



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	Iran
Number of participating centers	6
Number of participating units	27
Number of patients	476
Number of patients who gave consent	476

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!



ESPEN
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	231 [185-693]	302 [150-594]
2. Total number of admissions in the hospital last year	13538 [14984-40613]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	103 [180-310]	188 [94-411]
Medical specialists	70 [420-420]	116 [38-248]
Medical non-specialists	3 [20-20]	46 [13-128]
Nurses	264 [250-792]	396 [140-763]
Dieticians	2 [1-5]	2 [0-8]
Nutritionists	1 [1-4]	2 [0-4]
Pharmacists	2 [5-5]	7 [3-16]
Kitchen staff	14 [12-41]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	-	148 [54-256]
Medical specialists	-	78 [27-182]
Medical non-specialists	-	43 [10-101]
Nurses	-	287 [99-580]
Dieticians	-	2 [0-7]
Nutritionists	-	1 [0-3]
Pharmacists	-	5 [2-11]
Kitchen staff	-	21 [5-40]
4. Does the hospital have a nutrition care strategy?	2 (100%)	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	-	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	(0%)	33 (7.9%) Yes





Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	2 (33.33%)	117 (28.1%) Yes
Oral nutrition supplements	2 (33.33%)	110 (26.4%) Yes
Parenteral nutrition	2 (33.33%)	139 (33.4%) Yes
Enteral nutrition	2 (33.33%)	135 (32.5%) Yes
Dietary counseling	2 (33.33%)	86 (20.7%) Yes
Specific dietary interventions	2 (33.33%)	79 (19%) Yes
Screening for malnutrition	1 (16.67%)	80 (19.2%) Yes
Risk of malnutrition	1 (16.67%)	65 (15.6%) Yes
Malnutrition (in general)	1 (16.67%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (16.67%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	3 (50%)	105 (25.2%) Yes
Oral nutrition supplements	2 (33.33%)	96 (23.1%) Yes
Parenteral nutrition	1 (16.67%)	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	3 (50%)	65 (15.6%) Yes
Screening for malnutrition	2 (33.33%)	71 (17.1%) Yes
Risk of malnutrition	2 (33.33%)	54 (13%) Yes
Malnutrition (in general)	1 (16.67%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (33.33%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	1 (3.7%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	2 (7.41%)	100 (6.8%)
Internal Medicine / Geriatrics	-	92 (6.2%)
Internal Medicine / Infectious diseases	2 (7.41%)	9 (0.6%)
Internal Medicine / Nephrology	1 (3.7%)	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	-	172 (11.7%)
Surgery / General	6 (22.22%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	1 (3.7%)	26 (1.8%)
Surgery / Neurosurgery	3 (11.11%)	12 (%)
Surgery / Orthopedic	4 (14.81%)	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	2 (7.41%)	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	2 (7.41%)	23 (1.6%)
Gynecology / Obstetrics	2 (7.41%)	26 (1.8%)
Neurology	-	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	1 (3.7%)	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	-	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	13 (48.15%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	13 (48.15%)	71 (4.8%) Yes
c) Do you have an ERAS team?	13 (48.15%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	28 [21-33]	21 [15-29]
3. Total bed capacity of the unit	33 [29-37]	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	5 [2-9]	3 [2-6]
Medical students	-	



Nurses	9 [5-8]	4 [3-7]
Nursing aides	4 [2-4]	2 [1-4]
Dieticians	0 [1-1]	1 [0-1]
Nutritionists	0 [1-1]	1 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	1 [1-3]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [9-10]	1 [0-3]
Medical students	8 [4-18]	1 [0-3]
Nurses	2 [2-21]	1 [0-2]
Nursing aides	0 [3-3]	0 [0-1]
Dieticians	-	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?	26 (96.3%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	21 (77.78%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	27 (100%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	17 (62.96%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	20 (74.07%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	1 (3.7%)	145 (9.8%) Yes
No fixed criteria	2 (7.41%)	22 (1.5%) Yes
Experience / visual assessment only	Y (0%)	72 (4.9%) Yes
Weighing / BMI only	4 (14.81%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	19 (70.37%)	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	1 (70.37%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	2 (7.41%)	156 (10.6%) Yes
No fixed criteria	1 (3.7%)	104 (7.1%) Yes
Experience / visual assessment only	6 (22.22%)	172 (11.7%) Yes
Weighing / BMI only	16 (59.26%)	483 (32.8%) Yes
Other formal tool	2 (7.41%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	20 (74.07%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	4 (14.81%)	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	16 (59.26%)	324 (22%) Yes
Standards on unit level	2 (7.41%)	61 (4.1%) Yes
Individual patient nutrition care plans	1 (3.7%)	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	3 (11.11%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	1 (3.7%)	549 (37.2%) Yes
Develop an individual nutrition care plan	2 (7.41%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	3 (11.11%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (18.52%)	658 (39.2%) Yes
Consult a medical professional	3 (11.11%)	411 (27.9%) Yes
Calculate energy requirements	1 (3.7%)	583 (39.6%) Yes
Calculate protein requirements	1 (3.7%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	9 (33.33%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	14 (51.85%)	618 (41.9%) Yes
Develop an individual nutrition care plan	13 (48.15%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	16 (59.26%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	16 (59.26%)	734 (49.8%) Yes
Consult a medical professional	6 (22.22%)	487 (33%) Yes
Calculate energy requirements	7 (25.93%)	739 (50.1%) Yes
Calculate protein requirements	9 (33.33%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	11 (11.11%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	6 (22.22%)	382 (25.9%) Yes
Develop an individual nutrition care plan	5 (18.52%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	9 (33.33%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	8 (29.63%)	298 (20.2%) Yes
Consult a medical professional	18 (66.67%)	370 (25.1%) Yes
Calculate energy requirements	7 (25.93%)	193 (13.1%) Yes
Calculate protein requirements	5 (18.52%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	7 (25.93%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	7 (25.93%)	76 (5.2%) Yes
Develop an individual nutrition care plan	9 (33.33%)	78 (5.3%) Yes
Initiate treatment / nutrition intervention	2 (7.41%)	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (14.81%)	26 (1.8%) Yes
Consult a medical professional	3 (11.11%)	147 (10%) Yes
Calculate energy requirements	13 (48.15%)	114 (7.7%) Yes
Calculate protein requirements	1 (3.7%)	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	6 (22.22%)	825 (56%) Yes
Within 24 hours	7 (25.93%)	153 (10.4%) Yes
Within 48 hours	2 (7.41%)	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	-	534 (36.2%) Yes
Occasionally	7 (25.93%)	136 (9.2%) Yes
When requested	11 (40.74%)	738 (50.1%) Yes
At discharge	-	76 (5.2%) Yes
Never	3 (11.11%)	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	19 (70.37%)	1028 (69.7%) Yes
Offer meal choices	-	896 (60.8%) Yes
Offer different portion sizes	2 (7.41%)	737 (50%) Yes
Consider food presentation	1 (3.7%)	400 (27.1%) Yes
Change food texture/consistency as needed	22 (81.48%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	9 (33.33%)	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 (7.41%)	949 (64.4%) Yes
Consider patient allergies / intolerances	19 (70.37%)	1113 (75.5%) Yes
Other	1 (3.7%)	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	23 (85.19%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	19 (70.37%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	1 (3.7%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	3 (11.11%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (18.52%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	25 (92.59%)	1052 (71.4%) Yes
Eating habits/difficulties	19 (70.37%)	941 (63.8%) Yes
Nutrition before admission	8 (29.63%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	23 (85.19%)	948 (64.3%) Yes
nutrition treatment	16 (59.26%)	714 (48.4%) Yes
I do not know	2 (7.41%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	19 (70.37%)	664 (45%) Yes
future nutrition-related recommendation	13 (48.15%)	768 (52.1%) Yes
I do not know	4 (14.81%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	14 (51.85%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	20 (74.07%)	349 (23.7%) Yes
Dietician	4 (14.81%)	630 (42.7%) Yes
Nurse	5 (18.52%)	326 (22.1%) Yes
Physician	-	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	-	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	476 (100%)	26084
Number of patients who gave consent:	476 (100%)	26084 (48.6%)
Female	221 (46.43%)	12664 (48.6%)
Male	255 (53.57%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	49 [33-65]	64 [47-76]
Weight (kg)	66.9±17.1	70.5±18.7
Height (cm)	165±11.6	166±11
BMI (female)	25.7±6.4	26±6.4
BMI (male)	23.2±4.9	25.3±5.5
BMI	24.4±5.8	25.6±5.9
This hospital admission was...		
planned	207 (43.49%)	9329 (35.8%)
an emergency	244 (51.26%)	15237 (58.4%)
I do not know	2 (0.42%)	1518 (5.8%)
None of the above		(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	44 (9.24%)	2226 (8.5%)
0500 Mental health	1 (0.21%)	1017 (3.9%)
0700 Eye and adnexa	2 (0.42%)	247 (0.9%)
0800 Ear and mastoid process	13 (2.73%)	132 (0.5%)
0900 Circulatory system	10 (2.1%)	4506 (17.3%)
1000 Respiratory system	56 (11.76%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	22 (4.62%)	3400 (13%)
1100 Digestive system	115 (24.16%)	5708 (21.9%)
1400 Genitourinary system	76 (15.97%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	106 (22.27%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	2 (0.42%)	1233 (4.7%)
0100 Infectious and parasitic diseases	13 (2.73%)	2768 (10.6%)
0200 Neoplasms	17 (3.57%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	7 (1.47%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	84 (17.65%)	1384 (5.3%)
2000 External causes of morbidity and mortality	26 (5.46%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	16 (3.36%)	405 (1.6%)
1600 Conditions originating in the perinatal period	2 (0.42%)	22 (0.1%)
1700 Congenital/chromosomal abnormalities	-	66 (0.3%)
1900 Injury, poisoning	13 (2.73%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	3 (0.63%)	1109 (4.3%)
None of the above	11 (2.31%)	NA (NA%)



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2. Main reason for admission		
0600 Nervous system	28 (5.88%)	1362 (5.2%)
0500 Mental health	-	396 (1.5%)
0700 Eye and adnexa	1 (0.21%)	73 (0.3%)
0800 Ear and mastoid process	12 (2.52%)	77 (0.3%)
0900 Circulatory system	4 (0.84%)	2308 (8.8%)
1000 Respiratory system	47 (9.87%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	10 (2.1%)	1161 (4.5%)
1100 Digestive system	104 (21.85%)	4135 (15.9%)
1400 Genitourinary system	71 (14.92%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	102 (21.43%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	-	629 (2.4%)
0100 Infectious and parasitic diseases	9 (1.89%)	1592 (6.1%)
0200 Neoplasms	8 (1.68%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	7 (1.47%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (1.05%)	630 (2.4%)
2000 External causes of morbidity and mortality	11 (2.31%)	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	16 (3.36%)	385 (1.5%)
1600 Conditions originating in the perinatal period	-	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	9 (1.89%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	-	416 (1.6%)
None of the above	11 (2.31%)	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	2 (0.42%)	1744 (6.7%)
Dementia	2 (0.42%)	985 (3.8%)
Major depressive disorder	2 (0.42%)	1090 (4.2%)
Chronic mental disorder	5 (1.05%)	1111 (4.3%)
Myocardial infarction	10 (2.1%)	1014 (3.9%)
Cardiac insufficiency	41 (8.61%)	4077 (15.6%)
Chronic lung disease	26 (5.46%)	2633 (10.1%)
Chronic liver disease	16 (3.36%)	1455 (5.6%)
Chronic kidney disease	42 (8.82%)	2943 (11.3%)
GI disease/problems	15 (3.15%)	NA (NA%)
Urological disease/problems	10 (2.1%)	NA (NA%)
Muscle-skeletal disease	4 (0.84%)	NA (NA%)
Arthritis	4 (0.84%)	NA (NA%)
Skin problems	3 (0.63%)	NA (NA%)
Peripheral vascular disease	-	2589 (9.9%)
<i>GENERAL COMORBIDITIES</i>		



Pain	28 (5.88%)	NA (NA%)
Fatigue	10 (2.1%)	NA (NA%)
Infection	3 (0.63%)	3527 (13.5%)
Diabetes	95 (19.96%)	5790 (22.2%)
Hypertension	142 (29.83%)	NA (NA%)
Hyperlipidaemia	57 (11.97%)	NA (NA%)
Endocrinal disease	25 (5.25%)	NA (NA%)
Cancer (active)	6 (1.26%)	5564 (21.3%)
History of cancer	19 (3.99%)	NA (NA%)
Other chronic disease	38 (7.98%)	7194 (27.6%)
NO COMORBIDITIES	17 (3.57%)	NA (%)
OTHER COMORBIDITIES	237 (49.79%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	73 (15.34%)	2766 (10.6%)
No	398 (83.61%)	20451 (78.4%)
I do not know	1 (0.21%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	11 (2.31%)	1807 (6.9%)
No	454 (95.38%)	22073 (84.6%)
I do not know	7 (1.47%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	291 (61.13%)	20374 (78.1%)
Overloaded	6 (1.26%)	1199 (4.6%)
Dehydrated	108 (22.69%)	1619 (6.2%)
I do not know	65 (13.66%)	2892 (11.1%)
7. Number of different medications planned		
oral	5[2-6]	4[2-8]
Other	4[2-6]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	81 (17.02%)	3987 (15.3%)
At risk	100 (21.01%)	5662 (21.7%)
No	290 (60.92%)	14860 (57%)
I do not know	5 (1.05%)	1575 (6%)
9. IV Fluids (TODAY)		



Electrolyte solution (NaCl, Ringers lactate, etc)	264 (55.46%)	9898 (37.9%)
5% Glucose solution	46 (9.66%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	3[1-4]	0[0-1]



11. Nutrition intake (TODAY)		
Regular hospital food	281 (59.03%)	15714 (60.2%)
Fortified/enriched hospital food	5 (1.05%)	3511 (13.5%)
Special diet	107 (22.48%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	6 (1.26%)	5001 (19.2%)
Enteral nutrition	21 (4.41%)	1402 (5.4%)
Parenteral nutrition	10 (2.1%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	20 (4.2%)	2933 (11.2%)
Peripheral venous access	343 (72.06%)	13234 (50.7%)
Nasogastric	15 (3.15%)	631 (2.4%)
Nasojejunal	1 (0.21%)	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	-	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	6 (1.26%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.42%)	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	2 (0.42%)	447 (1.7%)
Yes, ongoing	2 (0.42%)	199 (0.8%)
No	461 (96.85%)	20166 (77.3%)
I do not know	-	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	76 (15.97%)	9371 (35.9%)
Protein requirements were determined	79 (16.6%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	97 (20.38%)	10577 (40.5%)
Nutrition treatment plan was developed	102 (21.43%)	9611 (36.8%)
Nutrition expert was consulted	108 (22.69%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	170 (35.71%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		
< 500 kcal	33 (6.93%)	354 (1.4%)
500-999 kcal	7 (1.47%)	252 (1%)
1000-1499 kcal	68 (14.29%)	1770 (6.8%)
1500-1999 kcal	208 (43.7%)	6981 (26.8%)
>=2000 kcal	103 (21.64%)	4667 (17.9%)
Not determined	31 (6.51%)	7466 (28.6%)
I do not know	3 (0.63%)	1846 (7.1%)



Sum: kcal/kg	480.7[0-1100]	NA[NA-NA]



14b. Energy intake (YESTERDAY)		
< 500 kcal	113 (23.74%)	1112 (4.3%)
500-999 kcal	78 (16.39%)	1537 (5.9%)
1000-1499 kcal	126 (26.47%)	3036 (11.6%)
1500-1999 kcal	93 (19.54%)	4998 (19.2%)
>=2000 kcal	48 (10.08%)	2771 (10.6%)
Not determined	10 (2.1%)	7333 (28.1%)
I do not know	3 (0.63%)	2522 (9.7%)
Sum: kcal/kg	357.7[0-475]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	289 (60.71%)	12633 (48.4%)
Deteriorated	28 (5.88%)	1595 (6.1%)
Remained the same	104 (21.85%)	5937 (22.8%)
This patient has just been admitted	50 (10.5%)	1656 (6.3%)
I do not know	1 (0.21%)	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	104 (21.85%)	4723 (18.1%)
Yes, acute	82 (17.23%)	2219 (8.5%)
No	117 (24.58%)	16185 (62%)
days since operation	4.7[1-5]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	70 (14.71%)	2649 (10.2%)
Yes, later	39 (8.19%)	1764 (6.8%)
No	194 (40.76%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	85 (17.86%)	NA (NA%)
Planned after unscheduled admission	24 (5.04%)	NA (NA%)
Planned after scheduled admission	158 (33.19%)	NA (NA%)
None of the above	9 (1.89%)	NA (NA%)
I don't know	2 (0.42%)	NA (NA%)
Non-applicable (NA)	-	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	209 (43.91%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	63 (13.24%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (≤ 1 hour)	66 (13.87%)	NA (NA%)
Major surgery (> 1 hour)	207 (43.49%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	4 (0.84%)	NA (NA%)
Gastric	4 (0.84%)	NA (NA%)
Liver	5 (1.05%)	NA (NA%)
Pancreas	2 (0.42%)	NA (NA%)
Colorectal	20 (4.2%)	NA (NA%)
Gynecology	22 (4.62%)	NA (NA%)
Gynecology oncology	2 (0%)	NA (NA%)
Urology	21 (4.41%)	NA (NA%)



Urology oncology	1 (0.21%)	NA (NA%)
Cystectomy	3 (0.63%)	NA (NA%)
Bariatric	2 (0.42%)	NA (NA%)
Hip replacement	-	NA (NA%)
Knee replacementl	1 (0.21%)	NA (NA%)
Lung	13 (2.73%)	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	-	NA (NA%)
Other	172 (0%)	NA (NA%)
I don't know	6 (1.26%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	165 (34.66%)	NA (NA%)
Expected prolonged post-operative fasting	11 (2.31%)	NA (NA%)
Preoperative malnutrition	36 (7.56%)	NA (NA%)
Ongoing surgical complication	47 (9.87%)	NA (NA%)
Patient does not eat enough	28 (5.88%)	NA (NA%)
Other	19 (3.99%)	NA (NA%)
I don't know	3 (0.63%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	11[5-25]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	12 (2.52%)	2346 (9%)
2= Transferred to another hospital	1 (0.21%)	536 (2.1%)
3= Transferred to long term care	-	662 (2.5%)
4= Rehabilitation	-	546 (2.1%)
5= Discharged home	306 (64.29%)	16868 (64.7%)
6= Death	10 (2.1%)	844 (3.2%)
7= Others	-	392 (1.5%)
Readmitted since nutritionDay		
1= No	283 (59.45%)	16020 (61.4%)
2= Yes, same hospital planned	2 (0.42%)	1635 (6.3%)
3= Yes, same hospital unplanned	28 (5.88%)	1080 (4.1%)
4= Yes, different hospital planned	1 (0.21%)	162 (0.6%)
5= Yes, different hospital unplanned	1 (0.21%)	74 (0.3%)
6= Others	-	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	71 (14.92%)	NA (NA%)
No special dietary habits	386 (81.09%)	16574 (63.5%)
I am vegetarian	-	457 (1.8%)
I eat a vegan diet	1 (0.21%)	91 (0.3%)
I eat gluten-free diet	2 (0.42%)	245 (0.9%)
I avoid added sugars	15 (3.15%)	3723 (14.3%)
I avoid carbohydrates	8 (1.68%)	1327 (5.1%)
I eat a low fat-diet	27 (5.67%)	2344 (9%)
I am lactose intolerant	6 (1.26%)	959 (3.7%)
Other special diet due to intolerances/allergies	1 (0.21%)	426 (1.6%)
Other	16 (3.36%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	445 (93.49%)	20315 (77.9%)
In a nursing home or other live-in facility	4 (0.84%)	631 (2.4%)
I was transferred from another hospital	21 (4.41%)	1683 (6.5%)
Other	10 (2.1%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	315 (66.18%)	14347 (55%)
Yes, with someone's help	64 (13.45%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	12 (2.52%)	3042 (11.7%)
No, I have a wheelchair	18 (3.78%)	923 (3.5%)
No, I am bedridden	69 (14.5%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	30 (6.3%)	1891 (7.2%)
Good	200 (42.02%)	8563 (32.8%)
Fair	168 (35.29%)	8731 (33.5%)
Poor	69 (14.5%)	3103 (11.9%)
Very poor	11 (2.31%)	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	7[2-3-8]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	1[0-2]	1[0-2]
... how many nights in total have you spent in hospital?	15[3-18]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	113 (23.74%)	5405 (20.7%)
3-5	109 (22.9%)	6039 (23.2%)
More than 5	80 (16.81%)	6283 (24.1%)
None	168 (35.29%)	4409 (3.1%)
I do not know	9 (1.89%)	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	29 (6.09%)	3834 (14.7%)
Yes, public insurance only	396 (83.19%)	11434 (43.8%)
Yes, both	1 (0.21%)	2368 (9.1%)
No	48 (10.08%)	4322 (16.6%)
I prefer not to answer	1 (0.21%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	72[60-84]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	13 (2.73%)	1991 (7.6%)
Yes, unintentionally	228 (47.9%)	11584 (44.4%)
No, my weight stayed the same	167 (35.08%)	6693 (25.7%)
No, I gained weight	46 (9.66%)	2724 (10.4%)
I don't know	22 (4.62%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	8[4-10]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	206 (43.28%)	8485 (32.5%)
No	255 (53.57%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	101 (21.22%)	11722 (44.9%)
No	375 (78.78%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	63 (13.24%)	8269 (31.7%)
No	414 (86.97%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	59 (12.39%)	7888 (30.2%)
No	418 (87.82%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	75 (15.76%)	8204 (31.5%)
No	400 (84.03%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	16 (3.36%)	1271 (4.9%)
Normal	264 (55.46%)	15182 (58.2%)
About 3/4 of normal	30 (6.3%)	2567 (9.8%)
About half of normal	105 (22.06%)	3356 (12.9%)
About a quarter to nearly nothing	64 (13.45%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	101 (21.22%)	11622 (44.6%)
1/2	112 (23.53%)	6714 (25.7%)
1/4	101 (21.22%)	3460 (13.3%)
nothing	156 (32.77%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	172 (36.13%)	15031 (57.6%)
smaller	180 (37.82%)	2158 (8.3%)
larger	19 (3.99%)	1137 (4.4%)
I do not know	74 (15.55%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	56 (11.76%)	5768 (22.1%)
Somewhat satisfied	194 (40.76%)	7354 (28.2%)



Dissatisfied	58 (12.18%)	4636 (17.8%)
Very dissatisfied	33 (6.93%)	2177 (8.3%)
Neutral	88 (18.49%)	921 (3.5%)
I do not know	30 (6.3%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	89 (18.7%)	2686 (10.3%)
Yes, from hospital staff	12 (2.52%)	1512 (5.8%)
No	340 (71.43%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	185 (38.87%)	16089 (61.7%)
No	250 (52.52%)	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	41 (8.61%)	2646 (10.1%)
I did not like the smell of the food	30 (6.3%)	NA (NA%)
I did not like the taste of the food	70 (14.71%)	NA (NA%)
The food did not fit my cultural/religious preferences	1 (0.21%)	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	6 (1.26%)	498 (1.9%)
Due to food allergy/intolerance	5 (1.05%)	151 (0.6%)
I was not hungry at that time	20 (4.2%)	2174 (8.3%)
I do not have my usual appetite	157 (32.98%)	4432 (17%)
I have problems chewing/swallowing	36 (7.56%)	962 (3.7%)
I normally eat less than what was served	10 (2.1%)	1688 (6.5%)
I had nausea/vomiting	37 (7.77%)	1234 (4.7%)
I was too tired	18 (3.78%)	758 (2.9%)
I cannot eat without help	7 (1.47%)	213 (0.8%)
I was not allowed to eat	107 (22.48%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	4 (0.84%)	970 (3.7%)
I did not get requested food	-	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	3[2-4.5]	3[2-5]
Coffee	2[1-3]	1[0-2]
Fruit juice	3[1/2-4]	1[0-2]
Nutrition drink	0[0-0]	0[0-1]
Tea	2[1-3]	1[0-2]
Milk	1[1-1]	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	169 (35.5%)	5629 (21.6%)
No	294 (61.76%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	29 (6.09%)	1724 (6.6%)
Salty snacks	4 (0.84%)	856 (3.3%)
Homemade food	79 (16.6%)	1378 (5.3%)
Fruits	109 (22.9%)	2185 (8.4%)
Dairy products	13 (2.73%)	747 (2.9%)
Food delivered/restaurant	7 (1.47%)	235 (0.9%)
Sandwich	9 (1.89%)	395 (1.5%)
Other	12 (2.52%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	76 (15.97%)	3862 (14.8%)
Less	228 (47.9%)	7908 (30.3%)
Same	165 (34.66%)	9129 (35%)
I do not know	6 (1.26%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	264 (55.46%)	11906 (45.6%)
Weaker	62 (13.03%)	4690 (18%)
Same	123 (25.84%)	6893 (26.4%)
I was admitted today	22 (4.62%)	657 (2.5%)
I do not know	4 (0.84%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	230 (48.32%)	14647 (56.2%)
No, only with assistance	114 (23.95%)	6567 (25.2%)
No, I stay in bed	132 (27.73%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	398 (83.61%)	16527 (63.4%)
No	78 (16.39%)	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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