15]	2 [0-8]
Nutritionists	4 [2-7.5]	2 [0-4]
Pharmacists	10 [4-22]	7 [3-16]
Kitchen staff	25 [10-34.5]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	93 [42-984]	148 [54-256]
Medical specialists	62 [10-701]	78 [27-182]
Medical non-specialists	30 [34-357]	43 [10-101]
Nurses	77 [283-561.5]	287 [99-580]
Dieticians	2 [9-19]	2 [0-7]
Nutritionists	1 [2-10]	1 [0-3]
Pharmacists	4 [4-25]	5 [2-11]
Kitchen staff	6 [21-83]	21 [5-40]
<b>4. Does the hospital have a nutrition care strategy?</b>	16 (76.19%)	158 (37.98%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	14 (63.64%)	140 (33.7%) Yes
Nutrition steering committee is available	6 (27.27%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	1 (4.55%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	8 (36.36%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (50%)	137 (32.9%) Yes
None	11 (50%)	28 (6.7%) - Yes
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
No information available from billing/finance/controlling	1 (4.55%)	33 (7.9%) Yes



Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	11 (50%)	117 (28.1%) Yes
Oral nutrition supplements	10 (45.45%)	110 (26.4%) Yes
Parenteral nutrition	13 (59.09%)	139 (33.4%) Yes
Enteral nutrition	12 (54.55%)	135 (32.5%) Yes
Dietary counseling	5 (22.73%)	86 (20.7%) Yes
Specific dietary interventions	4 (18.18%)	79 (19%) Yes
Screening for malnutrition	1 (4.55%)	80 (19.2%) Yes
Risk of malnutrition	1 (4.55%)	65 (15.6%) Yes
Malnutrition (in general)	2 (9.09%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (9.09%)	85 (20.4%) Yes
<b>Codes routinely used</b>		
Nutrition Support	12 (54.55%)	105 (25.2%) Yes
Oral nutrition supplements	14 (63.64%)	96 (23.1%) Yes
Parenteral nutrition	17 (77.27%)	120 (28.8%) Yes
Enteral nutrition	16 (72.73%)	121 (29.1%) Yes
Dietary counseling	5 (22.73%)	71 (17.1%) Yes
Specific dietary interventions	4 (18.18%)	65 (15.6%) Yes
Screening for malnutrition	5 (22.73%)	71 (17.1%) Yes
Risk of malnutrition	3 (13.64%)	54 (13%) Yes
Malnutrition (in general)	5 (22.73%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (13.64%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
<b>1a. Main specialty</b>		
Internal Medicine / General	21 (43.75%)	268 (18.2%)
Internal Medicine / Cardiology	5 (10.42%)	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	-	100 (6.8%)
Internal Medicine / Geriatrics	1 (2.08%)	92 (6.2%)
Internal Medicine / Infectious diseases	-	9 (0.6%)
Internal Medicine / Nephrology	1 (2.08%)	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (4.17%)	172 (11.7%)
Surgery / General	9 (18.75%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	1 (2.08%)	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	1 (2.08%)	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	1 (2.08%)	26 (1.8%)
Neurology	-	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	1 (2.08%)	10 (0.7%)
Interdisciplinary	5 (10.42%)	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	-	203 (13.8%)
<b>1b. For surgical units only</b>		
a) Do you do ERAS?	3 (6.25%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	3 (6.25%)	71 (4.8%) Yes
c) Do you have an ERAS team?	2 (4.17%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
<b>2. Number of registered inpatients at noon</b>	29 [13-31]	21 [15-29]
<b>3. Total bed capacity of the unit</b>	38 [16-47]	28 [21-38]
<b>4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)</b>		
<i>Fully trained</i>		
Medical doctors	6 [3-8]	3 [2-6]
Medical students	-	
Nurses	8 [3-9]	4 [3-7]
Nursing aides	1 [1-5]	2 [1-4]



Dieticians	1 [0.5-3]	1 [0-1]
Nutritionists	1 [1-2]	1 [0-1]
Administrative staff	3 [1-2]	1 [1-2]
Other staff involved in patient care	3 [2-6]	1 [0-2]
<i>In training</i>		
Medical doctors	6 [2.5-15]	1 [0-3]
Medical students	1 [1-3]	1 [0-3]
Nurses	1 [1.5-6]	1 [0-2]
Nursing aides	0 [6-6]	0 [0-1]
Dieticians	0 [1-2]	0 [0-0]
Nutritionists	0 [1-2]	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	0 [1-7]	0 [0-0]
<b>5. Is there a nutrition support team in your hospital available?</b>	33 (68.75%)	938 (63.6%) Yes
<b>6. Does the unit have a nutrition care strategy?</b>	33 (68.75%)	900 (61.1%) Yes
<b>7. Is there a person in your unit responsible for nutrition care?</b>	48 (100%)	844 (57.3%) Yes
<b>8. Is there a dietician, nutritionist or dietetic assistant available for your unit?</b>	48 (100%)	1205 (81.8%) Yes
<b>9. Is specific staff responsible for providing feeding assistance to patients during meal times?</b>	4 (8.33%)	689 (46.7%) Yes
<b>10. How do you MAINLY screen/monitor patients for malnutrition?</b>		
<i>At admission</i>		
No routine screening	1 (2.08%)	145 (9.8%) Yes
No fixed criteria	4 (8.33%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	1 (2.08%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	13 (27.08%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	13 (27.08%)	99 (6.7%) Yes
Malnutrition Screening tool (MST)	5 (10.42%)	94 (6.4%) Yes
SNAQ	10 (20.83%)	6 (0.4%) Yes
Other formal tool	11 (27.08%)	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	11 (22.92%)	104 (7.1%) Yes
Experience / visual assessment only	7 (14.58%)	172 (11.7%) Yes
Weighing / BMI only	1 (2.08%)	483 (32.8%) Yes
Other formal tool	29 (60.42%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
<b>11a. Do you routinely use guidelines or standards for nutrition care?</b>		
	42 (87.5%)	974 (66.1%) Yes
<b>11b. If yes, which one is mainly used?</b>		
International guidelines	22 (45.83%)	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	14 (29.17%)	324 (22%) Yes
Standards on unit level	3 (6.25%)	61 (4.1%) Yes
Individual patient nutrition care plans	4 (8.33%)	117 (7.9%) Yes
Others	-	20 (1.4%) Yes
<b>12. What is routinely done in your unit for given patient groups?</b>		
<i>At risk</i>		
Watchful waiting	15 (31.25%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	14 (29.17%)	549 (37.2%) Yes
Develop an individual nutrition care plan	28 (58.33%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	24 (50%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	20 (41.67%)	658 (39.2%) Yes
Consult a medical professional	18 (37.5%)	411 (27.9%) Yes
Calculate energy requirements	30 (62.5%)	583 (39.6%) Yes
Calculate protein requirements	29 (60.42%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	14 (29.17%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	15 (31.25%)	618 (41.9%) Yes
Develop an individual nutrition care plan	27 (56.25%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	21 (43.75%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	13 (27.08%)	734 (49.8%) Yes
Consult a medical professional	21 (43.75%)	487 (33%) Yes
Calculate energy requirements	28 (58.33%)	739 (50.1%) Yes
Calculate protein requirements	28 (58.33%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	38 (31.25%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	34 (70.83%)	382 (25.9%) Yes
Develop an individual nutrition care plan	17 (35.42%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	23 (47.92%)	220 (14.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	31 (64.58%)	298 (20.2%) Yes
Consult a medical professional	21 (43.75%)	370 (25.1%) Yes



Calculate energy requirements	15 (31.25%)	193 (13.1%) Yes
Calculate protein requirements	15 (31.25%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	-	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	1 (2.08%)	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	5 (10.42%)	147 (10%) Yes
Calculate energy requirements	-	114 (7.7%) Yes
Calculate protein requirements	-	132 (9%) Yes
<b>13. When do you routinely weigh your patients?</b>		
At admission	17 (35.42%)	825 (56%) Yes
Within 24 hours	-	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	13 (27.08%)	534 (36.2%) Yes
Occasionally	32 (66.67%)	136 (9.2%) Yes
When requested	19 (39.58%)	738 (50.1%) Yes
At discharge	4 (8.33%)	76 (5.2%) Yes
Never	-	22 (1.5%) Yes
<b>14. What do you do to support adequate food intake of patients?</b>		
Offer additional meals or in between snacks	48 (100%)	1028 (69.7%) Yes
Offer meal choices	35 (72.92%)	896 (60.8%) Yes
Offer different portion sizes	36 (75%)	737 (50%) Yes
Consider food presentation	27 (56.25%)	400 (27.1%) Yes
Change food texture/consistency as needed	48 (100%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	48 (100%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	350 (23.7%) Yes
Promote positive eating environment	4 (8.33%)	385 (26.1%) Yes
Consider cultural/religious preferences	46 (95.83%)	949 (64.4%) Yes
Consider patient allergies / intolerances	48 (100%)	1113 (75.5%) Yes
Other	1 (2.08%)	88 (6%) Yes



<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	36 (75%)	809 (54.9%) Yes
Reporting of nutrition related information to hospital managers	11 (22.92%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	1 (2.08%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	10 (20.83%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	24 (50%)	727 (49.3%) Yes
<b>16. At admission what is asked and documented?</b>		
Change in weight	47 (97.92%)	1052 (71.4%) Yes
Eating habits/difficulties	48 (100%)	941 (63.8%) Yes
Nutrition before admission	48 (100%)	693 (47%) Yes
<b>17a. Patient record has a section indicating</b>		
if the patient is malnourished/at risk	25 (52.08%)	948 (64.3%) Yes
nutrition treatment	23 (47.92%)	714 (48.4%) Yes
I do not know	21 (43.75%)	92 (6.2%) Yes
<b>17b. Discharge letter includes</b>		
nutrition treatment received during stay	10 (20.83%)	664 (45%) Yes
future nutrition-related recommendation	21 (43.75%)	768 (52.1%) Yes
I do not know	23 (47.92%)	108 (7.3%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	3 (6.25%)	534 (36.2%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	10 (20.83%)	349 (23.7%) Yes
Dietician	39 (81.25%)	630 (42.7%) Yes
Nurse	-	326 (22.1%) Yes
Physician	1 (2.08%)	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	1 (2.08%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
<b>TOTAL Patients:</b>	954 (100%)	26084
<b>Number of patients who gave consent:</b>	936 (98.11%)	26084 (48.6%)
Female	423 (45.19%)	12664 (48.6%)
Male	511 (54.59%)	13227 (50.7%)
Other	2 (0.21%)	193 (0.7%)
Age	55 [42-69]	64 [47-76]
Weight (kg)	73.7±19.7	70.5±18.7
Height (cm)	167±10.3	166±11
BMI (female)	26.4±6.8	26±6.4
BMI (male)	26.2±5.7	25.3±5.5
BMI	26.3±6.2	25.6±5.9
<b>This hospital admission was...</b>		
planned	272 (29.06%)	9329 (35.8%)
an emergency	622 (66.45%)	15237 (58.4%)
I do not know	36 (3.85%)	1518 (5.8%)
None of the above	-	(%)
<b>1. Diagnosis at admission - ICD-10 DIAGNOSIS</b>		
0600 Nervous system	75 (8.01%)	2226 (8.5%)
0500 Mental health	19 (2.03%)	1017 (3.9%)
0700 Eye and adnexa	7 (0.75%)	247 (0.9%)
0800 Ear and mastoid process	4 (0.43%)	132 (0.5%)
0900 Circulatory system	108 (11.54%)	4506 (17.3%)
1000 Respiratory system	93 (9.94%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	28 (2.99%)	3400 (13%)
1100 Digestive system	223 (23.82%)	5708 (21.9%)
1400 Genitourinary system	117 (12.5%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	132 (14.1%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	65 (6.94%)	1233 (4.7%)
0100 Infectious and parasitic diseases	78 (8.33%)	2768 (10.6%)
0200 Neoplasms	114 (12.18%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	50 (5.34%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	70 (7.48%)	1384 (5.3%)
2000 External causes of morbidity and mortality	21 (2.24%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	29 (3.1%)	405 (1.6%)
1600 Conditions originating in the perinatal period	3 (0.32%)	22 (0.1%)
1700 Congenital/chromosomal abnormalities	5 (0.53%)	66 (0.3%)
1900 Injury, poisoning	7 (0.75%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	2 (0.21%)	1109 (4.3%)
None of the above	25 (2.67%)	NA (NA%)



<b>2. Main reason for admission</b>		
0600 Nervous system	51 (5.45%)	1362 (5.2%)
0500 Mental health	13 (1.39%)	396 (1.5%)
0700 Eye and adnexa	2 (0.21%)	73 (0.3%)
0800 Ear and mastoid process	3 (0.32%)	77 (0.3%)
0900 Circulatory system	92 (9.83%)	2308 (8.8%)
1000 Respiratory system	64 (6.84%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	20 (2.14%)	1161 (4.5%)
1100 Digestive system	175 (18.7%)	4135 (15.9%)
1400 Genitourinary system	97 (10.36%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	110 (11.75%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	30 (3.21%)	629 (2.4%)
0100 Infectious and parasitic diseases	42 (4.49%)	1592 (6.1%)
0200 Neoplasms	92 (9.83%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	39 (4.17%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	15 (1.6%)	630 (2.4%)
2000 External causes of morbidity and mortality	24 (2.56%)	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	25 (2.67%)	385 (1.5%)
1600 Conditions originating in the perinatal period	3 (0.32%)	14 (0.1%)
1700 Congenital/chromosomal abnormalities	3 (0.32%)	32 (0.1%)
1900 Injury, poisoning	2 (0.21%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	1 (0.11%)	416 (1.6%)
None of the above	32 (3.42%)	NA (NA%)
<b>3. Which conditions/comorbidities does this patient have?</b>		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	52 (5.56%)	1744 (6.7%)
Dementia	13 (1.39%)	985 (3.8%)
Major depressive disorder	14 (1.5%)	1090 (4.2%)
Chronic mental disorder	15 (1.6%)	1111 (4.3%)
Myocardial infarction	28 (2.99%)	1014 (3.9%)
Cardiac insufficiency	67 (7.16%)	4077 (15.6%)
Chronic lung disease	59 (6.3%)	2633 (10.1%)
Chronic liver disease	30 (3.21%)	1455 (5.6%)
Chronic kidney disease	72 (7.69%)	2943 (11.3%)
GI disease/problems	109 (11.65%)	NA (NA%)
Urological disease/problems	44 (4.7%)	NA (NA%)
Muscle-skeletal disease	36 (3.85%)	NA (NA%)
Arthritis	10 (1.07%)	NA (NA%)
Skin problems	28 (2.99%)	NA (NA%)
Peripheral vascular disease	37 (3.95%)	2589 (9.9%)



<i>GENERAL COMORBIDITIES</i>		
Pain	87 (9.29%)	NA (NA%)
Fatigue	25 (2.67%)	NA (NA%)
Infection	44 (4.7%)	3527 (13.5%)
Diabetes	175 (18.7%)	5790 (22.2%)
Hypertension	368 (39.32%)	NA (NA%)
Hyperlipidaemia	70 (7.48%)	NA (NA%)
Endocrinal disease	46 (4.91%)	NA (NA%)
Cancer (active)	117 (12.5%)	5564 (21.3%)
History of cancer	61 (6.52%)	NA (NA%)
Other chronic disease	58 (6.2%)	7194 (27.6%)
NO COMORBIDITIES	139 (14.85%)	NA (%)
OTHER COMORBIDITIES	193 (20.62%)	NA (%)
<b>4. Previous ICU admission during this hospital stay?</b>		
Yes	160 (17.09%)	2766 (10.6%)
No	769 (82.16%)	20451 (78.4%)
I do not know	7 (0.75%)	583 (2.2%)
<b>5. Is this patient terminally ill?</b>		
Yes	36 (3.85%)	1807 (6.9%)
No	867 (92.63%)	22073 (84.6%)
I do not know	33 (3.53%)	2204 (8.4%)
<b>6. Fluid status (TODAY)</b>		
Normal	845 (90.28%)	20374 (78.1%)
Overloaded	33 (3.53%)	1199 (4.6%)
Dehydrated	23 (2.46%)	1619 (6.2%)
I do not know	35 (3.74%)	2892 (11.1%)
<b>7. Number of different medications planned</b>		
oral		4[2-8]
Other	5[2-6]	2[1-4]
	3[1-4]	
<b>8. Was this patient identified as malnourished or at risk of malnutrition?</b>		
Malnourished	143 (15.28%)	3987 (15.3%)
At risk	223 (23.82%)	5662 (21.7%)
No	556 (59.4%)	14860 (57%)
I do not know	13 (1.39%)	1575 (6%)



<b>9. IV Fluids (TODAY)</b>		
Electrolyte solution (NaCl, Ringers lactate, etc)	526 (56.2%)	9898 (37.9%)
5% Glucose solution	76 (8.12%)	1734 (6.6%)
<b>10. Number of ONS drinks planned (TODAY)</b>		
	1[1-2]	0[0-1]
<b>11. Nutrition intake (TODAY)</b>		
Regular hospital food	336 (35.9%)	15714 (60.2%)
Fortified/enriched hospital food	195 (20.83%)	3511 (13.5%)
Special diet	437 (46.69%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	108 (11.54%)	5001 (19.2%)
Enteral nutrition	60 (6.41%)	1402 (5.4%)
Parenteral nutrition	16 (1.71%)	1029 (3.9%)
<b>12a. All lines and Tubes (TODAY)</b>		
Central Venous	101 (10.79%)	2933 (11.2%)
Peripheral venous access	682 (72.86%)	13234 (50.7%)
Nasogastric	35 (3.74%)	631 (2.4%)
Nasojejunal	2 (0.21%)	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	2 (0.21%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	19 (2.03%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	7 (0.75%)	95 (0.4%)
<b>12b. Were there complications with lines and tubes since admission? (infections /obstructions)</b>		
Yes, previously	33 (3.53%)	447 (1.7%)
Yes, ongoing	8 (0.85%)	199 (0.8%)
No	791 (84.51%)	20166 (77.3%)
I do not know	87 (9.29%)	1944 (7.5%)
<b>13. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	561 (59.94%)	9371 (35.9%)
Protein requirements were determined	545 (58.23%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	377 (40.28%)	10577 (40.5%)
Nutrition treatment plan was developed	648 (69.23%)	9611 (36.8%)
Nutrition expert was consulted	693 (74.04%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	342 (36.54%)	8920 (34.2%)



<b>14a. Energy goal (YESTERDAY)</b>		
< 500 kcal	18 (1.92%)	354 (1.4%)
500-999 kcal	3 (0.32%)	252 (1%)
1000-1499 kcal	29 (3.1%)	1770 (6.8%)
1500-1999 kcal	254 (27.14%)	6981 (26.8%)
>=2000 kcal	359 (38.35%)	4667 (17.9%)
Not determined	207 (22.12%)	7466 (28.6%)
I do not know	9 (0.96%)	1846 (7.1%)
Sum: kcal/kg	22.8[0-0]	NA[NA-NA]
<b>14b. Energy intake (YESTERDAY)</b>		
< 500 kcal	51 (5.45%)	1112 (4.3%)
500-999 kcal	53 (5.66%)	1537 (5.9%)
1000-1499 kcal	95 (10.15%)	3036 (11.6%)
1500-1999 kcal	205 (21.9%)	4998 (19.2%)
>=2000 kcal	238 (25.43%)	2771 (10.6%)
Not determined	199 (21.26%)	7333 (28.1%)
I do not know	31 (3.31%)	2522 (9.7%)
Sum: kcal/kg	22.6[0-0]	0[0-0]
<b>15. Since admission, this patient's health status has...</b>		
Improved	530 (56.62%)	12633 (48.4%)
Deteriorated	55 (5.88%)	1595 (6.1%)
Remained the same	171 (18.27%)	5937 (22.8%)
This patient has just been admitted	138 (14.74%)	1656 (6.3%)
I do not know	40 (4.27%)	1979 (7.6%)



Surgery sheet (sheet 2c - <b>only</b> for surgical patients)		
<b>16a. Previous operation during this hospital stay</b>		
Yes, planned	150 (16.03%)	4723 (18.1%)
Yes, acute	56 (5.98%)	2219 (8.5%)
No	213 (22.76%)	16185 (62%)
days since operation	56.2 [1-35]	4[1-14]
<b>16b. Planned operation during this hospital stay</b>		
Yes, today or tomorrow	166 (17.74%)	2649 (10.2%)
Yes, later	46 (4.91%)	1764 (6.8%)
No	210 (22.44%)	18037 (69.1%)
<b>17. Surgery type (single choice)</b>		
Operated right after admission (acute)	54 (5.77%)	NA (NA%)
Planned after unscheduled admission	80 (8.55%)	NA (NA%)
Planned after scheduled admission	172 (18.38%)	NA (NA%)
None of the above	5 (0.53%)	NA (NA%)
I don't know	8 (0.85%)	NA (NA%)
Non-applicable (NA)	66 (7.05%)	NA (NA%)
<b>18. Surgical approach (single choice)</b>		
Open surgery including converted	108 (11.54%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	192 (20.51%)	NA (NA%)
I do not know	-	NA (NA%)
<b>19. Duration of operation</b>		
Minor surgery ( $\leq$ 1 hour)	119 (12.71%)	NA (NA%)
Major surgery ( $>$ 1 hour)	174 (18.59%)	NA (NA%)
I do not know	-	NA (NA%)
<b>20. Main organ operated/surgical procedure, planned or done - (single choice)</b>		
Oesophagus	3 (0.32%)	NA (NA%)
Gastric	7 (0.75%)	NA (NA%)
Liver	22 (2.35%)	NA (NA%)
Pancreas	8 (0.85%)	NA (NA%)
Colorectal	34 (3.63%)	NA (NA%)
Gynecology	19 (2.03%)	NA (NA%)
Gynecology oncology	3 (0%)	NA (NA%)
Urology	23 (2.46%)	NA (NA%)
Urology oncology	-	NA (NA%)
Cystectomy	6 (0.64%)	NA (NA%)
Bariatric	2 (0.21%)	NA (NA%)
Hip replacement	20 (2.14%)	NA (NA%)



Knee replacementl	15 (1.6%)	NA (NA%)
Lung	8 (0.85%)	NA (NA%)
Cardiac	10 (1.07%)	NA (NA%)
Vascular	8 (0.85%)	NA (NA%)
Other	131 (0%)	NA (NA%)
I don't know	6 (0.64%)	NA (NA%)
<b>21. Indication to use of nutritional therapy</b>		
No indication	256 (27.35%)	NA (NA%)
Expected prolonged post-operative fasting	17 (1.82%)	NA (NA%)
Preoperative malnutrition	14 (1.5%)	NA (NA%)
Ongoing surgical complication	7 (0.75%)	NA (NA%)
Patient does not eat enough	23 (2.46%)	NA (NA%)
Other	14 (1.5%)	NA (NA%)
I don't know	3 (0.32%)	NA (NA%)
<b>22. Days since nutritional therapy</b>		
Days since nutritional therapy	21[2-25]	NA[NA]
<b>SHEET Outcome 30 Days</b>		
<b>Outcome</b>		
1= Still in the hospital	64 (6.84%)	2346 (9%)
2= Transferred to another hospital	10 (1.07%)	536 (2.1%)
3= Transferred to long term care	11 (1.18%)	662 (2.5%)
4= Rehabilitation	20 (2.14%)	546 (2.1%)
5= Discharged home	725 (77.46%)	16868 (64.7%)
6= Death	36 (3.85%)	844 (3.2%)
7= Others	11 (1.18%)	392 (1.5%)
<b>Readmitted since nutritionDay</b>		
1= No	655 (69.98%)	16020 (61.4%)
2= Yes, same hospital planned	51 (5.45%)	1635 (6.3%)
3= Yes, same hospital unplanned	80 (8.55%)	1080 (4.1%)
4= Yes, different hospital planned	-	162 (0.6%)
5= Yes, different hospital unplanned	2 (0.21%)	74 (0.3%)
6= Others	1 (0.11%)	596 (2.3%)
<b>Admitted to ICU?</b>	10 (1.07%)	NA
<b>Re-operated after nDay?</b>	26 (2.78%)	NA (yes)
<b>How many days after nDay</b>	16[-18.5]	[NA]



Patient's perspective: Medical history, nutrition status & intake today (Sheet 3a/3b)		
	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
I have dietary restrictions	175 (18.7%)	NA (NA%)
No special dietary habits	530 (56.62%)	16574 (63.5%)
I am vegetarian	7 (0.75%)	457 (1.8%)
I eat a vegan diet	6 (0.64%)	91 (0.3%)
I eat gluten-free diet	24 (2.56%)	245 (0.9%)
I avoid added sugars	226 (24.15%)	3723 (14.3%)
I avoid carbohydrates	92 (9.83%)	1327 (5.1%)
I eat a low fat-diet	96 (10.26%)	2344 (9%)
I am lactose intolerant	32 (3.42%)	959 (3.7%)
Other special diet due to intolerances/allergies	14 (1.5%)	426 (1.6%)
Other	76 (8.12%)	1653 (6.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	861 (91.99%)	20315 (77.9%)
In a nursing home or other live-in facility	18 (1.92%)	631 (2.4%)
I was transferred from another hospital	44 (4.7%)	1683 (6.5%)
Other	18 (1.92%)	358 (1.4%)
<b>3. In general, are you able to walk?</b>		
Yes	666 (71.15%)	14347 (55%)
Yes, with someone's help	70 (7.48%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	69 (7.37%)	3042 (11.7%)
No, I have a wheelchair	28 (2.99%)	923 (3.5%)
No, I am bedridden	89 (9.51%)	1927 (7.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	127 (13.57%)	1891 (7.2%)
Good	407 (43.48%)	8563 (32.8%)
Fair	313 (33.44%)	8731 (33.5%)
Poor	71 (7.59%)	3103 (11.9%)
Very poor	15 (1.6%)	571 (2.2%)



<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	8[3-10]	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?	23[3-24]	5[0-15]
<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	250 (26.71%)	5405 (20.7%)
3-5	227 (24.25%)	6039 (23.2%)
More than 5	191 (20.41%)	6283 (24.1%)
None	242 (25.85%)	4409 (3.1%)
I do not know	28 (2.99%)	796 (3.1%)
<b>7. Do you have health insurance?</b>		
Yes, private insurance only	300 (32.05%)	3834 (14.7%)
Yes, public insurance only	238 (25.43%)	11434 (43.8%)
Yes, both	56 (5.98%)	2368 (9.1%)
No	307 (32.8%)	4322 (16.6%)
I prefer not to answer	29 (3.1%)	787 (3%)
<b>8. What was your weight 5 years ago?</b>		
Weight (kg):	79[65-90]	74[63-85]
<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	116 (12.39%)	1991 (7.6%)
Yes, unintentionally	418 (44.66%)	11584 (44.4%)
No, my weight stayed the same	224 (23.93%)	6693 (25.7%)
No, I gained weight	130 (13.89%)	2724 (10.4%)
I don't know	46 (4.91%)	2174 (8.3%)
<b>9b. If yes, how many kg did you lose?</b>		
Weight (kg):	10[5-13]	6[4-10]
<b>10. Did you know about your hospitalisation two days before admission?</b>		
Yes	364 (38.89%)	8485 (32.5%)
No	550 (58.76%)	13132 (50.3%)



<b>11. Please indicate if you ...</b>		
<i>... were weighed at admission</i>		
Yes	301 (32.16%)	11722 (44.9%)
No	605 (64.64%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	312 (33.33%)	8269 (31.7%)
No	577 (61.65%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	301 (32.16%)	7888 (30.2%)
No	575 (61.43%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	295 (31.52%)	8204 (31.5%)
No	578 (61.75%)	13255 (50.8%)
<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	52 (5.56%)	1271 (4.9%)
Normal	614 (65.6%)	15182 (58.2%)
About 3/4 of normal	61 (6.52%)	2567 (9.8%)
About half of normal	114 (12.18%)	3356 (12.9%)
About a quarter to nearly nothing	96 (10.26%)	2583 (9.9%)
<b>13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:</b>		
about all	519 (55.45%)	11622 (44.6%)
1/2	188 (20.09%)	6714 (25.7%)
1/4	80 (8.55%)	3460 (13.3%)
nothing	129 (13.78%)	2824 (10.8%)
<b>13b. The portion size of the meal I ordered TODAY was...</b>		
standard	622 (66.45%)	15031 (57.6%)
smaller	62 (6.62%)	2158 (8.3%)
larger	54 (5.77%)	1137 (4.4%)
I do not know	124 (13.25%)	2563 (9.8%)



<b>14. In general, how satisfied are you with the food at the hospital?</b>		
Very satisfied	471 (50.32%)	5768 (22.1%)
Somewhat satisfied	251 (26.82%)	7354 (28.2%)
Dissatisfied	28 (2.99%)	4636 (17.8%)
Very dissatisfied	33 (3.53%)	2177 (8.3%)
Neutral	58 (6.2%)	921 (3.5%)
I do not know	67 (7.16%)	1771 (8.3%)
<b>15. Did you get any help with eating TODAY?</b>		
Yes, from family or friends	171 (18.27%)	2686 (10.3%)
Yes, from hospital staff	12 (1.28%)	1512 (5.8%)
No	712 (76.07%)	17776 (68.1%)
<b>16. Were you able to eat without interruption TODAY?</b>		
Yes	640 (68.38%)	16089 (61.7%)
No	225 (24.04%)	5349 (20.5%)
<b>17. If you did not eat everything of your meal, please tell us why:</b>		
I did not like the type of food offered	68 (7.26%)	2646 (10.1%)
I did not like the smell of the food	8 (0.85%)	NA (NA%)
I did not like the taste of the food	46 (4.91%)	NA (NA%)
The food did not fit my cultural/religious preferences	3 (0.32%)	139 (0.5%)
The food was too hot	2 (0.21%)	67 (0.3%)
The food was too cold	15 (1.6%)	498 (1.9%)
Due to food allergy/intolerance	2 (0.21%)	151 (0.6%)
I was not hungry at that time	68 (7.26%)	2174 (8.3%)
I do not have my usual appetite	142 (15.17%)	4432 (17%)
I have problems chewing/swallowing	36 (3.85%)	962 (3.7%)
I normally eat less than what was served	57 (6.09%)	1688 (6.5%)
I had nausea/vomiting	31 (3.31%)	1234 (4.7%)
I was too tired	24 (2.56%)	758 (2.9%)
I cannot eat without help	8 (0.85%)	213 (0.8%)
I was not allowed to eat	56 (5.98%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	57 (6.09%)	970 (3.7%)
I did not get requested food	5 (0.53%)	189 (0.7%)
<b>18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours</b>		
Water	5[3-8]	3[2-5]
Coffee	2[1-2]	1[0-2]
Fruit juice	4[2-5]	1[0-2]
Nutrition drink	1[1-2]	0[0-1]
Tea	2[1-2]	1[0-2]
Milk	2[1-2]	0[0-1]
Soft drinks	3[1-4]	0[0-0]
Other	3[1-4]	0[0-0]



<b>19a. Did you eat any food apart from hospital food TODAY?</b>		
Yes	213 (22.76%)	5629 (21.6%)
No	703 (75.11%)	15703 (60.2%)
<b>19b. If yes, what did you eat?</b>		
Sweet snacks	102 (10.9%)	1724 (6.6%)
Salty snacks	66 (7.05%)	856 (3.3%)
Homemade food	17 (1.82%)	1378 (5.3%)
Fruits	49 (5.24%)	2185 (8.4%)
Dairy products	15 (1.6%)	747 (2.9%)
Food delivered/restaurant	4 (0.43%)	235 (0.9%)
Sandwich	14 (1.5%)	395 (1.5%)
Other	34 (3.63%)	1005 (3.9%)
<b>20. Since hospital admission, do you eat more or less?</b>		
More	148 (15.81%)	3862 (14.8%)
Less	348 (37.18%)	7908 (30.3%)
Same	349 (37.29%)	9129 (35%)
I do not know	73 (7.8%)	1335 (5.1%)
<b>21. Today, compared to admission I feel</b>		
Stronger	447 (47.76%)	11906 (45.6%)
Weaker	176 (18.8%)	4690 (18%)
Same	225 (24.04%)	6893 (26.4%)
I was admitted today	38 (4.06%)	657 (2.5%)
I do not know	45 (4.81%)	984 (3.8%)
<b>22. Can you walk without assistance TODAY?</b>		
Yes	582 (62.18%)	14647 (56.2%)
No, only with assistance	168 (17.95%)	6567 (25.2%)
No, I stay in bed	190 (20.3%)	3533 (13.5%)
<b>23. Did anyone help you complete this questionnaire?</b>		
Yes	591 (63.14%)	16527 (63.4%)
No	346 (36.97%)	5953 (22.8%)
I do not know	1 (0.11%)	2573 (9.9%)

Thank you for participating in nutritionDay!  
For questions or doubts please contact the nutritionDay office

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