



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 | Poland |
|-------------------------------------|--------|
| Number of participating centers | 5 |
| Number of participating units | 9 |
| Number of patients | 110 |
| Number of patients who gave consent | 109 |

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 | 543 [156-707] | 302 [150-594] |
| 2. Total number of admissions in the hospital last year | 21253 [6504-56036] | 14886 [5212-32951] |
| 3. Total number of staff in the hospital | | |
| <i>Total number</i> | | |
| Total medical doctors | 231 [117-621] | 188 [94-411] |
| Medical specialists | 193 [97-504] | 116 [38-248] |
| Medical non-specialists | 43 [20-147] | 46 [13-128] |
| Nurses | 270 [180-734] | 396 [140-763] |
| Dieticians | 2 [2-8] | 2 [0-8] |
| Nutritionists | 1 [2-2] | 2 [0-4] |
| Pharmacists | 6 [6-15] | 7 [3-16] |
| Kitchen staff | 6 [4-15] | 23 [9-44] |
| <i>Full time equivalent</i> | | |
| Total medical doctors | 64 [95-161] | 148 [54-256] |
| Medical specialists | 15 [75-75] | 78 [27-182] |
| Medical non-specialists | 4 [20-20] | 43 [10-101] |
| Nurses | 36 [180-180] | 287 [99-580] |
| Dieticians | 0 [2-2] | 2 [0-7] |
| Nutritionists | 0 [2-2] | 1 [0-3] |
| Pharmacists | 2 [10-10] | 5 [2-11] |
| Kitchen staff | 1 [4-4] | 21 [5-40] |
| 4. Does the hospital have a nutrition care strategy? | 3 (60%) | 158 (37.98%) Yes |
| 5. Which nutrition-related standards or routine activities exist in your hospital? | | |
| Nutrition training is available | 2 (40%) | 140 (33.7%) Yes |
| Nutrition steering committee is available | 3 (60%) | 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 | 2 (40%) | 98 (23.6%) Yes |
| Patient feedback about food and food service is collected using a questionnaire | 2 (40%) | 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 |



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| Codes available | YOUR RESULTS | REFERENCE RESULTS |
|--|---------------------|--------------------------|
| Nutrition Support | 2 (40%) | 117 (28.1%) Yes |
| Oral nutrition supplements | 3 (60%) | 110 (26.4%) Yes |
| Parenteral nutrition | 3 (60%) | 139 (33.4%) Yes |
| Enteral nutrition | 3 (60%) | 135 (32.5%) Yes |
| Dietary counseling | 3 (60%) | 86 (20.7%) Yes |
| Specific dietary interventions | 2 (40%) | 79 (19%) Yes |
| Screening for malnutrition | 1 (20%) | 80 (19.2%) Yes |
| Risk of malnutrition | 2 (40%) | 65 (15.6%) Yes |
| Malnutrition (in general) | 3 (60%) | 135 (32.5%) Yes |
| Severity of malnutrition (i.e. mild, moderate, severe) | 2 (40%) | 85 (20.4%) Yes |
| Codes routinely used | | |
| Nutrition Support | 2 (40%) | 105 (25.2%) Yes |
| Oral nutrition supplements | 3 (60%) | 96 (23.1%) Yes |
| Parenteral nutrition | 3 (60%) | 120 (28.8%) Yes |
| Enteral nutrition | 3 (60%) | 121 (29.1%) Yes |
| Dietary counseling | 3 (60%) | 71 (17.1%) Yes |
| Specific dietary interventions | 2 (40%) | 65 (15.6%) Yes |
| Screening for malnutrition | 3 (60%) | 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 |
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| Unit Sheet - 1a/1b | | |
|--|--------------|-------------------|
| | YOUR RESULTS | REFERENCE RESULTS |
| 1a. Main specialty | | |
| Internal Medicine / General | - | 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 | 1 (11.11%) | 26 (1.8%) |
| Internal Medicine / Oncology (incl. radiotherapy) | 1 (11.11%) | 172 (11.7%) |
| Surgery / General | 3 (33.33%) | 221 (15%) |
| Surgery/ Cardiac/Vascular/Thoracic | - | 26 (1.8%) |
| Surgery / Neurosurgery | 1 (11.11%) | 12 (%) |
| Surgery / Orthopedic | - | 47 (3.2%) |
| Surgery / Trauma | - | 9 (0.6%) |
| Surgery / Urology | - | NA (NA%) |
| Surgery / Bariatric | - | NA (NA%) |
| Ear Nose Throat (ENT) | 1 (11.11%) | 23 (1.6%) |
| Gynecology / Obstetrics | - | 26 (1.8%) |
| Neurology | 1 (11.11%) | 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 | 1 (11.11%) | 203 (13.8%) |
| 1b. For surgical units only | | |
| a) Do you do ERAS? | 2 (22.22%) | 115 (7.8%) Yes |
| b) Do you have a ERAS protocol? | 1 (11.11%) | 71 (4.8%) Yes |
| c) Do you have an ERAS team? | 1 (11.11%) | 61 (4.1%) Yes |
| d) Do you audit your ERAS results or practice? | - | 61 (4.1%) Yes |
| 2. Number of registered inpatients at noon | | |
| | 17 [13-22] | 21 [15-29] |
| | 26 [20-30] | |
| 3. Total bed capacity of the unit | | |
| | | 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 | 7 [4-8] | 3 [2-6] |
| Medical students | - | |



| | | |
|---|------------|------------------|
| Nurses | 10 [4-10] | 4 [3-7] |
| Nursing aides | 1 [4-5] | 2 [1-4] |
| Dieticians | 1 [1-1] | 1 [0-1] |
| Nutritionists | 0 [2-2] | 1 [0-1] |
| Administrative staff | 2 [1-3] | 1 [1-2] |
| Other staff involved in patient care | 2 [1.5-3] | 1 [0-2] |
| <i>In training</i> | | |
| Medical doctors | 2 [1-6] | 1 [0-3] |
| Medical students | 2 [4-10] | 1 [0-3] |
| Nurses | 1 [1-8] | 1 [0-2] |
| Nursing aides | - | 0 [0-1] |
| Dieticians | 0 [1-1] | 0 [0-0] |
| Nutritionists | 0 [2-2] | 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? | 8 (88.89%) | 938 (63.6%) Yes |
| 6. Does the unit have a nutrition care strategy? | 7 (77.78%) | 900 (61.1%) Yes |
| 7. Is there a person in your unit responsible for nutrition care? | 8 (88.89%) | 844 (57.3%) Yes |
| 8. Is there a dietician, nutritionist or dietetic assistant available for your unit? | 8 (88.89%) | 1205 (81.8%) Yes |
| 9. Is specific staff responsible for providing feeding assistance to patients during meal times? | 7 (77.78%) | 689 (46.7%) Yes |
| 10. How do you MAINLY screen/monitor patients for malnutrition? | | |
| <i>At admission</i> | | |
| No routine screening | - | 145 (9.8%) Yes |
| No fixed criteria | - | 22 (1.5%) Yes |
| Experience / visual assessment only | - | 72 (4.9%) Yes |
| Weighing / BMI only | 1 (11.11%) | 250 (17%) Yes |
| Nutritional Risk Screening (NRS) 2002 | 8 (88.89%) | 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 | (0%) | 172 (11.7%) Yes |
| Weighing / BMI only | 5 (55.56%) | 483 (32.8%) Yes |
| Other formal tool | 3 (33.33%) | 379 (25.7%) Yes |
| I do not know | 1 (11.11%) | 144 (9.8%) Yes |
| 11a. Do you routinely use guidelines or standards for nutrition care? | 8 (88.89%) | 974 (66.1%) Yes |
| 11b. If yes, which one is mainly used? | | |
| International guidelines | 3 (33.33%) | 364 (24.7%) Yes |
| National guidelines | 1 (11.11%) | 131 (8.9%) Yes |
| Standards on hospital level | 4 (44.44%) | 324 (22%) Yes |
| Standards on unit level | - | 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? | | |
| <i>At risk</i> | | |
| Watchful waiting | 2 (22.22%) | 345 (23.4%) Yes |
| Discuss nutrition care activities during ward rounds | 2 (22.22%) | 549 (37.2%) Yes |
| Develop an individual nutrition care plan | 5 (55.56%) | 612 (41.5%) Yes |
| Initiate treatment / nutrition intervention | 6 (66.67%) | 701 (47.6%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 5 (55.56%) | 658 (39.2%) Yes |
| Consult a medical professional | 4 (44.44%) | 411 (27.9%) Yes |
| Calculate energy requirements | 6 (66.67%) | 583 (39.6%) Yes |
| Calculate protein requirements | 6 (66.67%) | 571 (38.7%) Yes |
| <i>Malnourished</i> | | |
| Watchful waiting | 2 (22.22%) | 271 (18.4%) Yes |
| Discuss nutrition care activities during ward rounds | 2 (22.22%) | 618 (41.9%) Yes |
| Develop an individual nutrition care plan | 5 (55.56%) | 732 (49.7%) Yes |
| Initiate treatment / nutrition intervention | 5 (55.56%) | 805 (54.6%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 5 (55.56%) | 734 (49.8%) Yes |
| Consult a medical professional | 2 (22.22%) | 487 (33%) Yes |
| Calculate energy requirements | 6 (66.67%) | 739 (50.1%) Yes |
| Calculate protein requirements | 5 (55.56%) | 718 (48.7%) Yes |
| <i>Every patient</i> | | |
| Watchful waiting | 7 (22.22%) | 607 (41.2%) Yes |
| Discuss nutrition care activities during ward rounds | 6 (66.67%) | 382 (25.9%) Yes |
| Develop an individual nutrition care plan | 3 (33.33%) | 242 (16.4%) Yes |
| Initiate treatment / nutrition intervention | 2 (22.22%) | 220 (14.9%) Yes |



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| Consult a nutrition expert (dietician, nutritionist, etc.) | 2 (22.22%) | 298 (20.2%) Yes |
| Consult a medical professional | 4 (44.44%) | 370 (25.1%) Yes |
| Calculate energy requirements | 1 (11.11%) | 193 (13.1%) Yes |
| Calculate protein requirements | 1 (11.11%) | 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.) | - | 26 (1.8%) Yes |
| Consult a medical professional | - | 147 (10%) Yes |
| Calculate energy requirements | - | 114 (7.7%) Yes |
| Calculate protein requirements | - | 132 (9%) Yes |
| 13. When do you routinely weigh your patients? | | |
| At admission | 9 (100%) | 825 (56%) Yes |
| Within 24 hours | 2 (22.22%) | 153 (10.4%) Yes |
| Within 48 hours | - | 88 (6%) Yes |
| Within 72 hours | 1 (11.11%) | 28 (1.9%) Yes |
| Every week | 2 (22.22%) | 534 (36.2%) Yes |
| Occasionally | - | 136 (9.2%) Yes |
| When requested | 5 (55.56%) | 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 | 7 (77.78%) | 1028 (69.7%) Yes |
| Offer meal choices | 1 (11.11%) | 896 (60.8%) Yes |
| Offer different portion sizes | 1 (11.11%) | 737 (50%) Yes |
| Consider food presentation | 1 (11.11%) | 400 (27.1%) Yes |
| Change food texture/consistency as needed | 8 (88.89%) | 1082 (73.4%) Yes |
| Consider patient problems with eating and drinking | 7 (77.78%) | 1063 (72.1%) Yes |
| Ensure that mealtimes are undisturbed/protected mealtime policy | 3 (33.33%) | 350 (23.7%) Yes |
| Promote positive eating environment | 2 (22.22%) | 385 (26.1%) Yes |
| Consider cultural/religious preferences | 3 (33.33%) | 949 (64.4%) Yes |
| Consider patient allergies / intolerances | 8 (88.89%) | 1113 (75.5%) Yes |
| Other | 1 (11.11%) | 88 (6%) Yes |
| 15. Which nutrition-related standards or routine activities exist in your unit? | | |
| Nutrition training is available | 2 (22.22%) | 809 (54.9%) Yes |



| | | |
|--|------------|------------------|
| Reporting of nutrition related information to hospital managers | 4 (44.44%) | 531 (36%) Yes |
| Quality indicators are recorded and reported to national or regional level | 1 (11.11%) | 313 (21.2%) Yes |
| Quality indicators are used for internal benchmarking | 6 (66.67%) | 418 (28.4%) Yes |
| Patient feedback about food and food service is collected using a questionnaire | 3 (33.33%) | 727 (49.3%) Yes |
| 16. At admission what is asked and documented? | | |
| Change in weight | 5 (55.56%) | 1052 (71.4%) Yes |
| Eating habits/difficulties | 7 (77.78%) | 941 (63.8%) Yes |
| Nutrition before admission | 5 (55.56%) | 693 (47%) Yes |
| 17a. Patient record has a section indicating | | |
| if the patient is malnourished/at risk | 7 (77.78%) | 948 (64.3%) Yes |
| nutrition treatment | 7 (77.78%) | 714 (48.4%) Yes |
| I do not know | - | 92 (6.2%) Yes |
| 17b. Discharge letter includes | | |
| nutrition treatment received during stay | 8 (88.89%) | 664 (45%) Yes |
| future nutrition-related recommendation | 8 (88.89%) | 768 (52.1%) Yes |
| I do not know | - | 108 (7.3%) Yes |
| 18. Do you provide brochures about malnutrition to at risk/malnourished patients? | | |
| | 7 (77.78%) | 534 (36.2%) Yes |
| 19. Who filled in this sheet? | | |
| Head staff | 2 (22.22%) | 349 (23.7%) Yes |
| Dietician | 6 (66.67%) | 630 (42.7%) Yes |
| Nurse | 1 (11.11%) | 326 (22.1%) Yes |
| Physician | - | 156 (10.6%) Yes |
| Administrative staff | 1 (11.11%) | 27 (1.8%) Yes |
| Others | - | 106 (7.2%) Yes |
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| About your patient – Demographics and history of disease (Sheet 2a/2b) | | |
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| | YOUR RESULTS | REFERENCE RESULTS |
| TOTAL Patients: | 110 (100%) | 26084 |
| Number of patients who gave consent: | 109 (99.09%) | 26084 (48.6%) |
| Female | 59 (54.13%) | 12664 (48.6%) |
| Male | 50 (45.87%) | 13227 (50.7%) |
| Other | - | 193 (0.7%) |
| Age | 60 [45-71] | 64 [47-76] |
| Weight (kg) | 79.8±21.2 | 70.5±18.7 |
| Height (cm) | 170±10.5 | 166±11 |
| BMI (female) | 26.5±5.9 | 26±6.4 |
| BMI (male) | 28.6±6.4 | 25.3±5.5 |
| BMI | 27.5±6.2 | 25.6±5.9 |
| This hospital admission was... | | |
| planned | 73 (66.97%) | 9329 (35.8%) |
| an emergency | 34 (31.19%) | 15237 (58.4%) |
| I do not know | 2 (1.83%) | 1518 (5.8%) |
| None of the above | - | (%) |
| 1. Diagnosis at admission - ICD-10 DIAGNOSIS | | |
| 0600 Nervous system | 29 (26.61%) | 2226 (8.5%) |
| 0500 Mental health | 2 (1.83%) | 1017 (3.9%) |
| 0700 Eye and adnexa | - | 247 (0.9%) |
| 0800 Ear and mastoid process | 2 (1.83%) | 132 (0.5%) |
| 0900 Circulatory system | 17 (15.6%) | 4506 (17.3%) |
| 1000 Respiratory system | 18 (16.51%) | 3291 (12.6%) |
| 0400 Endocrine, nutritional and metabolic diseases | 5 (4.59%) | 3400 (13%) |
| 1100 Digestive system | 17 (15.6%) | 5708 (21.9%) |
| 1400 Genitourinary system | 7 (6.42%) | 2686 (10.3%) |
| 1300 Musculoskeletal system and connective tissue | 5 (4.59%) | 4040 (15.5%) |
| 1200 Skin and subcutaneous tissue | 1 (0.92%) | 1233 (4.7%) |
| 0100 Infectious and parasitic diseases | 1 (0.92%) | 2768 (10.6%) |
| 0200 Neoplasms | 30 (27.52%) | 5016 (19.2%) |
| 0300 Blood and bloodforming organs and the immune mechanism | 3 (2.75%) | 1903 (7.3%) |
| 1800 Symptoms, signs, abnormal clinical/lab findings | 3 (2.75%) | 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 | 1 (0.92%) | 66 (0.3%) |
| 1900 Injury, poisoning | 5 (4.59%) | 937 (3.6%) |
| 2100 Factors influencing health status and contact with health services | - | 1109 (4.3%) |
| None of the above | 7 (6.42%) | NA (NA%) |



| 2. Main reason for admission | | 2. Main reason for admission |
|---|--|-------------------------------------|
| 0600 Nervous system | 23 (21.1%) | 1362 (5.2%) |
| 0500 Mental health | - | 396 (1.5%) |
| 0700 Eye and adnexa | 1 (0.92%) | 73 (0.3%) |
| 0800 Ear and mastoid process | - | 77 (0.3%) |
| 0900 Circulatory system | 3 (2.75%) | 2308 (8.8%) |
| 1000 Respiratory system | 15 (13.76%) | 1923 (7.4%) |
| 0400 Endocrine, nutritional and metabolic diseases | - | 1161 (4.5%) |
| 1100 Digestive system | 16 (14.68%) | 4135 (15.9%) |
| 1400 Genitourinary system | 10 (9.17%) | 1425 (5.5%) |
| 1300 Musculoskeletal system and connective tissue | 4 (3.67%) | 3025 (11.6%) |
| 1200 Skin and subcutaneous tissue | 1 (0.92%) | 629 (2.4%) |
| 0100 Infectious and parasitic diseases | - | 1592 (6.1%) |
| 0200 Neoplasms | 25 (22.94%) | 4052 (15.5%) |
| 0300 Blood and bloodforming organs and the immune mechanism | - | 953 (3.7%) |
| 1800 Symptoms, signs, abnormal clinical/lab findings | 1 (0.92%) | 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 | 3 (2.75%) | 717 (2.7%) |
| 2100 Factors influencing health status and contact with health services | - | 416 (1.6%) |
| None of the above | 7 (6.42%) | NA (NA%) |
| | | |
| 3. Which conditions/comorbidities does this patient have? | 3. Which conditions/comorbidities does this patient have? | |
| <i>SPECIFIC COMORBIDITIES</i> | | |
| Cerebral vascular disease | 5 (4.59%) | 1744 (6.7%) |
| Dementia | 2 (1.83%) | 985 (3.8%) |
| Major depressive disorder | 3 (2.75%) | 1090 (4.2%) |
| Chronic mental disorder | 1 (0.92%) | 1111 (4.3%) |
| Myocardial infarction | 2 (1.83%) | 1014 (3.9%) |
| Cardiac insufficiency | 4 (3.67%) | 4077 (15.6%) |
| Chronic lung disease | 2 (1.83%) | 2633 (10.1%) |
| Chronic liver disease | 1 (0.92%) | 1455 (5.6%) |
| Chronic kidney disease | 7 (6.42%) | 2943 (11.3%) |
| GI disease/problems | 10 (9.17%) | NA (NA%) |
| Urological disease/problems | 1 (0.92%) | NA (NA%) |
| Muscle-skeletal disease | 7 (6.42%) | NA (NA%) |
| Arthritis | 2 (1.83%) | NA (NA%) |
| Skin problems | - | NA (NA%) |



| | | |
|---|--------------|---------------|
| Peripheral vascular disease | 1 (0.92%) | 2589 (9.9%) |
| <i>GENERAL COMORBIDITIES</i> | | |
| Pain | 12 (11.01%) | NA (NA%) |
| Fatigue | 7 (6.42%) | NA (NA%) |
| Infection | 1 (0.92%) | 3527 (13.5%) |
| Diabetes | 20 (18.35%) | 5790 (22.2%) |
| Hypertension | 35 (32.11%) | NA (NA%) |
| Hyperlipidaemia | 11 (10.09%) | NA (NA%) |
| Endocrinal disease | 4 (3.67%) | NA (NA%) |
| Cancer (active) | 10 (9.17%) | 5564 (21.3%) |
| History of cancer | 4 (3.67%) | NA (NA%) |
| Other chronic disease | 10 (9.17%) | 7194 (27.6%) |
| NO COMORBIDITIES | 18 (16.51%) | NA (%) |
| OTHER COMORBIDITIES | 15 (13.76%) | NA (%) |
| 4. Previous ICU admission during this hospital stay? | | |
| Yes | 3 (2.75%) | 2766 (10.6%) |
| No | 98 (89.91%) | 20451 (78.4%) |
| I do not know | - | 583 (2.2%) |
| 5. Is this patient terminally ill? | | |
| Yes | 9 (8.26%) | 1807 (6.9%) |
| No | 87 (79.82%) | 22073 (84.6%) |
| I do not know | 13 (11.93%) | 2204 (8.4%) |
| 6. Fluid status (TODAY) | | |
| Normal | 101 (92.66%) | 20374 (78.1%) |
| Overloaded | 2 (1.83%) | 1199 (4.6%) |
| Dehydrated | 4 (3.67%) | 1619 (6.2%) |
| I do not know | 2 (1.83%) | 2892 (11.1%) |
| 7. Number of different medications planned | | |
| oral | 5[2-8] | 4[2-8] |
| Other | 3[1-4] | 2[1-4] |
| 8. Was this patient identified as malnourished or at risk of malnutrition? | | |
| Malnourished | 5 (4.59%) | 3987 (15.3%) |
| At risk | 42 (38.53%) | 5662 (21.7%) |
| No | 61 (55.96%) | 14860 (57%) |



| | | |
|---|-------------|---------------|
| I do not know | 1 (0.92%) | 1575 (6%) |
| 9. IV Fluids (TODAY) | | |
| Electrolyte solution (NaCl, Ringers lactate, etc) | 34 (31.19%) | 9898 (37.9%) |
| 5% Glucose solution | 2 (1.83%) | 1734 (6.6%) |
| 10. Number of ONS drinks planned (TODAY) | | |
| | 2[1-2] | 0[0-1] |
| 11. Nutrition intake (TODAY) | | |
| Regular hospital food | 96 (88.07%) | 15714 (60.2%) |
| Fortified/enriched hospital food | 13 (11.93%) | 3511 (13.5%) |
| Special diet | 14 (12.84%) | 7389 (28.3%) |
| Protein/energy supplement (e.g. ONS drinks) | 27 (24.77%) | 5001 (19.2%) |
| Enteral nutrition | 4 (3.67%) | 1402 (5.4%) |
| Parenteral nutrition | 1 (0.92%) | 1029 (3.9%) |
| 12a. All lines and Tubes (TODAY) | | |
| Central Venous | 5 (4.59%) | 2933 (11.2%) |
| Peripheral venous access | 75 (68.81%) | 13234 (50.7%) |
| Nasogastric | 1 (0.92%) | 631 (2.4%) |
| Nasojejunal | - | 107 (0.4%) |
| Nasoduodenal | - | 92 (0.4%) |
| Enterostoma | - | 120 (0.5%) |
| Percutaneous endoscopy/surgical gastrostomy | 2 (1.83%) | 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 | 99 (90.83%) | 20166 (77.3%) |
| I do not know | 1 (0.92%) | 1944 (7.5%) |
| 13. Please indicate if any of the following was done for this patient since admission | | |
| Energy requirements were determined | 58 (53.21%) | 9371 (35.9%) |
| Protein requirements were determined | 52 (47.71%) | 8764 (33.6%) |
| Food/Nutrition intake was recorded in the patient record | 25 (22.94%) | 10577 (40.5%) |
| Nutrition treatment plan was developed | 19 (17.43%) | 9611 (36.8%) |
| Nutrition expert was consulted | 58 (53.21%) | 10232 (39.2%) |
| Malnutrition status is recorded in the patient record | 17 (15.6%) | 8920 (34.2%) |



| 14a. Energy goal (YESTERDAY) | | |
|-------------------------------------|-------------|--------------|
| < 500 kcal | - | 354 (1.4%) |
| 500-999 kcal | - | 252 (1%) |
| 1000-1499 kcal | 7 (6.42%) | 1770 (6.8%) |
| 1500-1999 kcal | 42 (38.53%) | 6981 (26.8%) |
| >=2000 kcal | 46 (42.2%) | 4667 (17.9%) |
| Not determined | 5 (4.59%) | 7466 (28.6%) |
| I do not know | 1 (0.92%) | 1846 (7.1%) |
| | | |
| Sum: kcal/kg | 3.9[0-0] | NA[NA-NA] |
| | | |



| 14b. Energy intake (YESTERDAY) | | |
|---|-------------|---------------|
| < 500 kcal | 3 (2.75%) | 1112 (4.3%) |
| 500-999 kcal | 1 (0.92%) | 1537 (5.9%) |
| 1000-1499 kcal | 15 (13.76%) | 3036 (11.6%) |
| 1500-1999 kcal | 47 (43.12%) | 4998 (19.2%) |
| >=2000 kcal | 28 (25.69%) | 2771 (10.6%) |
| Not determined | 4 (3.67%) | 7333 (28.1%) |
| I do not know | 3 (2.75%) | 2522 (9.7%) |
| Sum: kcal/kg | 2.8[0-0] | 0[0-0] |
| 15. Since admission, this patient's health status has... | | |
| Improved | 29 (26.61%) | 12633 (48.4%) |
| Deteriorated | - | 1595 (6.1%) |
| Remained the same | 45 (41.28%) | 5937 (22.8%) |
| This patient has just been admitted | 25 (22.94%) | 1656 (6.3%) |
| I do not know | 2 (1.83%) | 1979 (7.6%) |
| | | |
| | | |
| | | |



| Surgery sheet (sheet 2c - only for surgical patients) | | |
|--|----------------------|---------------|
| 16a. Previous operation during this hospital stay | | |
| Yes, planned | 12 (11.01%) | 4723 (18.1%) |
| Yes, acute | 1 (0.92%) | 2219 (8.5%) |
| No | 21 (19.27%) | 16185 (62%) |
| days since operation | 26025.3[225.5-51825] | 4[1-14] |
| 16b. Planned operation during this hospital stay | | |
| Yes, today or tomorrow | 7 (6.42%) | 2649 (10.2%) |
| Yes, later | 9 (8.26%) | 1764 (6.8%) |
| No | 18 (16.51%) | 18037 (69.1%) |
| 17. Surgery type (single choice) | | |
| Operated right after admission (acute) | 5 (4.59%) | NA (NA%) |
| Planned after unscheduled admission | 2 (1.83%) | NA (NA%) |
| Planned after scheduled admission | 22 (20.18%) | NA (NA%) |
| None of the above | 1 (0.92%) | NA (NA%) |
| I don't know | - | NA (NA%) |
| Non-applicable (NA) | 5 (4.59%) | NA (NA%) |
| 18. Surgical approach (single choice) | | |
| Open surgery including converted | 15 (13.76%) | NA (NA%) |
| Minimal invasive surgery (laparoscopy, robotic etc) | 9 (8.26%) | NA (NA%) |
| I do not know | - | NA (NA%) |
| 19. Duration of operation | | |
| Minor surgery (\leq 1 hour) | 9 (8.26%) | NA (NA%) |
| Major surgery ($>$ 1 hour) | 15 (13.76%) | NA (NA%) |
| I do not know | - | NA (NA%) |
| 20. Main organ operated/surgical procedure, planned or done - (single choice) | | |
| Oesophagus | - | NA (NA%) |
| Gastric | 1 (0.92%) | NA (NA%) |
| Liver | 2 (1.83%) | NA (NA%) |
| Pancreas | - | NA (NA%) |
| Colorectal | 7 (6.42%) | NA (NA%) |
| Gynecology | - | NA (NA%) |
| Gynecology oncology | 2 (0%) | NA (NA%) |



| | | |
|---|-------------|---------------|
| Urology | - | NA (NA%) |
| Urology oncology | - | NA (NA%) |
| Cystectomy | - | NA (NA%) |
| Bariatric | 1 (0.92%) | NA (NA%) |
| Hip replacement | - | NA (NA%) |
| Knee replacementl | - | NA (NA%) |
| Lung | - | NA (NA%) |
| Cardiac | 1 (0.92%) | NA (NA%) |
| Vascular | - | NA (NA%) |
| Other | 18 (0%) | NA (NA%) |
| I don't know | 3 (2.75%) | NA (NA%) |
| 21. Indication to use of nutritional therapy | | |
| No indication | 21 (19.27%) | NA (NA%) |
| Expected prolonged post-operative fasting | 1 (0.92%) | NA (NA%) |
| Preoperative malnutrition | 3 (2.75%) | NA (NA%) |
| Ongoing surgical complication | 4 (3.67%) | NA (NA%) |
| Patient does not eat enough | 6 (5.5%) | NA (NA%) |
| Other | 6 (5.5%) | NA (NA%) |
| I don't know | 2 (1.83%) | NA (NA%) |
| 22. Days since nutritional therapy started | | |
| Days since nutritional therapy | 4[1.5-4.5] | NA[NA] |
| SHEET Outcome 30 Days | | |
| Outcome | | |
| 1= Still in the hospital | 1 (0.92%) | 2346 (9%) |
| 2= Transferred to another hospital | - | 536 (2.1%) |
| 3= Transferred to long term care | - | 662 (2.5%) |
| 4= Rehabilitation | 2 (1.83%) | 546 (2.1%) |
| 5= Discharged home | 19 (17.43%) | 16868 (64.7%) |
| 6= Death | 3 (2.75%) | 844 (3.2%) |
| 7= Others | - | 392 (1.5%) |
| Readmitted since nutritionDay | | |
| 1= No | 18 (16.51%) | 16020 (61.4%) |
| 2= Yes, same hospital planned | 2 (1.83%) | 1635 (6.3%) |
| 3= Yes, same hospital unplanned | 1 (0.92%) | 1080 (4.1%) |
| 4= Yes, different hospital planned | - | 162 (0.6%) |
| 5= Yes, different hospital unplanned | 1 (0.92%) | 74 (0.3%) |
| 6= Others | 1 (0.92%) | 596 (2.3%) |
| Admitted to ICU? | - | NA |



| | | |
|---------------------------------|--------|----------|
| Re-operated after nDay? | - | NA (yes) |
| How many days after nDay | 5[-24] | [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 | 13 (11.93%) | NA (NA%) |
| No special dietary habits | 60 (55.05%) | 16574 (63.5%) |
| I am vegetarian | 2 (1.83%) | 457 (1.8%) |
| I eat a vegan diet | - | 91 (0.3%) |
| I eat gluten-free diet | - | 245 (0.9%) |
| I avoid added sugars | 28 (25.69%) | 3723 (14.3%) |
| I avoid carbohydrates | 18 (16.51%) | 1327 (5.1%) |
| I eat a low fat-diet | 22 (20.18%) | 2344 (9%) |
| I am lactose intolerant | 6 (5.5%) | 959 (3.7%) |
| Other special diet due to intolerances/allergies | 2 (1.83%) | 426 (1.6%) |
| Other | 6 (5.5%) | 1653 (6.3%) |
| 2. Where did you live before your current hospital admission? | | |
| At home | 90 (82.57%) | 20315 (77.9%) |
| In a nursing home or other live-in facility | 2 (1.83%) | 631 (2.4%) |
| I was transferred from another hospital | 2 (1.83%) | 1683 (6.5%) |
| Other | 3 (2.75%) | 358 (1.4%) |
| 3. In general, are you able to walk? | | |
| Yes | 71 (65.14%) | 14347 (55%) |
| Yes, with someone's help | 4 (3.67%) | 2630 (10.1%) |
| Yes, independently using a cane, walker, or crutches | 6 (5.5%) | 3042 (11.7%) |
| No, I have a wheelchair | 3 (2.75%) | 923 (3.5%) |
| No, I am bedridden | 12 (11.01%) | 1927 (7.4%) |
| 4. In general, how would you say your health is? | | |
| Very good | 5 (4.59%) | 1891 (7.2%) |
| Good | 29 (26.61%) | 8563 (32.8%) |
| Fair | 47 (43.12%) | 8731 (33.5%) |
| Poor | 16 (14.68%) | 3103 (11.9%) |
| Very poor | 1 (0.92%) | 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[3-8] | 4[2-8] |



| | | |
|---|-------------|---------------|
| ... how many times have you been admitted to the hospital (Emergency room, any ward)? | 2[1-3] | 1[0-2] |
| ... how many nights in total have you spent in hospital? | 20[4-19] | 5[0-15] |
| 6. How many different medications do you take routinely each day (prior to hospitalisation)? | | |
| 1-2 | 25 (22.94%) | 5405 (20.7%) |
| 3-5 | 26 (23.85%) | 6039 (23.2%) |
| More than 5 | 25 (22.94%) | 6283 (24.1%) |
| None | 16 (14.68%) | 4409 (3.1%) |
| I do not know | 5 (4.59%) | 796 (3.1%) |
| 7. Do you have health insurance? | | |
| Yes, private insurance only | 4 (3.67%) | 3834 (14.7%) |
| Yes, public insurance only | 63 (57.8%) | 11434 (43.8%) |
| Yes, both | 17 (15.6%) | 2368 (9.1%) |
| No | 1 (0.92%) | 4322 (16.6%) |
| I prefer not to answer | 11 (10.09%) | 787 (3%) |
| 8. What was your weight 5 years ago? | | |
| Weight (kg): | 78[65-89] | 74[63-85] |
| 9a. Have you lost weight within the last 3 months? | | |
| Yes, intentionally | 9 (8.26%) | 1991 (7.6%) |
| Yes, unintentionally | 22 (20.18%) | 11584 (44.4%) |
| No, my weight stayed the same | 31 (28.44%) | 6693 (25.7%) |
| No, I gained weight | 19 (17.43%) | 2724 (10.4%) |
| I don't know | 24 (22.02%) | 2174 (8.3%) |
| 9b. If yes, how many kg did you lose? | | |
| Weight (kg): | 11[3-17] | 6[4-10] |
| 10. Did you know about your hospitalisation two days before admission? | | |
| Yes | 61 (55.96%) | 8485 (32.5%) |
| No | 30 (27.52%) | 13132 (50.3%) |
| 11. Please indicate if you ... | | |
| ... were weighed at admission | | |



| | | |
|--|-------------|---------------|
| Yes | 44 (40.37%) | 11722 (44.9%) |
| No | 46 (42.2%) | 9976 (38.2%) |
| <i>... were informed about your nutrition status</i> | | |
| Yes | 47 (43.12%) | 8269 (31.7%) |
| No | 39 (35.78%) | 13097 (50.2%) |
| <i>... were informed about nutrition care options</i> | | |
| Yes | 39 (35.78%) | 7888 (30.2%) |
| No | 46 (42.2%) | 13318 (51.1%) |
| <i>... received special nutrition care</i> | | |
| Yes | 18 (16.51%) | 8204 (31.5%) |
| No | 60 (55.05%) | 13255 (50.8%) |
| 12. How well have you eaten in the week before you were admitted to the hospital? | | |
| More than normal | 4 (3.67%) | 1271 (4.9%) |
| Normal | 73 (66.97%) | 15182 (58.2%) |
| About 3/4 of normal | 3 (2.75%) | 2567 (9.8%) |
| About half of normal | 10 (9.17%) | 3356 (12.9%) |
| About a quarter to nearly nothing | 4 (3.67%) | 2583 (9.9%) |
| 13a. Please indicate how much hospital food you ate for lunch or dinner TODAY: | | |
| about all | 46 (42.2%) | 11622 (44.6%) |
| 1/2 | 31 (28.44%) | 6714 (25.7%) |
| 1/4 | 18 (16.51%) | 3460 (13.3%) |
| nothing | 4 (3.67%) | 2824 (10.8%) |
| 13b. The portion size of the meal I ordered TODAY was... | | |
| standard | 59 (54.13%) | 15031 (57.6%) |
| smaller | 6 (5.5%) | 2158 (8.3%) |
| larger | 2 (1.83%) | 1137 (4.4%) |
| I do not know | 19 (17.43%) | 2563 (9.8%) |
| 14. In general, how satisfied are you with the food at the hospital? | | |
| Very satisfied | 8 (7.34%) | 5768 (22.1%) |
| Somewhat satisfied | 49 (44.95%) | 7354 (28.2%) |



| | | |
|---|-------------|---------------|
| Dissatisfied | 9 (8.26%) | 4636 (17.8%) |
| Very dissatisfied | 1 (0.92%) | 2177 (8.3%) |
| Neutral | 17 (15.6%) | 921 (3.5%) |
| I do not know | 7 (6.42%) | 1771 (8.3%) |
| 15. Did you get any help with eating TODAY? | | |
| Yes, from family or friends | 5 (4.59%) | 2686 (10.3%) |
| Yes, from hospital staff | 16 (14.68%) | 1512 (5.8%) |
| No | 60 (55.05%) | 17776 (68.1%) |
| 16. Were you able to eat without interruption TODAY? | | |
| Yes | 74 (67.89%) | 16089 (61.7%) |
| No | 11 (10.09%) | 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 | 14 (12.84%) | 2646 (10.1%) |
| I did not like the smell of the food | 5 (4.59%) | NA (NA%) |
| I did not like the taste of the food | 12 (11.01%) | NA (NA%) |
| The food did not fit my cultural/religious preferences | - | 139 (0.5%) |
| The food was too hot | 1 (0.92%) | 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 | 13 (11.93%) | 2174 (8.3%) |
| I do not have my usual appetite | 14 (12.84%) | 4432 (17%) |
| I have problems chewing/swallowing | 7 (6.42%) | 962 (3.7%) |
| I normally eat less than what was served | 17 (15.6%) | 1688 (6.5%) |
| I had nausea/vomiting | 2 (1.83%) | 1234 (4.7%) |
| I was too tired | - | 758 (2.9%) |
| I cannot eat without help | 1 (0.92%) | 213 (0.8%) |
| I was not allowed to eat | 2 (1.83%) | 1165 (4.5%) |
| I had an exam, surgery, or test and missed my meal | 1 (0.92%) | 970 (3.7%) |
| I did not get requested food | 1 (0.92%) | 189 (0.7%) |
| 18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours | | |
| Water | 4[2-6] | 3[2-5] |
| Coffee | 1[1-1] | 1[0-2] |
| Fruit juice | 2[1-2] | 1[0-2] |
| Nutrition drink | 1[1-1] | 0[0-1] |
| Tea | 2[1-2] | 1[0-2] |
| Milk | 1[1-1] | 0[0-1] |
| Soft drinks | 2[2-2] | 0[0-0] |
| Other | 2[1-2] | 0[0-0] |



| | | |
|--|-------------|---------------|
| 19a. Did you eat any food apart from hospital food TODAY? | | |
| Yes | 40 (36.7%) | 5629 (21.6%) |
| No | 50 (45.87%) | 15703 (60.2%) |
| 19b. If yes, what did you eat? | | |
| Sweet snacks | 15 (13.76%) | 1724 (6.6%) |
| Salty snacks | 5 (4.59%) | 856 (3.3%) |
| Homemade food | 11 (10.09%) | 1378 (5.3%) |
| Fruits | 20 (18.35%) | 2185 (8.4%) |
| Dairy products | 5 (4.59%) | 747 (2.9%) |
| Food delivered/restaurant | 1 (0.92%) | 235 (0.9%) |
| Sandwich | 5 (4.59%) | 395 (1.5%) |
| Other | 2 (1.83%) | 1005 (3.9%) |
| 20. Since hospital admission, do you eat more or less? | | |
| More | 7 (6.42%) | 3862 (14.8%) |
| Less | 24 (22.02%) | 7908 (30.3%) |
| Same | 41 (37.61%) | 9129 (35%) |
| I do not know | 21 (19.27%) | 1335 (5.1%) |
| 21. Today, compared to admission I feel | | |
| Stronger | 25 (22.94%) | 11906 (45.6%) |
| Weaker | 18 (16.51%) | 4690 (18%) |
| Same | 36 (33.03%) | 6893 (26.4%) |
| I was admitted today | 8 (7.34%) | 657 (2.5%) |
| I do not know | 11 (10.09%) | 984 (3.8%) |
| 22. Can you walk without assistance TODAY? | | |
| Yes | 75 (68.81%) | 14647 (56.2%) |
| No, only with assistance | 12 (11.01%) | 6567 (25.2%) |
| No, I stay in bed | 12 (11.01%) | 3533 (13.5%) |
| 23. Did anyone help you complete this questionnaire? | | |
| Yes | 26 (23.85%) | 16527 (63.4%) |
| No | 66 (60.55%) | 5953 (22.8%) |
| I do not know | 1 (0.92%) | 2573 (9.9 %) |
| | | |
| | | |
| | | |
| | | |



Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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