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	**Panama**
Number of participating centers	5
Number of participating units	13
Number of patients	186
Number of patients who gave consent	186

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	295 [56-521.5]	302 [150-594]
2. Total number of admissions in the hospital last year	6980 [1884-19281]	14886 [5212-32951]
3. Total number of staff in the hospital		
Total number		
Total medical doctors	39 [16-304]	188 [94-411]
Medical specialists	12 [9-155]	116 [38-248]
Medical non-specialists	27 [7-149]	46 [13-128]
Nurses	105 [46-488]	396 [140-763]
Dieticians	2 [1-1.5]	2 [0-8]
Nutritionists	7 [7-7]	2 [0-4]
Pharmacists	14 [10-16]	7 [3-16]
Kitchen staff	42 [15-49]	23 [9-44]
Full time equivalent		
Total medical doctors	39 [16-304]	148 [54-256]
Medical specialists	12 [9-155]	78 [27-182]
Medical non-specialists	27 [7-149]	43 [10-101]
Nurses	74 [46-488]	287 [99-580]
Dieticians	2 [1-1.5]	2 [0-7]
Nutritionists	7 [7-7]	1 [0-3]
Pharmacists	14 [10-16]	5 [2-11]
Kitchen staff	42 [15-49]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	2 (50%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	-	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	3 (60%)	137 (32.9%) Yes
None	-	28 (6.7%) - Yes
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
No information available from billing/finance/controlling	1 (20%)	33 (7.9%) Yes

Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	(0%)	117 (28.1%) Yes
Oral nutrition supplements	(0%)	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	(0%)	79 (19%) Yes
Screening for malnutrition	(0%)	80 (19.2%) Yes
Risk of malnutrition	(0%)	65 (15.6%) Yes
Malnutrition (in general)	2 (40%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (20%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	1 (20%)	105 (25.2%) Yes
Oral nutrition supplements	1 (20%)	96 (23.1%) Yes
Parenteral nutrition	3 (60%)	120 (28.8%) Yes
Enteral nutrition	1 (20%)	121 (29.1%) Yes
Dietary counseling	1 (20%)	71 (17.1%) Yes
Specific dietary interventions	1 (20%)	65 (15.6%) Yes
Screening for malnutrition	1 (20%)	71 (17.1%) Yes
Risk of malnutrition	1 (20%)	54 (13%) Yes
Malnutrition (in general)	3 (60%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (20%)	79 (19%) Yes

Unit Sheet - 1a/1b		
	YOUR RESULTS	**REFERENCE RESULTS**
1a. Main specialty		
Internal Medicine / General	2 (15.38%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	-	100 (6.8%)
Internal Medicine / Geriatrics	-	92 (6.2%)
Internal Medicine / Infectious diseases	1 (7.69%)	9 (0.6%)
Internal Medicine / Nephrology	1 (7.69%)	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	-	172 (11.7%)
Surgery / General	2 (15.38%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	1 (7.69%)	12 (%)
Surgery / Orthopedic	-	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	-	23 (1.6%)
Gynecology / Obstetrics	3 (23.08%)	26 (1.8%)
Neurology	-	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	-	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	3 (23.08%)	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	-	115 (7.8%) Yes
b) Do you have a ERAS protocol?	1 (7.69%)	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
2. Number of registered inpatients at noon	26 [21-30]	21 [15-29]
3. Total bed capacity of the unit	33 [29-38]	28 [21-38]
4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)		
Fully trained		
Medical doctors	5 [2-6]	3 [2-6]
Medical students	-	

Nurses	5 [4-5]	4 [3-7]
Nursing aides	3 [2-4]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	1 [1-1]	1 [0-1]
Administrative staff	2 [1-2]	1 [1-2]
Other staff involved in patient care	4 [2-6]	1 [0-2]
In training		
Medical doctors	7 [6-7]	1 [0-3]
Medical students	5 [2-7]	1 [0-3]
Nurses	7 [7-7]	1 [0-2]
Nursing aides	1 [1-1]	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?	-	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	-	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	11 (84.62%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	13 (100%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	7 (53.85%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	2 (15.38%)	145 (9.8%) Yes
No fixed criteria	-	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	7 (53.85%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	-	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	-	99 (6.7%) Yes
Malnutrition Screening tool (MST)	1 (7.69%)	94 (6.4%) Yes
SNAQ	-	6 (0.4%) Yes
Other formal tool	3 (0%)	140 (9.5%) Yes
I do not know	(0%)	144 (9.8%) Yes
During hospital stay		

No routine monitoring	2 (15.38%)	156 (10.6%) Yes
No fixed criteria	1 (7.69%)	104 (7.1%) Yes
Experience / visual assessment only	1 (7.69%)	172 (11.7%) Yes
Weighing / BMI only	5 (38.46%)	483 (32.8%) Yes
Other formal tool	4 (30.77%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	2 (15.38%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	1 (7.69%)	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	1 (7.69%)	324 (22%) Yes
Standards on unit level	1 (7.69%)	61 (4.1%) Yes
Individual patient nutrition care plans	-	117 (7.9%) Yes
Others	-	20 (1.4%) Yes
12. What is routinely done in your unit for given patient groups?		
At risk		
Watchful waiting	3 (23.08%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	7 (53.85%)	549 (37.2%) Yes
Develop an individual nutrition care plan	6 (46.15%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	8 (61.54%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (69.23%)	658 (39.2%) Yes
Consult a medical professional	4 (30.77%)	411 (27.9%) Yes
Calculate energy requirements	6 (46.15%)	583 (39.6%) Yes
Calculate protein requirements	8 (61.54%)	571 (38.7%) Yes
Malnourished		
Watchful waiting	4 (30.77%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	4 (30.77%)	618 (41.9%) Yes
Develop an individual nutrition care plan	2 (15.38%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	5 (38.46%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (38.46%)	734 (49.8%) Yes
Consult a medical professional	3 (23.08%)	487 (33%) Yes
Calculate energy requirements	5 (38.46%)	739 (50.1%) Yes
Calculate protein requirements	6 (46.15%)	718 (48.7%) Yes
Every patient		
Watchful waiting	6 (23.08%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	4 (30.77%)	382 (25.9%) Yes
Develop an individual nutrition care plan	3 (23.08%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	3 (23.08%)	220 (14.9%) Yes

Consult a nutrition expert (dietician, nutritionist, etc.)	2 (15.38%)	298 (20.2%) Yes
Consult a medical professional	5 (38.46%)	370 (25.1%) Yes
Calculate energy requirements	3 (23.08%)	193 (13.1%) Yes
Calculate protein requirements	3 (23.08%)	185 (12.6%) Yes
None		
Watchful waiting	1 (7.69%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	-	76 (5.2%) Yes
Develop an individual nutrition care plan	2 (15.38%)	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	3 (23.08%)	147 (10%) Yes
Calculate energy requirements	3 (23.08%)	114 (7.7%) Yes
Calculate protein requirements	1 (7.69%)	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	13 (100%)	825 (56%) Yes
Within 24 hours	3 (23.08%)	153 (10.4%) Yes
Within 48 hours	1 (7.69%)	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	1 (7.69%)	534 (36.2%) Yes
Occasionally	-	136 (9.2%) Yes
When requested	8 (61.54%)	738 (50.1%) Yes
At discharge	-	76 (5.2%) Yes
Never	-	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	8 (61.54%)	1028 (69.7%) Yes
Offer meal choices	5 (38.46%)	896 (60.8%) Yes
Offer different portion sizes	5 (38.46%)	737 (50%) Yes
Consider food presentation	4 (30.77%)	400 (27.1%) Yes
Change food texture/consistency as needed	9 (69.23%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	11 (84.62%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (38.46%)	350 (23.7%) Yes
Promote positive eating environment	8 (61.54%)	385 (26.1%) Yes
Consider cultural/religious preferences	9 (69.23%)	949 (64.4%) Yes
Consider patient allergies / intolerances	10 (76.92%)	1113 (75.5%) Yes
Other	-	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	2 (15.38%)	809 (54.9%) Yes

Reporting of nutrition related information to hospital managers	3 (23.08%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	5 (38.46%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	4 (30.77%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	7 (53.85%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	11 (84.62%)	1052 (71.4%) Yes
Eating habits/difficulties	7 (53.85%)	941 (63.8%) Yes
Nutrition before admission	5 (38.46%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	6 (46.15%)	948 (64.3%) Yes
nutrition treatment	5 (38.46%)	714 (48.4%) Yes
I do not know	4 (30.77%)	92 (6.2%) Yes
17b. Dicharge letter includes		
nutrition treatment received during stay	5 (38.46%)	664 (45%) Yes
future nutrition-related recommendation	8 (61.54%)	768 (52.1%) Yes
I do not know	2 (15.38%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	2 (15.38%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	4 (30.77%)	349 (23.7%) Yes
Dietician	3 (23.08%)	630 (42.7%) Yes
Nurse	7 (53.85%)	326 (22.1%) Yes
Physician	3 (23.08%)	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:	186 (100%)	26084
Number of patients who gave consent:	186 (100%)	26084 (48.6%)
Female	89 (47.85%)	12664 (48.6%)
Male	97 (52.15%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	47 [34-61.5]	64 [47-76]
Weight (kg)	71±17.9	70.5±18.7
Height (cm)	162±8.9	166±11
BMI (female)	29.3±6.8	26±6.4
BMI (male)	24.8±5.2	25.3±5.5
BMI	26.9±6.4	25.6±5.9
This hospital admission was…		
planned	29 (15.59%)	9329 (35.8%)
an emergency	136 (73.12%)	15237 (58.4%)
I do not know	19 (10.22%)	1518 (5.8%)
None of the above	-	(%)
1. **Diagnosis at admission - *ICD-10 DIAGNOSIS***		
0600 Nervous system	5 (2.69%)	2226 (8.5%)
0500 Mental health	4 (2.15%)	1017 (3.9%)
0700 Eye and adnexa	1 (0.54%)	247 (0.9%)
0800 Ear and mastoid process	-	132 (0.5%)
0900 Circulatory system	24 (12.9%)	4506 (17.3%)
1000 Respiratory system	17 (9.14%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	32 (17.2%)	3400 (13%)
1100 Digestive system	59 (31.72%)	5708 (21.9%)
1400 Genitourinary system	23 (12.37%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	7 (3.76%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	11 (5.91%)	1233 (4.7%)
0100 Infectious and parasitic diseases	27 (14.52%)	2768 (10.6%)
0200 Neoplasms	7 (3.76%)	5016 (19.2%)
0300 Blood and bloodforming organs and the imune mechanism	10 (5.38%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	7 (3.76%)	1384 (5.3%)
2000 External causes of morbidity and mortality	-	785 (3%)
1500 Pregnancy, childbirth and the puerperium	33 (17.74%)	405 (1.6%)
1600 Conditions originating in the perinatal period	-	22 (0.1%)
1700 Congenital/chromosomal abnormalities	-	66 (0.3%)
1900 Injury, poisoning	3 (1.61%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	-	1109 (4.3%)
None of the above	-	NA (NA%)

2. Main reason for admission		
0600 Nervous system	5 (2.69%)	1362 (5.2%)
0500 Mental health	1 (0.54%)	396 (1.5%)
0700 Eye and adnexa	1 (0.54%)	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	11 (5.91%)	2308 (8.8%)
1000 Respiratory system	12 (6.45%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	13 (6.99%)	1161 (4.5%)
1100 Digestive system	52 (27.96%)	4135 (15.9%)
1400 Genitourinary system	16 (8.6%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	6 (3.23%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	7 (3.76%)	629 (2.4%)
0100 Infectious and parasitic diseases	19 (10.22%)	1592 (6.1%)
0200 Neoplasms	4 (2.15%)	4052 (15.5%)
0300 Blood and bloodforming organs and the imune mechanism	4 (2.15%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (0.54%)	630 (2.4%)
2000 External causes of morbidity and mortality	-	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	31 (16.67%)	385 (1.5%)
1600 Conditions originating in the perinatal period	-	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	2 (1.08%)	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?		
SPECIFIC COMORBIDITIES		
Cerebral vascular disease	3 (1.61%)	1744 (6.7%)
Dementia	-	985 (3.8%)
Major depressive disorder	-	1090 (4.2%)
Chronic mental disorder	1 (0.54%)	1111 (4.3%)
Myocardial infarction	-	1014 (3.9%)
Cardiac insufficiency	7 (3.76%)	4077 (15.6%)
Chronic lung disease	3 (1.61%)	2633 (10.1%)
Chronic liver disease	5 (2.69%)	1455 (5.6%)
Chronic kidney disease	19 (10.22%)	2943 (11.3%)
GI disease/problems	-	NA (NA%)
Urological disease/problems	-	NA (NA%)
Muskle-skeletal disease	-	NA (NA%)
Arthritis	-	NA (NA%)
Skin problems	1 (0.54%)	NA (NA%)
Peripheral vascular disease	4 (2.15%)	2589 (9.9%)

GENERAL COMORBIDITIES		
Pain	-	NA (NA%)
Fatigue	-	NA (NA%)
Infection	22 (11.83%)	3527 (13.5%)
Diabetes	29 (15.59%)	5790 (22.2%)
Hypertension	16 (8.6%)	NA (NA%)
Hyperlipidaemia	1 (0.54%)	NA (NA%)
Endocrinal disease	1 (0.54%)	NA (NA%)
Cancer (active)	5 (2.69%)	5564 (21.3%)
History of cancer	1 (0.54%)	NA (NA%)
Other chronic disease	36 (19.35%)	7194 (27.6%)
NO COMORBIDITIES	14 (7.53%)	NA (%)
OTHER COMORBIDITIES	64 (34.41%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	3 (1.61%)	2766 (10.6%)
No	145 (77.96%)	20451 (78.4%)
I do not know	1 (0.54%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	5 (2.69%)	1807 (6.9%)
No	177 (95.16%)	22073 (84.6%)
I do not know	4 (2.15%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	159 (85.48%)	20374 (78.1%)
Overloaded	8 (4.3%)	1199 (4.6%)
Dehydrated	15 (8.06%)	1619 (6.2%)
I do not know	4 (2.15%)	2892 (11.1%)
7. Number of different medications planned		
oral	4[2-6]	4[2-8]
Other	3[2-5]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	15 (8.06%)	3987 (15.3%)
At risk	24 (12.9%)	5662 (21.7%)
No	145 (77.96%)	14860 (57%)
I do not know	2 (1.08%)	1575 (6%)

9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	70 (37.63%)	9898 (37.9%)
5% Glucose solution	9 (4.84%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	2[1-2]	0[0-1]
11. Nutrition intake (TODAY)		
Regular hospital food	90 (48.39%)	15714 (60.2%)
Fortified/enriched hospital food	28 (15.05%)	3511 (13.5%)
Special diet	72 (38.71%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	41 (22.04%)	5001 (19.2%)
Enteral nutrition	2 (1.08%)	1402 (5.4%)
Parenteral nutrition	9 (4.84%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	13 (6.99%)	2933 (11.2%)
Peripheral venous access	110 (59.14%)	13234 (50.7%)
Nasogastric	-	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduadenal	-	92 (0.4%)
Enterostoma	1 (0.54%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	-	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	-	447 (1.7%)
Yes, ongoing	-	199 (0.8%)
No	138 (74.19%)	20166 (77.3%)
I do not know	8 (4.3%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	96 (51.61%)	9371 (35.9%)
Protein requirements were determined	56 (30.11%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	59 (31.72%)	10577 (40.5%)
Nutrition treatment plan was developed	64 (34.41%)	9611 (36.8%)
Nutrition expert was consulted	55 (29.57%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	44 (23.66%)	8920 (34.2%)

14a. Energy goal (YESTERDAY)		
< 500 kcal	6 (3.23%)	354 (1.4%)
500-999 kcal	4 (2.15%)	252 (1%)
1000-1499 kcal	4 (2.15%)	1770 (6.8%)
1500-1999 kcal	52 (27.96%)	6981 (26.8%)
>=2000 kcal	34 (18.28%)	4667 (17.9%)
Not determined	45 (24.19%)	7466 (28.6%)
I do not know	4 (2.15%)	1846 (7.1%)
Sum: kcal/kg	-	NA[NA-NA]
14b. Energy intake (YESTERDAY)		
< 500 kcal	13 (6.99%)	1112 (4.3%)
500-999 kcal	9 (4.84%)	1537 (5.9%)
1000-1499 kcal	7 (3.76%)	3036 (11.6%)
1500-1999 kcal	47 (25.27%)	4998 (19.2%)
>=2000 kcal	32 (17.2%)	2771 (10.6%)
Not determined	38 (20.43%)	7333 (28.1%)
I do not know	3 (1.61%)	2522 (9.7%)
Sum: kcal/kg	-	0[0-0]
15. Since admission, this patient's health status has…		
Improved	100 (53.76%)	12633 (48.4%)
Deteriorated	3 (1.61%)	1595 (6.1%)
Remained the same	36 (19.35%)	5937 (22.8%)
This patient has just been admitted	6 (3.23%)	1656 (6.3%)
I do not know	4 (2.15%)	1979 (7.6%)

Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	24 (12.9%)	4723 (18.1%)
Yes, acute	13 (6.99%)	2219 (8.5%)
No	51 (27.42%)	16185 (62%)
days since operation	1[1-4]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	9 (4.84%)	2649 (10.2%)
Yes, later	10 (5.38%)	1764 (6.8%)
No	56 (30.11%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	7 (3.76%)	NA (NA%)
Planned after unscheduled admission	2 (1.08%)	NA (NA%)
Planned after scheduled admission	17 (9.14%)	NA (NA%)
None of the above	-	NA (NA%)
I don't know	29 (15.59%)	NA (NA%)
Non-applicable (NA)	4 (2.15%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	19 (10.22%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)		NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (≤ 1 hour)		NA (NA%)
Major surgery (> 1 hour)	14 (7.53%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	1 (0.54%)	NA (NA%)
Liver	-	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	2 (1.08%)	NA (NA%)
Gynecology	16 (8.6%)	NA (NA%)
Gynecology oncology	-	NA (NA%)
Urology	-	NA (NA%)

Urology oncology	-	NA (NA%)
Cystectomy	-	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	-	NA (NA%)
Knee replacementl	1 (0.54%)	NA (NA%)
Lung	-	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	-	NA (NA%)
Other	2 (1.08%)	NA (NA%)
I don't know	29 (15.59%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	20 (10.75%)	NA (NA%)
Expected prolonged post-operative fasting	1 (0.54%)	NA (NA%)
Preoperative malnutrition	1 (0.54%)	NA (NA%)
Ongoing surgical complication	2 (1.08%)	NA (NA%)
Patient does not eat enough	3 (1.61%)	NA (NA%)
Other	2 (1.08%)	NA (NA%)
I don't know	29 (15.59%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	13[10-12.5]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	3 (1.61%)	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	43 (23.12%)	16868 (64.7%)
6= Death	-	844 (3.2%)
7= Others	-	392 (1.5%)
Readmitted since nutritionDay		
1= No	41 (22.04%)	16020 (61.4%)
2= Yes, same hospital planned	2 (1.08%)	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	1 (0.54%)	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	1 (0.54%)	NA (NA%)
No special dietary habits	100 (53.76%)	16574 (63.5%)
I am vegetarian	2 (1.08%)	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	2 (1.08%)	245 (0.9%)
I avoid added sugars	12 (6.45%)	3723 (14.3%)
I avoid carbohydrates	5 (2.69%)	1327 (5.1%)
I eat a low fat-diet	14 (7.53%)	2344 (9%)
I am lactose intolerant	6 (3.23%)	959 (3.7%)
Other special diet due to intolerances/allergies	1 (0.54%)	426 (1.6%)
Other	7 (3.76%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	104 (55.91%)	20315 (77.9%)
In a nursing home or other live-in facility	1 (0.54%)	631 (2.4%)
I was transferred from another hospital	19 (10.22%)	1683 (6.5%)
Other	6 (3.23%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	105 (56.45%)	14347 (55%)
Yes, with someone's help	7 (3.76%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	14 (7.53%)	3042 (11.7%)
No, I have a wheelchair	1 (0.54%)	923 (3.5%)
No, I am bedridden	2 (1.08%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	14 (7.53%)	1891 (7.2%)
Good	58 (31.18%)	8563 (32.8%)
Fair	48 (25.81%)	8731 (33.5%)
Poor	10 (5.38%)	3103 (11.9%)
Very poor	-	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately…		

… how many times have you seen a doctor?		4[2-8]
… how many times have you been admitted to the hospital (Emergency room, any ward)?		1[0-2]
… how many nights in total have you spent in hospital?		5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	47 (25.27%)	5405 (20.7%)
3-5	17 (9.14%)	6039 (23.2%)
More than 5	10 (5.38%)	6283 (24.1%)
None	53 (28.49%)	4409 (3.1%)
I do not know		796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	11 (5.91%)	3834 (14.7%)
Yes, public insurance only	18 (9.68%)	11434 (43.8%)
Yes, both	12 (6.45%)	2368 (9.1%)
No	85 (45.7%)	4322 (16.6%)
I prefer not to answer	2 (1.08%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	70[60-82]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	13 (6.99%)	1991 (7.6%)
Yes, unintentionally	82 (44.09%)	11584 (44.4%)
No, my weight stayed the same	35 (18.82%)	6693 (25.7%)
No, I gained weight	22 (11.83%)	2724 (10.4%)
I don’t know		2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	9[4.25-13.5]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	36 (19.35%)	8485 (32.5%)
No	91 (48.92%)	13132 (50.3%)
11. Please indicate if you …		
… were weighed at admission		

Yes	88 (47.31%)	11722 (44.9%)
No	37 (19.89%)	9976 (38.2%)
... were informed about your nutrition status		
Yes	32 (17.2%)	8269 (31.7%)
No	96 (51.61%)	13097 (50.2%)
... were informed about nutrition care options		
Yes	33 (17.74%)	7888 (30.2%)
No	96 (51.61%)	13318 (51.1%)
… received special nutrition care		
Yes	58 (31.18%)	8204 (31.5%)
No	70 (37.63%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	10 (5.38%)	1271 (4.9%)
Normal	75 (40.32%)	15182 (58.2%)
About 3/4 of normal	13 (6.99%)	2567 (9.8%)
About half of normal	18 (9.68%)	3356 (12.9%)
About a quarter to nearly nothing	14 (7.53%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	106 (56.99%)	11622 (44.6%)
1/2	30 (16.13%)	6714 (25.7%)
1/4	14 (7.53%)	3460 (13.3%)
nothing	15 (8.06%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	79 (42.47%)	15031 (57.6%)
smaller	27 (14.52%)	2158 (8.3%)
larger	9 (4.84%)	1137 (4.4%)
I do not know	11 (5.91%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	31 (16.67%)	5768 (22.1%)

Somewhat satisfied	35 (18.82%)	7354 (28.2%)
Dissatisfied	9 (4.84%)	4636 (17.8%)
Very dissatisfied	9 (4.84%)	2177 (8.3%)
Neutral	40 (21.51%)	921 (3.5%)
I do not know	3 (1.61%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	4 (2.15%)	2686 (10.3%)
Yes, from hospital staff	5 (2.69%)	1512 (5.8%)
No	117 (62.9%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	99 (53.23%)	16089 (61.7%)
No	25 (13.44%)	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	25 (13.44%)	2646 (10.1%)
I did not like the smell of the food	27 (14.52%)	NA (NA%)
I did not like the taste of the food	10 (5.38%)	NA (NA%)
The food did not fit my cultural/religious preferences	1 (0.54%)	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	23 (12.37%)	498 (1.9%)
Due to food allergy/intolerance	3 (1.61%)	151 (0.6%)
I was not hungry at that time	6 (3.23%)	2174 (8.3%)
I do not have my usual appetite	13 (6.99%)	4432 (17%)
I have problems chewing/swallowing	1 (0.54%)	962 (3.7%)
I normally eat less than what was served	5 (2.69%)	1688 (6.5%)
I had nausea/vomiting	10 (5.38%)	1234 (4.7%)
I was too tired	3 (1.61%)	758 (2.9%)
I cannot eat without help	2 (1.08%)	213 (0.8%)
I was not allowed to eat	9 (4.84%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	7 (3.76%)	970 (3.7%)
I did not get requested food	1 (0.54%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	3[2-5]	3[2-5]
Coffee	1[1-1]	1[0-2]
Fruit juice	2[1-3]	1[0-2]
Nutrition drink	1[1-2]	0[0-1]
Tea		1[0-2]
Milk	1[1-1]	0[0-1]
Soft drinks	1[1-1]	0[0-0]
Other	1[1-1]	0[0-0]

19a. Did you eat any food apart from hospital food TODAY?		
Yes	19 (10.22%)	5629 (21.6%)
No	109 (58.6%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	1 (0.54%)	1724 (6.6%)
Salty snacks	4 (2.15%)	856 (3.3%)
Homemade food	13 (6.99%)	1378 (5.3%)
Fruits	4 (2.15%)	2185 (8.4%)
Dairy products	1 (0.54%)	747 (2.9%)
Food delivered/restaurant	-	235 (0.9%)
Sandwich	1 (0.54%)	395 (1.5%)
Other	4 (2.15%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	23 (12.37%)	3862 (14.8%)
Less	49 (26.34%)	7908 (30.3%)
Same	52 (27.96%)	9129 (35%)
I do not know	3 (1.61%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	96 (51.61%)	11906 (45.6%)
Weaker	24 (12.9%)	4690 (18%)
Same	42 (22.58%)	6893 (26.4%)
I was admitted today	1 (0.54%)	657 (2.5%)
I do not know	4 (2.15%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	123 (66.13%)	14647 (56.2%)
No, only with assistance	19 (10.22%)	6567 (25.2%)
No, I stay in bed	25 (13.44%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	113 (60.75%)	16527 (63.4%)
No	16 (8.6%)	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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