



## 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	Greece
Number of participating centers	5
Number of participating units	11
Number of patients	85
Number of patients who gave consent	85

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

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Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	421 [284.5-768.5]	302 [150-594]
<b>2. Total number of admissions in the hospital last year</b>	26224 [822-112000]	14886 [5212-32951]
<b>3. Total number of staff in the hospital</b>		
<i>Total number</i>		
Total medical doctors	177 [12-750]	188 [94-411]
Medical specialists	169 [8-740]	116 [38-248]
Medical non-specialists	6 [4-15.5]	46 [13-128]
Nurses	370 [38-1470]	396 [140-763]
Dieticians	1 [1-5]	2 [0-8]
Nutritionists	-	2 [0-4]
Pharmacists	2 [1-4]	7 [3-16]
Kitchen staff	23 [3-98]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	26 [10-66]	148 [54-256]
Medical specialists	21 [8-51.5]	78 [27-182]
Medical non-specialists	6 [4-15.5]	43 [10-101]
Nurses	76 [38-189]	287 [99-580]
Dieticians	0 [1-1]	2 [0-7]
Nutritionists	-	1 [0-3]
Pharmacists	1 [1-2]	5 [2-11]
Kitchen staff	4 [3-9.5]	21 [5-40]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (50%)	158 (37.98%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (20%)	140 (33.7%) Yes
Nutrition steering committee is available	-	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	-	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	3 (60%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (20%)	137 (32.9%) Yes
None	-	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 (20%)	33 (7.9%) Yes



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<b>Codes available</b>	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
Nutrition Support	1 (20%)	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	(0%)	86 (20.7%) Yes
Specific dietary interventions	1 (20%)	79 (19%) Yes
Screening for malnutrition	1 (20%)	80 (19.2%) Yes
Risk of malnutrition	(0%)	65 (15.6%) Yes
Malnutrition (in general)	(0%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	(0%)	85 (20.4%) Yes
<b>Codes routinely used</b>		
Nutrition Support	3 (60%)	105 (25.2%) Yes
Oral nutrition supplements	2 (40%)	96 (23.1%) Yes
Parenteral nutrition	2 (40%)	120 (28.8%) Yes
Enteral nutrition	2 (40%)	121 (29.1%) Yes
Dietary counseling	2 (40%)	71 (17.1%) Yes
Specific dietary interventions	3 (60%)	65 (15.6%) Yes
Screening for malnutrition	1 (20%)	71 (17.1%) Yes
Risk of malnutrition	2 (40%)	54 (13%) Yes
Malnutrition (in general)	2 (40%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (40%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
<b>1a. Main specialty</b>		
Internal Medicine / General	2 (18.18%)	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	-	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (9.09%)	172 (11.7%)
Surgery / General	-	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	3 (27.27%)	47 (3.2%)
Surgery / Trauma	1 (9.09%)	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	-	23 (1.6%)
Gynecology / Obstetrics	-	26 (1.8%)
Neurology	1 (9.09%)	35 (2.4%)
Psychiatry	1 (9.09%)	13 (2.4%)
Pediatrics	-	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	2 (18.18%)	203 (13.8%)
<b>1b. For surgical units only</b>		
a) Do you do ERAS?	-	115 (7.8%) Yes
b) Do you have a ERAS protocol?	-	71 (4.8%) Yes
c) Do you have an ERAS team?	-	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>	34 [17-36]	21 [15-29]
<b>3. Total bed capacity of the unit</b>	38 [020-36]	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	24 [004-10]	3 [2-6]
Medical students	-	



Nurses	48 [2-5]	4 [3-7]
Nursing aides	1 [1-3]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	0 [3-3]	1 [0-1]
Administrative staff	1 [1-4]	1 [1-2]
Other staff involved in patient care	1 [1-10]	1 [0-2]
<i>In training</i>		
Medical doctors	4 [2-5]	1 [0-3]
Medical students	-	1 [0-3]
Nurses	-	1 [0-2]
Nursing aides	1 [1-3]	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	-	0 [0-0]
<b>5. Is there a nutrition support team in your hospital available?</b>	3 (27.27%)	938 (63.6%) Yes
<b>6. Does the unit have a nutrition care strategy?</b>	6 (54.55%)	900 (61.1%) Yes
<b>7. Is there a person in your unit responsible for nutrition care?</b>	8 (72.73%)	844 (57.3%) Yes
<b>8. Is there a dietician, nutritionist or dietetic assistant available for your unit?</b>	8 (72.73%)	1205 (81.8%) Yes
<b>9. Is specific staff responsible for providing feeding assistance to patients during meal times?</b>	3 (27.27%)	689 (46.7%) Yes
<b>10. How do you MAINLY screen/monitor patients for malnutrition?</b>		
<i>At admission</i>		
No routine screening	2 (18.18%)	145 (9.8%) Yes
No fixed criteria	5 (45.45%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	1 (9.09%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	1 (9.09%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	-	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	(0%)	104 (7.1%) Yes
Experience / visual assessment only	7 (63.64%)	172 (11.7%) Yes
Weighing / BMI only	3 (27.27%)	483 (32.8%) Yes
Other formal tool	(0%)	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>	7 (63.64%)	974 (66.1%) Yes
<b>11b. If yes, which one is mainly used?</b>		
International guidelines	3 (27.27%)	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	1 (9.09%)	324 (22%) Yes
Standards on unit level	2 (18.18%)	61 (4.1%) Yes
Individual patient nutrition care plans	1 (9.09%)	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	5 (45.45%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	3 (27.27%)	549 (37.2%) Yes
Develop an individual nutrition care plan	4 (36.36%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	4 (36.36%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (27.27%)	658 (39.2%) Yes
Consult a medical professional	1 (9.09%)	411 (27.9%) Yes
Calculate energy requirements	4 (36.36%)	583 (39.6%) Yes
Calculate protein requirements	5 (45.45%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	4 (36.36%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	4 (36.36%)	618 (41.9%) Yes
Develop an individual nutrition care plan	8 (72.73%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	5 (45.45%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (36.36%)	734 (49.8%) Yes
Consult a medical professional	2 (18.18%)	487 (33%) Yes
Calculate energy requirements	5 (45.45%)	739 (50.1%) Yes
Calculate protein requirements	4 (36.36%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	1 (45.45%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	1 (9.09%)	382 (25.9%) Yes
Develop an individual nutrition care plan	-	242 (16.4%) Yes
Initiate treatment / nutrition intervention	1 (9.09%)	220 (14.9%) Yes

Consult a nutrition expert (dietician, nutritionist, etc.)	-	298 (20.2%) Yes
Consult a medical professional	-	370 (25.1%) Yes
Calculate energy requirements	-	193 (13.1%) Yes
Calculate protein requirements	-	185 (12.6%) Yes
<i>None</i>		
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.)	2 (18.18%)	26 (1.8%) Yes
Consult a medical professional	1 (9.09%)	147 (10%) Yes
Calculate energy requirements	1 (9.09%)	114 (7.7%) Yes
Calculate protein requirements	1 (9.09%)	132 (9%) Yes
<b>13. When do you routinely weigh your patients?</b>		
At admission	-	825 (56%) Yes
Within 24 hours	-	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	1 (9.09%)	28 (1.9%) Yes
Every week	-	534 (36.2%) Yes
Occasionally	2 (18.18%)	136 (9.2%) Yes
When requested	8 (72.73%)	738 (50.1%) Yes
At discharge	-	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	5 (45.45%)	1028 (69.7%) Yes
Offer meal choices	-	896 (60.8%) Yes
Offer different portion sizes	5 (45.45%)	737 (50%) Yes
Consider food presentation	-	400 (27.1%) Yes
Change food texture/consistency as needed	9 (81.82%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	7 (63.64%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	350 (23.7%) Yes
Promote positive eating environment	-	385 (26.1%) Yes
Consider cultural/religious preferences	2 (18.18%)	949 (64.4%) Yes
Consider patient allergies / intolerances	9 (81.82%)	1113 (75.5%) Yes
Other	3 (27.27%)	88 (6%) Yes
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	3 (27.27%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	5 (45.45%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	3 (27.27%)	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	5 (45.45%)	727 (49.3%) Yes



<b>16. At admission what is asked and documented?</b>		
Change in weight	7 (63.64%)	1052 (71.4%) Yes
Eating habits/difficulties	4 (36.36%)	941 (63.8%) Yes
Nutrition before admission	3 (27.27%)	693 (47%) Yes
<b>17a. Patient record has a section indicating</b>		
if the patient is malnourished/at risk	-	948 (64.3%) Yes
nutrition treatment	7 (63.64%)	714 (48.4%) Yes
I do not know	1 (9.09%)	92 (6.2%) Yes
<b>17b. Discharge letter includes</b>		
nutrition treatment received during stay	2 (18.18%)	664 (45%) Yes
future nutrition-related recommendation	5 (45.45%)	768 (52.1%) Yes
I do not know	3 (27.27%)	108 (7.3%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	3 (27.27%)	534 (36.2%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	1 (9.09%)	349 (23.7%) Yes
Dietician	4 (36.36%)	630 (42.7%) Yes
Nurse	1 (9.09%)	326 (22.1%) Yes
Physician	-	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	2 (18.18%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
<b>TOTAL Patients:</b>	85 (100%)	26084
<b>Number of patients who gave consent:</b>	85 (100%)	26084 (48.6%)
Female	49 (57.65%)	12664 (48.6%)
Male	36 (42.35%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	64 [52-76]	64 [47-76]
Weight (kg)	72.7±17.8	70.5±18.7
Height (cm)	167±10.1	166±11
BMI (female)	26±5.7	26±6.4
BMI (male)	25.9±4.4	25.3±5.5
BMI	26±5.2	25.6±5.9
<b>This hospital admission was...</b>		
planned	40 (47.06%)	9329 (35.8%)
an emergency	33 (38.82%)	15237 (58.4%)
I do not know	8 (9.41%)	1518 (5.8%)
None of the above	-	(%)
<b>1. Diagnosis at admission - ICD-10 DIAGNOSIS</b>		
0600 Nervous system	9 (10.59%)	2226 (8.5%)
0500 Mental health	9 (10.59%)	1017 (3.9%)
0700 Eye and adnexa	-	247 (0.9%)
0800 Ear and mastoid process	-	132 (0.5%)
0900 Circulatory system	9 (10.59%)	4506 (17.3%)
1000 Respiratory system	3 (3.53%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	3 (3.53%)	3400 (13%)
1100 Digestive system	3 (3.53%)	5708 (21.9%)
1400 Genitourinary system	1 (1.18%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	46 (54.12%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	1 (1.18%)	1233 (4.7%)
0100 Infectious and parasitic diseases	3 (3.53%)	2768 (10.6%)
0200 Neoplasms	3 (3.53%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	1 (1.18%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	1384 (5.3%)
2000 External causes of morbidity and mortality	-	785 (3%)
1500 Pregnancy, childbirth and the puerperium	-	405 (1.6%)
1600 Conditions originating in the perinatal period	-	22 (0.1%)
1700 Congenital/chromosomal abnormalities	7 (8.24%)	66 (0.3%)
1900 Injury, poisoning	-	937 (3.6%)
2100 Factors influencing health status and contact with health services	-	1109 (4.3%)
None of the above	-	NA (NA%)





<b>2. Main reason for admission</b>		
0600 Nervous system	10 (11.76%)	1362 (5.2%)
0500 Mental health	7 (8.24%)	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	9 (10.59%)	2308 (8.8%)
1000 Respiratory system	2 (2.35%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	1 (1.18%)	1161 (4.5%)
1100 Digestive system	1 (1.18%)	4135 (15.9%)
1400 Genitourinary system	1 (1.18%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	40 (47.06%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	-	629 (2.4%)
0100 Infectious and parasitic diseases	1 (1.18%)	1592 (6.1%)
0200 Neoplasms	4 (4.71%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	2 (2.35%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	630 (2.4%)
2000 External causes of morbidity and mortality	-	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	385 (1.5%)
1600 Conditions originating in the perinatal period	-	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	7 (8.24%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	-	416 (1.6%)
None of the above	-	NA (NA%)
<b>3. Which conditions/comorbidities does this patient have?</b>		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	5 (5.88%)	1744 (6.7%)
Dementia	3 (3.53%)	985 (3.8%)
Major depressive disorder	2 (2.35%)	1090 (4.2%)
Chronic mental disorder	1 (1.18%)	1111 (4.3%)
Myocardial infarction	-	1014 (3.9%)
Cardiac insufficiency	2 (2.35%)	4077 (15.6%)
Chronic lung disease	2 (2.35%)	2633 (10.1%)
Chronic liver disease	-	1455 (5.6%)
Chronic kidney disease	4 (4.71%)	2943 (11.3%)
GI disease/problems	1 (1.18%)	NA (NA%)
Urological disease/problems	1 (1.18%)	NA (NA%)
Muscle-skeletal disease	6 (7.06%)	NA (NA%)
Arthritis	5 (5.88%)	NA (NA%)
Skin problems	-	NA (NA%)
Peripheral vascular disease	1 (1.18%)	2589 (9.9%)



<i>GENERAL COMORBIDITIES</i>		
Pain	2 (2.35%)	NA (NA%)
Fatigue	3 (3.53%)	NA (NA%)
Infection	1 (1.18%)	3527 (13.5%)
Diabetes	7 (8.24%)	5790 (22.2%)
Hypertension	9 (10.59%)	NA (NA%)
Hyperlipidaemia	8 (9.41%)	NA (NA%)
Endocrinal disease	2 (2.35%)	NA (NA%)
Cancer (active)	1 (1.18%)	5564 (21.3%)
History of cancer	2 (2.35%)	NA (NA%)
Other chronic disease	2 (2.35%)	7194 (27.6%)
NO COMORBIDITIES	1 (1.18%)	NA (%)
OTHER COMORBIDITIES	4 (4.71%)	NA (%)
<b>4. Previous ICU admission during this hospital stay?</b>		
Yes	2 (2.35%)	2766 (10.6%)
No	26 (30.59%)	20451 (78.4%)
I do not know	4 (4.71%)	583 (2.2%)
<b>5. Is this patient terminally ill?</b>		
Yes	4 (4.71%)	1807 (6.9%)
No	78 (91.76%)	22073 (84.6%)
I do not know	3 (3.53%)	2204 (8.4%)
<b>6. Fluid status (TODAY)</b>		
Normal	77 (90.59%)	20374 (78.1%)
Overloaded	1 (1.18%)	1199 (4.6%)
Dehydrated	6 (7.06%)	1619 (6.2%)
I do not know	1 (1.18%)	2892 (11.1%)
<b>7. Number of different medications planned</b>		
oral	2[1-3]	4[2-8]
Other	5[3.5-6.5]	2[1-4]
<b>8. Was this patient identified as malnourished or at risk of malnutrition?</b>		
Malnourished	11 (12.94%)	3987 (15.3%)
At risk	6 (7.06%)	5662 (21.7%)
No	23 (27.06%)	14860 (57%)
I do not know	45 (52.94%)	1575 (6%)



<b>9. IV Fluids (TODAY)</b>		
Electrolyte solution (NaCl, Ringers lactate, etc)	7 (8.24%)	9898 (37.9%)
5% Glucose solution	7 (8.24%)	1734 (6.6%)
<b>10. Number of ONS drinks planned (TODAY)</b>	2[1-2]	0[0-1]
<b>11. Nutrition intake (TODAY)</b>		
Regular hospital food	70 (82.35%)	15714 (60.2%)
Fortified/enriched hospital food	6 (7.06%)	3511 (13.5%)
Special diet	10 (11.76%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	6 (7.06%)	5001 (19.2%)
Enteral nutrition	1 (1.18%)	1402 (5.4%)
Parenteral nutrition	2 (2.35%)	1029 (3.9%)
<b>12a. All lines and Tubes (TODAY)</b>		
Central Venous	2 (2.35%)	2933 (11.2%)
Peripheral venous access	6 (7.06%)	13234 (50.7%)
Nasogastric	2 (2.35%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	-	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	-	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
<b>12b. Were there complications with lines and tubes since admission? (infections /obstructions)</b>		
	5 (5.88%)	
Yes, previously	1 (1.18%)	447 (1.7%)
Yes, ongoing	19 (22.35%)	199 (0.8%)
No	3 (3.53%)	20166 (77.3%)
I do not know		1944 (7.5%)
<b>13. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	12 (14.12%)	9371 (35.9%)
Protein requirements were determined	9 (10.59%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	21 (24.71%)	10577 (40.5%)
Nutrition treatment plan was developed	22 (25.88%)	9611 (36.8%)
Nutrition expert was consulted	14 (16.47%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	16 (18.82%)	8920 (34.2%)
<b>14a. Energy goal (YESTERDAY)</b>		
	-	



< 500 kcal	-	354 (1.4%)
500-999 kcal	5 (5.88%)	252 (1%)
1000-1499 kcal	5 (5.88%)	1770 (6.8%)
1500-1999 kcal	-	6981 (26.8%)
>=2000 kcal	18 (21.18%)	4667 (17.9%)
Not determined	1 (1.18%)	7466 (28.6%)
I do not know		1846 (7.1%)
	-	
Sum: kcal/kg		NA[NA-NA]
<b>14b. Energy intake (YESTERDAY)</b>		
	-	
< 500 kcal	3 (3.53%)	1112 (4.3%)
500-999 kcal	5 (5.88%)	1537 (5.9%)
1000-1499 kcal	-	3036 (11.6%)
1500-1999 kcal	1 (1.18%)	4998 (19.2%)
>=2000 kcal	18 (21.18%)	2771 (10.6%)
Not determined	2 (2.35%)	7333 (28.1%)
I do not know		2522 (9.7%)
	-	
Sum: kcal/kg		0[0-0]
<b>15. Since admission, this patient's health status has...</b>		
	6 (7.06%)	
Improved	6 (7.06%)	12633 (48.4%)
Deteriorated	19 (22.35%)	1595 (6.1%)
Remained the same	1 (1.18%)	5937 (22.8%)
This patient has just been admitted	-	1656 (6.3%)
I do not know		1979 (7.6%)



Surgery sheet (sheet 2c - <b>only</b> for surgical patients)		
<b>16a. Previous operation during this hospital stay</b>		
Yes, planned	-	4723 (18.1%)
Yes, acute	3 (3.53%)	2219 (8.5%)
No	4 (4.71%)	16185 (62%)
days since operation	3.5[2-3.5]	4[1-14]
<b>16b. Planned operation during this hospital stay</b>		
Yes, today or tomorrow	1 (1.18%)	2649 (10.2%)
Yes, later	-	1764 (6.8%)
No	5 (5.88%)	18037 (69.1%)
<b>17. Surgery type (single choice)</b>		
Operated right after admission (acute)	-	NA (NA%)
Planned after unscheduled admission	3 (3.53%)	NA (NA%)
Planned after scheduled admission	-	NA (NA%)
None of the above	-	NA (NA%)
I don't know	1 (1.18%)	NA (NA%)
Non-applicable (NA)	1 (1.18%)	NA (NA%)
<b>18. Surgical approach (single choice)</b>		
Open surgery including converted	3 (3.53%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	1 (1.18%)	NA (NA%)
I do not know	-	NA (NA%)
<b>19. Duration of operation</b>		
Minor surgery ( $\leq$ 1 hour)	1 (1.18%)	NA (NA%)
Major surgery ( $>$ 1 hour)	3 (3.53%)	NA (NA%)
I do not know	-	NA (NA%)
<b>20. Main organ operated/surgical procedure, planned or done - (single choice)</b>		
Oesophagus	-	NA (NA%)
Gastric	-	NA (NA%)
Liver	-	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	-	NA (NA%)
Gynecology	-	NA (NA%)
Gynecology oncology	-	NA (NA%)
Urology	-	NA (NA%)



Urology oncology	-	NA (NA%)
Cystectomy	-	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	3 (3.53%)	NA (NA%)
Knee replacementl	-	NA (NA%)
Lung	-	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	-	NA (NA%)
Other	-	NA (NA%)
I don't know	1 (1.18%)	NA (NA%)
<b>21. Indication to use of nutritional therapy</b>		
No indication	2 (2.35%)	NA (NA%)
Expected prolonged post-operative fasting	1 (1.18%)	NA (NA%)
Preoperative malnutrition	1 (1.18%)	NA (NA%)
Ongoing surgical complication	1 (1.18%)	NA (NA%)
Patient does not eat enough	3 (3.53%)	NA (NA%)
Other	1 (1.18%)	NA (NA%)
I don't know	3 (3.53%)	NA (NA%)
<b>22. Days since nutritional therapy</b>		
Days since nutritional therapy	4[3-3.5]	NA[NA]
<b>SHEET Outcome 30 Days</b>		
<b>Outcome</b>		
1= Still in the hospital	15 (17.65%)	2346 (9%)
2= Transferred to another hospital	-	536 (2.1%)
3= Transferred to long term care	-	662 (2.5%)
4= Rehabilitation	-	546 (2.1%)
5= Discharged home	8 (9.41%)	16868 (64.7%)
6= Death	2 (2.35%)	844 (3.2%)
7= Others	-	392 (1.5%)
<b>Readmitted since nutritionDay</b>		
1= No	5 (5.88%)	16020 (61.4%)
2= Yes, same hospital planned	-	1635 (6.3%)
3= Yes, same hospital unplanned	-	1080 (4.1%)
4= Yes, different hospital planned	-	162 (0.6%)
5= Yes, different hospital unplanned	-	74 (0.3%)
6= Others	-	596 (2.3%)
<b>Admitted to ICU?</b>	-	NA
<b>Re-operated after nDay?</b>	-	NA (yes)



<b>How many days after nDay</b>	-	[NA]



<b>Patient's perspective: Medical history, nutrition status &amp; intake today (Sheet 3a/3b)</b>		
	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>1. What are your typical dietary habits?</b>		
I have dietary restrictions	12 (14.12%)	NA (NA%)
No special dietary habits	14 (16.47%)	16574 (63.5%)
I am vegetarian	1 (1.18%)	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	1 (1.18%)	245 (0.9%)
I avoid added sugars	3 (3.53%)	3723 (14.3%)
I avoid carbohydrates	1 (1.18%)	1327 (5.1%)
I eat a low fat-diet	2 (2.35%)	2344 (9%)
I am lactose intolerant	-	959 (3.7%)
Other special diet due to intolerances/allergies	-	426 (1.6%)
Other	1 (1.18%)	1653 (6.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	24 (28.24%)	20315 (77.9%)
In a nursing home or other live-in facility	5 (5.88%)	631 (2.4%)
I was transferred from another hospital	2 (2.35%)	1683 (6.5%)
Other	1 (1.18%)	358 (1.4%)
<b>3. In general, are you able to walk?</b>		
Yes	17 (20%)	14347 (55%)
Yes, with someone's help	4 (4.71%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	3 (3.53%)	3042 (11.7%)
No, I have a wheelchair	1 (1.18%)	923 (3.5%)
No, I am bedridden	7 (8.24%)	1927 (7.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	2 (2.35%)	1891 (7.2%)
Good	7 (8.24%)	8563 (32.8%)
Fair	10 (11.76%)	8731 (33.5%)
Poor	12 (14.12%)	3103 (11.9%)
Very poor	1 (1.18%)	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?	5[2-5]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	2[0-1]	1[0-2]
... how many nights in total have you spent in hospital?	24[3.5-7.5]	5[0-15]
<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	7 (8.24%)	5405 (20.7%)
3-5	12 (14.12%)	6039 (23.2%)
More than 5	10 (11.76%)	6283 (24.1%)
None	1 (1.18%)	4409 (3.1%)
I do not know	2 (2.35%)	796 (3.1%)
<b>7. Do you have health insurance?</b>		
Yes, private insurance only	-	3834 (14.7%)
Yes, public insurance only	30 (35.29%)	11434 (43.8%)
Yes, both	-	2368 (9.1%)
No	-	4322 (16.6%)
I prefer not to answer	1 (1.18%)	787 (3%)
<b>8. What was your weight 5 years ago?</b>		
Weight (kg):	70[57.5-75]	74[63-85]
<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	-	1991 (7.6%)
Yes, unintentionally	31 (36.47%)	11584 (44.4%)
No, my weight stayed the same	24 (28.24%)	6693 (25.7%)
No, I gained weight	6 (7.06%)	2724 (10.4%)
I don't know	7 (8.24%)	2174 (8.3%)
<b>9b. If yes, how many kg did you lose?</b>		
Weight (kg):	9[4-10]	6[4-10]
<b>10. Did you know about your hospitalisation two days before admission?</b>		
Yes	9 (10.59%)	8485 (32.5%)
No	19 (22.35%)	13132 (50.3%)
<b>11. Please indicate if you ...</b>		
... were weighed at admission		



Yes	6 (7.06%)	11722 (44.9%)
No	25 (29.41%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	11 (12.94%)	8269 (31.7%)
No	20 (23.53%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	9 (10.59%)	7888 (30.2%)
No	21 (24.71%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	13 (15.29%)	8204 (31.5%)
No	17 (20%)	13255 (50.8%)
<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	2 (2.35%)	1271 (4.9%)
Normal	9 (10.59%)	15182 (58.2%)
About 3/4 of normal	5 (5.88%)	2567 (9.8%)
About half of normal	13 (15.29%)	3356 (12.9%)
About a quarter to nearly nothing	3 (3.53%)	2583 (9.9%)
<b>13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:</b>		
about all	30 (35.29%)	11622 (44.6%)
1/2	32 (37.65%)	6714 (25.7%)
1/4	10 (11.76%)	3460 (13.3%)
nothing	11 (12.94%)	2824 (10.8%)
<b>13b. The portion size of the meal I ordered TODAY was...</b>		
standard	21 (24.71%)	15031 (57.6%)
smaller	1 (1.18%)	2158 (8.3%)
larger	2 (2.35%)	1137 (4.4%)
I do not know	1 (1.18%)	2563 (9.8%)
<b>14. In general, how satisfied are you with the food at the hospital?</b>		
Very satisfied	3 (3.53%)	5768 (22.1%)
Somewhat satisfied	15 (17.65%)	7354 (28.2%)



Dissatisfied	-	4636 (17.8%)
Very dissatisfied	1 (1.18%)	2177 (8.3%)
Neutral	10 (11.76%)	921 (3.5%)
I do not know	1 (1.18%)	1771 (8.3%)
<b>15. Did you get any help with eating TODAY?</b>		
Yes, from family or friends	9 (10.59%)	2686 (10.3%)
Yes, from hospital staff	2 (2.35%)	1512 (5.8%)
No	17 (20%)	17776 (68.1%)
<b>16. Were you able to eat without interruption TODAY?</b>		
Yes	22 (25.88%)	16089 (61.7%)
No	7 (8.24%)	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	16 (18.82%)	2646 (10.1%)
I did not like the smell of the food	6 (7.06%)	NA (NA%)
I did not like the taste of the food	10 (11.76%)	NA (NA%)
The food did not fit my cultural/religious preferences	-	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	-	498 (1.9%)
Due to food allergy/intolerance	-	151 (0.6%)
I was not hungry at that time	-	2174 (8.3%)
I do not have my usual appetite	9 (10.59%)	4432 (17%)
I have problems chewing/swallowing	2 (2.35%)	962 (3.7%)
I normally eat less than what was served	1 (1.18%)	1688 (6.5%)
I had nausea/vomiting	-	1234 (4.7%)
I was too tired	4 (4.71%)	758 (2.9%)
I cannot eat without help	1 (1.18%)	213 (0.8%)
I was not allowed to eat	1 (1.18%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	4 (4.71%)	970 (3.7%)
I did not get requested food	-	189 (0.7%)
<b>18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours</b>		
Water	3[1-4.5]	3[2-5]
Coffee	1[1-1]	1[0-2]
Fruit juice	3[1-4]	1[0-2]
Nutrition drink	2[2-2]	0[0-1]
Tea	1[1-1]	1[0-2]
Milk	1[1-1]	0[0-1]
Soft drinks	-	0[0-0]
Other	1[1-1]	0[0-0]



<b>19a. Did you eat any food apart from hospital food TODAY?</b>		
Yes	11 (12.94%)	5629 (21.6%)
No	16 (18.82%)	15703 (60.2%)
<b>19b. If yes, what did you eat?</b>		
Sweet snacks	2 (2.35%)	1724 (6.6%)
Salty snacks	3 (3.53%)	856 (3.3%)
Homemade food	2 (2.35%)	1378 (5.3%)
Fruits	2 (2.35%)	2185 (8.4%)
Dairy products	1 (1.18%)	747 (2.9%)
Food delivered/restaurant	1 (1.18%)	235 (0.9%)
Sandwich	2 (2.35%)	395 (1.5%)
Other	3 (3.53%)	1005 (3.9%)
<b>20. Since hospital admission, do you eat more or less?</b>		
More	3 (3.53%)	3862 (14.8%)
Less	15 (17.65%)	7908 (30.3%)
Same	11 (12.94%)	9129 (35%)
I do not know	1 (1.18%)	1335 (5.1%)
<b>21. Today, compared to admission I feel</b>		
Stronger	23 (27.06%)	11906 (45.6%)
Weaker	32 (37.65%)	4690 (18%)
Same	26 (30.59%)	6893 (26.4%)
I was admitted today	-	657 (2.5%)
I do not know	1 (1.18%)	984 (3.8%)
<b>22. Can you walk without assistance TODAY?</b>		
Yes	21 (24.71%)	14647 (56.2%)
No, only with assistance	29 (34.12%)	6567 (25.2%)
No, I stay in bed	33 (38.82%)	3533 (13.5%)
<b>23. Did anyone help you complete this questionnaire?</b>		
Yes	20 (23.53%)	16527 (63.4%)
No	10 (11.76%)	5953 (22.8%)
I do not know	-	2573 (9.9%)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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