

nutritionDay National Report 2024

Dear participant!

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



Country	Hungary
Number of participating centers	6
Number of participating units	16
Number of patients	305
Number of patients who gave consent	305

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!



Prof. Dr. Michael Hiesmayr



Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	408 [192-694]	302 [150-594]
2. Total number of admissions in the hospital last year	6782 [2359-17987]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	94 [80.5-201]	188 [94-411]
Medical specialists	205 [56.5-557]	116 [38-248]
Medical non-specialists	166 [26.5-470]	46 [13-128]
Nurses	183 [135-415]	396 [140-763]
Dieticians	4 [2-10]	2 [0-8]
Nutritionists	-	2 [0-4]
Pharmacists	3 [3-11]	7 [3-16]
Kitchen staff	7 [40-40]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	61 [8.2-195]	148 [54-256]
Medical specialists	182 [20.8-797]	78 [27-182]
Medical non-specialists	155 [4.75-880]	43 [10-101]
Nurses	114 [42.2-430]	287 [99-580]
Dieticians	4 [1-15]	2 [0-7]
Nutritionists	-	1 [0-3]
Pharmacists	3 [4-7.5]	5 [2-11]
Kitchen staff	7 [40-40]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	1 (20%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (33.33%)	140 (33.7%) Yes
Nutrition steering committee is available	2 (33.33%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	1 (16.67%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	1 (16.67%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (16.67%)	137 (32.9%) Yes
None	1 (16.67%)	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 (16.67%)	33 (7.9%) Yes



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Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	1 (16.67%)	117 (28.1%) Yes
Oral nutrition supplements	1 (16.67%)	110 (26.4%) Yes
Parenteral nutrition	1 (16.67%)	139 (33.4%) Yes
Enteral nutrition	1 (16.67%)	135 (32.5%) Yes
Dietary counseling	1 (16.67%)	86 (20.7%) Yes
Specific dietary interventions	(0%)	79 (19%) Yes
Screening for malnutrition	1 (16.67%)	80 (19.2%) Yes
Risk of malnutrition	(0%)	65 (15.6%) Yes
Malnutrition (in general)	1 (16.67%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	(0%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	2 (33.33%)	105 (25.2%) Yes
Oral nutrition supplements	2 (33.33%)	96 (23.1%) Yes
Parenteral nutrition	2 (33.33%)	120 (28.8%) Yes
Enteral nutrition	2 (33.33%)	121 (29.1%) Yes
Dietary counseling	2 (33.33%)	71 (17.1%) Yes
Specific dietary interventions	1 (16.67%)	65 (15.6%) Yes
Screening for malnutrition	2 (33.33%)	71 (17.1%) Yes
Risk of malnutrition	1 (16.67%)	54 (13%) Yes
Malnutrition (in general)	2 (33.33%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (16.67%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	2 (12.5%)	268 (18.2%)
Internal Medicine / Cardiology	1 (6.25%)	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	2 (12.5%)	100 (6.8%)
Internal Medicine / Geriatrics	1 (6.25%)	92 (6.2%)
Internal Medicine / Infectious diseases	1 (6.25%)	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (12.5%)	172 (11.7%)
Surgery / General	2 (12.5%)	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)	1 (6.25%)	23 (1.6%)
Gynecology / Obstetrics	-	26 (1.8%)
Neurology	2 (12.5%)	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	-	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	1 (6.25%)	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	1 (6.25%)	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	5 (31.25%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	4 (25%)	71 (4.8%) Yes
c) Do you have an ERAS team?	3 (18.75%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	29 [17-33]	21 [15-29]
3. Total bed capacity of the unit	39 [28.5-43]	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 [2-7]	3 [2-6]
Medical students	-	



Nurses	8 [3-5]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	-	1 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	1 [2.5-7]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [1-3]	1 [0-3]
Medical students	2 [2-6]	1 [0-3]
Nurses	1 [1-6]	1 [0-2]
Nursing aides	0 [1-2]	0 [0-1]
Dieticians	0 [1-1]	0 [0-0]
Nutritionists	-	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?	11 (68.75%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	7 (43.75%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	15 (93.75%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	16 (100%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	6 (37.5%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	2 (12.5%)	145 (9.8%) Yes
No fixed criteria	-	22 (1.5%) Yes
Experience / visual assessment only	11 (68.75%)	72 (4.9%) Yes
Weighing / BMI only	-	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	0 (0%)	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	2 (12.5%)	156 (10.6%) Yes
No fixed criteria	(0%)	104 (7.1%) Yes
Experience / visual assessment only	3 (18.75%)	172 (11.7%) Yes
Weighing / BMI only	8 (50%)	483 (32.8%) Yes
Other formal tool	3 (18.75%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	10 (62.5%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	2 (12.5%)	364 (24.7%) Yes
National guidelines	1 (6.25%)	131 (8.9%) Yes
Standards on hospital level	4 (25%)	324 (22%) Yes
Standards on unit level	1 (6.25%)	61 (4.1%) Yes
Individual patient nutrition care plans	2 (12.5%)	117 (7.9%) Yes
Others	-	20 (1.4%) Yes
12. What is routinely done in your unit for given patient groups?		
<i>At risk</i>		
Watchful waiting	2 (12.5%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	2 (12.5%)	549 (37.2%) Yes
Develop an individual nutrition care plan	4 (25%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	5 (31.25%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (31.25%)	658 (39.2%) Yes
Consult a medical professional	3 (18.75%)	411 (27.9%) Yes
Calculate energy requirements	5 (31.25%)	583 (39.6%) Yes
Calculate protein requirements	5 (31.25%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	3 (18.75%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	12 (75%)	618 (41.9%) Yes
Develop an individual nutrition care plan	8 (50%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	13 (81.25%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (50%)	734 (49.8%) Yes
Consult a medical professional	4 (25%)	487 (33%) Yes
Calculate energy requirements	5 (31.25%)	739 (50.1%) Yes
Calculate protein requirements	5 (31.25%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	3 (12.5%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	5 (31.25%)	382 (25.9%) Yes
Develop an individual nutrition care plan	2 (12.5%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	2 (12.5%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	6 (37.5%)	298 (20.2%) Yes
Consult a medical professional	4 (25%)	370 (25.1%) Yes
Calculate energy requirements	4 (25%)	193 (13.1%) Yes
Calculate protein requirements	4 (25%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	5 (31.25%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	-	76 (5.2%) Yes
Develop an individual nutrition care plan	5 (31.25%)	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 (31.25%)	147 (10%) Yes
Calculate energy requirements	5 (31.25%)	114 (7.7%) Yes
Calculate protein requirements	1 (6.25%)	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	13 (81.25%)	825 (56%) Yes
Within 24 hours	2 (12.5%)	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	2 (12.5%)	534 (36.2%) Yes
Occasionally	3 (18.75%)	136 (9.2%) Yes
When requested	8 (50%)	738 (50.1%) Yes
At discharge	2 (12.5%)	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	5 (31.25%)	1028 (69.7%) Yes
Offer meal choices	5 (31.25%)	896 (60.8%) Yes
Offer different portion sizes	2 (12.5%)	737 (50%) Yes
Consider food presentation	-	400 (27.1%) Yes
Change food texture/consistency as needed	12 (75%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	15 (93.75%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	9 (56.25%)	350 (23.7%) Yes
Promote positive eating environment	9 (56.25%)	385 (26.1%) Yes
Consider cultural/religious preferences	7 (43.75%)	949 (64.4%) Yes
Consider patient allergies / intolerances	13 (81.25%)	1113 (75.5%) Yes
Other	-	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	9 (56.25%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	5 (31.25%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	3 (18.75%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	1 (6.25%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	6 (37.5%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	9 (56.25%)	1052 (71.4%) Yes
Eating habits/difficulties	14 (87.5%)	941 (63.8%) Yes
Nutrition before admission	8 (50%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	10 (62.5%)	948 (64.3%) Yes
nutrition treatment	8 (50%)	714 (48.4%) Yes
I do not know	3 (18.75%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	9 (56.25%)	664 (45%) Yes
future nutrition-related recommendation	11 (68.75%)	768 (52.1%) Yes
I do not know	3 (18.75%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	4 (25%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	5 (31.25%)	349 (23.7%) Yes
Dietician	3 (18.75%)	630 (42.7%) Yes
Nurse	8 (50%)	326 (22.1%) Yes
Physician	6 (37.5%)	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	3 (18.75%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	305 (100%)	26084
Number of patients who gave consent:	305 (100%)	26084 (48.6%)
Female	157 (51.48%)	12664 (48.6%)
Male	148 (48.52%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	63 [54-77]	64 [47-76]
Weight (kg)	73±21.2	70.5±18.7
Height (cm)	167±10.6	166±11
BMI (female)	26.2±7.8	26±6.4
BMI (male)	26.2±6.2	25.3±5.5
BMI	26.2±7.1	25.6±5.9
This hospital admission was...		
planned	165 (54.1%)	9329 (35.8%)
an emergency	120 (39.34%)	15237 (58.4%)
I do not know	4 (1.31%)	1518 (5.8%)
None of the above	-	(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	57 (18.69%)	2226 (8.5%)
0500 Mental health	16 (5.25%)	1017 (3.9%)
0700 Eye and adnexa	1 (0.33%)	247 (0.9%)
0800 Ear and mastoid process	-	132 (0.5%)
0900 Circulatory system	44 (14.43%)	4506 (17.3%)
1000 Respiratory system	25 (8.2%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	10 (3.28%)	3400 (13%)
1100 Digestive system	111 (36.39%)	5708 (21.9%)
1400 Genitourinary system	13 (4.26%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	9 (2.95%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	17 (5.57%)	1233 (4.7%)
0100 Infectious and parasitic diseases	21 (6.89%)	2768 (10.6%)
0200 Neoplasms	48 (15.74%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	7 (2.3%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (1.31%)	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	-	66 (0.3%)
1900 Injury, poisoning	1 (0.33%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	-	1109 (4.3%)
None of the above	4 (1.31%)	NA (NA%)



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2. Main reason for admission		
0600 Nervous system	46 (15.08%)	1362 (5.2%)
0500 Mental health	5 (1.64%)	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	28 (9.18%)	2308 (8.8%)
1000 Respiratory system	41 (13.44%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	6 (1.97%)	1161 (4.5%)
1100 Digestive system	104 (34.1%)	4135 (15.9%)
1400 Genitourinary system	1 (0.33%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	3 (0.98%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	9 (2.95%)	629 (2.4%)
0100 Infectious and parasitic diseases	-	1592 (6.1%)
0200 Neoplasms	38 (12.46%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	4 (1.31%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (0.98%)	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	1 (0.33%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	-	416 (1.6%)
None of the above	-	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	25 (8.2%)	1744 (6.7%)
Dementia	26 (8.52%)	985 (3.8%)
Major depressive disorder	10 (3.28%)	1090 (4.2%)
Chronic mental disorder	12 (3.93%)	1111 (4.3%)
Myocardial infarction	4 (1.31%)	1014 (3.9%)
Cardiac insufficiency	23 (7.54%)	4077 (15.6%)
Chronic lung disease	35 (11.48%)	2633 (10.1%)
Chronic liver disease	6 (1.97%)	1455 (5.6%)
Chronic kidney disease	11 (3.61%)	2943 (11.3%)
GI disease/problems	43 (14.1%)	NA (NA%)
Urological disease/problems	11 (3.61%)	NA (NA%)
Muscle-skeletal disease	33 (10.82%)	NA (NA%)
Arthritis	15 (4.92%)	NA (NA%)
Skin problems	8 (2.62%)	NA (NA%)
Peripheral vascular disease	9 (2.95%)	2589 (9.9%)
<i>GENERAL COMORBIDITIES</i>		



Pain	35 (11.48%)	NA (NA%)
Fatigue	28 (9.18%)	NA (NA%)
Infection	4 (1.31%)	3527 (13.5%)
Diabetes	59 (19.34%)	5790 (22.2%)
Hypertension	114 (37.38%)	NA (NA%)
Hyperlipidaemia	25 (8.2%)	NA (NA%)
Endocrinal disease	6 (1.97%)	NA (NA%)
Cancer (active)	46 (15.08%)	5564 (21.3%)
History of cancer	4 (1.31%)	NA (NA%)
Other chronic disease	8 (2.62%)	7194 (27.6%)
NO COMORBIDITIES	8 (2.62%)	NA (%)
OTHER COMORBIDITIES	11 (3.61%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	21 (6.89%)	2766 (10.6%)
No	230 (75.41%)	20451 (78.4%)
I do not know	2 (0.66%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	17 (5.57%)	1807 (6.9%)
No	242 (79.34%)	22073 (84.6%)
I do not know	33 (10.82%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	252 (82.62%)	20374 (78.1%)
Overloaded	4 (1.31%)	1199 (4.6%)
Dehydrated	28 (9.18%)	1619 (6.2%)
I do not know	7 (2.3%)	2892 (11.1%)
7. Number of different medications planned		
oral	7[4-9]	4[2-8]
Other	1[0-1]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	28 (9.18%)	3987 (15.3%)
At risk	31 (10.16%)	5662 (21.7%)
No	224 (73.44%)	14860 (57%)
I do not know	7 (2.3%)	1575 (6%)
9. IV Fluids (TODAY)		



Electrolyte solution (NaCl, Ringers lactate, etc)	82 (26.89%)	9898 (37.9%)
5% Glucose solution	18 (5.9%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)	2[1-2]	0[0-1]



11. Nutrition intake (TODAY)		
Regular hospital food	102 (33.44%)	15714 (60.2%)
Fortified/enriched hospital food	33 (10.82%)	3511 (13.5%)
Special diet	129 (42.3%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	46 (15.08%)	5001 (19.2%)
Enteral nutrition	12 (3.93%)	1402 (5.4%)
Parenteral nutrition	17 (5.57%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	34 (11.15%)	2933 (11.2%)
Peripheral venous access	106 (34.75%)	13234 (50.7%)
Nasogastric	4 (1.31%)	631 (2.4%)
Nasojejunal	4 (1.31%)	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	1 (0.33%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.33%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	2 (0.66%)	447 (1.7%)
Yes, ongoing	1 (0.33%)	199 (0.8%)
No	229 (75.08%)	20166 (77.3%)
I do not know	15 (4.92%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	136 (44.59%)	9371 (35.9%)
Protein requirements were determined	106 (34.75%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	105 (34.43%)	10577 (40.5%)
Nutrition treatment plan was developed	109 (35.74%)	9611 (36.8%)
Nutrition expert was consulted	114 (37.38%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	127 (41.64%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		
< 500 kcal	-	354 (1.4%)
500-999 kcal	-	252 (1%)
1000-1499 kcal	17 (5.57%)	1770 (6.8%)
1500-1999 kcal	82 (26.89%)	6981 (26.8%)
>=2000 kcal	34 (11.15%)	4667 (17.9%)
Not determined	108 (35.41%)	7466 (28.6%)
I do not know	7 (2.3%)	1846 (7.1%)



Sum: kcal/kg	-	NA[NA-NA]



14b. Energy intake (YESTERDAY)		
< 500 kcal	4 (1.31%)	1112 (4.3%)
500-999 kcal	16 (5.25%)	1537 (5.9%)
1000-1499 kcal	31 (10.16%)	3036 (11.6%)
1500-1999 kcal	58 (19.02%)	4998 (19.2%)
>=2000 kcal	18 (5.9%)	2771 (10.6%)
Not determined	114 (37.38%)	7333 (28.1%)
I do not know	8 (2.62%)	2522 (9.7%)
Sum: kcal/kg	-	0[0-0]
15. Since admission, this patient's health status has...		
Improved	154 (50.49%)	12633 (48.4%)
Deteriorated	14 (4.59%)	1595 (6.1%)
Remained the same	69 (22.62%)	5937 (22.8%)
This patient has just been admitted	8 (2.62%)	1656 (6.3%)
I do not know	7 (2.3%)	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	34 (11.15%)	4723 (18.1%)
Yes, acute	15 (4.92%)	2219 (8.5%)
No	93 (30.49%)	16185 (62%)
days since operation	11.1[4-8]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	3 (0.98%)	2649 (10.2%)
Yes, later	5 (1.64%)	1764 (6.8%)
No	105 (34.43%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	12 (3.93%)	NA (NA%)
Planned after unscheduled admission	3 (0.98%)	NA (NA%)
Planned after scheduled admission	39 (12.79%)	NA (NA%)
None of the above	1 (0.33%)	NA (NA%)
I don't know	1 (0.33%)	NA (NA%)
Non-applicable (NA)	8 (2.62%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	19 (6.23%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	37 (12.13%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (\leq 1 hour)	13 (4.26%)	NA (NA%)
Major surgery ($>$ 1 hour)	44 (14.43%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	-	NA (NA%)
Liver	4 (1.31%)	NA (NA%)
Pancreas	4 (1.31%)	NA (NA%)
Colorectal	25 (8.2%)	NA (NA%)
Gynecology	1 (0.33%)	NA (NA%)
Gynecology oncology	3 (0%)	NA (NA%)
Urology	-	NA (NA%)



Urology oncology	-	NA (NA%)
Cystectomy	3 (0.98%)	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	-	NA (NA%)
Knee replacementl	1 (0.33%)	NA (NA%)
Lung	2 (0.66%)	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	7 (2.3%)	NA (NA%)
Other	11 (0%)	NA (NA%)
I don't know	-	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	27 (8.85%)	NA (NA%)
Expected prolonged post-operative fasting	22 (7.21%)	NA (NA%)
Preoperative malnutrition	4 (1.31%)	NA (NA%)
Ongoing surgical complication	4 (1.31%)	NA (NA%)
Patient does not eat enough	4 (1.31%)	NA (NA%)
Other	6 (1.97%)	NA (NA%)
I don't know	3 (0.98%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	7[2.5-6]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	36 (11.8%)	2346 (9%)
2= Transferred to another hospital	6 (1.97%)	536 (2.1%)
3= Transferred to long term care	17 (5.57%)	662 (2.5%)
4= Rehabilitation	3 (0.98%)	546 (2.1%)
5= Discharged home	150 (49.18%)	16868 (64.7%)
6= Death	10 (3.28%)	844 (3.2%)
7= Others	-	392 (1.5%)
Readmitted since nutritionDay		
1= No	98 (32.13%)	16020 (61.4%)
2= Yes, same hospital planned	27 (8.85%)	1635 (6.3%)
3= Yes, same hospital unplanned	5 (1.64%)	1080 (4.1%)
4= Yes, different hospital planned	8 (2.62%)	162 (0.6%)
5= Yes, different hospital unplanned	3 (0.98%)	74 (0.3%)
6= Others	44 (14.43%)	596 (2.3%)
Admitted to ICU?	-	NA
Re-operated after nDay?	-	NA (yes)



How many days after nDay	-	[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	35 (11.48%)	NA (NA%)
No special dietary habits	159 (52.13%)	16574 (63.5%)
I am vegetarian	2 (0.66%)	457 (1.8%)
I eat a vegan diet	1 (0.33%)	91 (0.3%)
I eat gluten-free diet	3 (0.98%)	245 (0.9%)
I avoid added sugars	47 (15.41%)	3723 (14.3%)
I avoid carbohydrates	17 (5.57%)	1327 (5.1%)
I eat a low fat-diet	23 (7.54%)	2344 (9%)
I am lactose intolerant	14 (4.59%)	959 (3.7%)
Other special diet due to intolerances/allergies	6 (1.97%)	426 (1.6%)
Other	11 (3.61%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	232 (76.07%)	20315 (77.9%)
In a nursing home or other live-in facility	4 (1.31%)	631 (2.4%)
I was transferred from another hospital	20 (6.56%)	1683 (6.5%)
Other	11 (3.61%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	197 (64.59%)	14347 (55%)
Yes, with someone's help	11 (3.61%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	35 (11.48%)	3042 (11.7%)
No, I have a wheelchair	10 (3.28%)	923 (3.5%)
No, I am bedridden	14 (4.59%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	8 (2.62%)	1891 (7.2%)
Good	87 (28.52%)	8563 (32.8%)
Fair	94 (30.82%)	8731 (33.5%)
Poor	56 (18.36%)	3103 (11.9%)
Very poor	18 (5.9%)	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	10[3-12]	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?	29[7-30]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	48 (15.74%)	5405 (20.7%)
3-5	69 (22.62%)	6039 (23.2%)
More than 5	108 (35.41%)	6283 (24.1%)
None	34 (11.15%)	4409 (3.1%)
I do not know	5 (1.64%)	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	-	3834 (14.7%)
Yes, public insurance only	230 (75.41%)	11434 (43.8%)
Yes, both	15 (4.92%)	2368 (9.1%)
No	4 (1.31%)	4322 (16.6%)
I prefer not to answer	15 (4.92%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	77[65-88]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	10 (3.28%)	1991 (7.6%)
Yes, unintentionally	126 (41.31%)	11584 (44.4%)
No, my weight stayed the same	119 (39.02%)	6693 (25.7%)
No, I gained weight	26 (8.52%)	2724 (10.4%)
I don't know	21 (6.89%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	9[3.5-10.5]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	127 (41.64%)	8485 (32.5%)
No	131 (42.95%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	115 (37.7%)	11722 (44.9%)
No	141 (46.23%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	82 (26.89%)	8269 (31.7%)
No	167 (54.75%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	79 (25.9%)	7888 (30.2%)
No	173 (56.72%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	83 (27.21%)	8204 (31.5%)
No	169 (55.41%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	16 (5.25%)	1271 (4.9%)
Normal	188 (61.64%)	15182 (58.2%)
About 3/4 of normal	12 (3.93%)	2567 (9.8%)
About half of normal	21 (6.89%)	3356 (12.9%)
About a quarter to nearly nothing	29 (9.51%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	132 (43.28%)	11622 (44.6%)
1/2	90 (29.51%)	6714 (25.7%)
1/4	32 (10.49%)	3460 (13.3%)
nothing	47 (15.41%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	186 (60.98%)	15031 (57.6%)
smaller	11 (3.61%)	2158 (8.3%)
larger	4 (1.31%)	1137 (4.4%)
I do not know	57 (18.69%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	29 (9.51%)	5768 (22.1%)
Somewhat satisfied	112 (36.72%)	7354 (28.2%)



Dissatisfied	34 (11.15%)	4636 (17.8%)
Very dissatisfied	15 (4.92%)	2177 (8.3%)
Neutral	33 (10.82%)	921 (3.5%)
I do not know	37 (12.13%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	7 (2.3%)	2686 (10.3%)
Yes, from hospital staff	32 (10.49%)	1512 (5.8%)
No	217 (71.15%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	202 (66.23%)	16089 (61.7%)
No	37 (12.13%)	5349 (20.5%)
17. If you did not eat everything of your meal, please tell us why:		
I did not like the type of food offered	13 (4.26%)	2646 (10.1%)
I did not like the smell of the food	8 (2.62%)	NA (NA%)
I did not like the taste of the food	29 (9.51%)	NA (NA%)
The food did not fit my cultural/religious preferences	1 (0.33%)	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	9 (2.95%)	498 (1.9%)
Due to food allergy/intolerance	-	151 (0.6%)
I was not hungry at that time	20 (6.56%)	2174 (8.3%)
I do not have my usual appetite	28 (9.18%)	4432 (17%)
I have problems chewing/swallowing	6 (1.97%)	962 (3.7%)
I normally eat less than what was served	13 (4.26%)	1688 (6.5%)
I had nausea/vomiting	3 (0.98%)	1234 (4.7%)
I was too tired	2 (0.66%)	758 (2.9%)
I cannot eat without help	2 (0.66%)	213 (0.8%)
I was not allowed to eat	13 (4.26%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	24 (7.87%)	970 (3.7%)
I did not get requested food	2 (0.66%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	6[3-8]	3[2-5]
Coffee	1[1-2]	1[0-2]
Fruit juice	5[2-8]	1[0-2]
Nutrition drink	2[1-2]	0[0-1]
Tea	3[1-4]	1[0-2]
Milk	3[1-2]	0[0-1]
Soft drinks	3[2-5]	0[0-0]
Other		0[0-0]



19a. Did you eat any food apart from hospital food TODAY?		
Yes	102 (33.44%)	5629 (21.6%)
No	160 (52.46%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	28 (9.18%)	1724 (6.6%)
Salty snacks	27 (8.85%)	856 (3.3%)
Homemade food	27 (8.85%)	1378 (5.3%)
Fruits	36 (11.8%)	2185 (8.4%)
Dairy products	16 (5.25%)	747 (2.9%)
Food delivered/restaurant	1 (0.33%)	235 (0.9%)
Sandwich	8 (2.62%)	395 (1.5%)
Other	11 (3.61%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	38 (12.46%)	3862 (14.8%)
Less	110 (36.07%)	7908 (30.3%)
Same	94 (30.82%)	9129 (35%)
I do not know	20 (6.56%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	114 (37.38%)	11906 (45.6%)
Weaker	80 (26.23%)	4690 (18%)
Same	85 (27.87%)	6893 (26.4%)
I was admitted today	10 (3.28%)	657 (2.5%)
I do not know	13 (4.26%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	203 (66.56%)	14647 (56.2%)
No, only with assistance	60 (19.67%)	6567 (25.2%)
No, I stay in bed	40 (13.11%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	229 (75.08%)	16527 (63.4%)
No	35 (11.48%)	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

office@nutritionDay.org

