



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	Serbia
Number of participating centers	1
Number of participating units	8
Number of patients	119
Number of patients who gave consent	119

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	245 [245-245]	302 [150-594]
2. Total number of admissions in the hospital last year	-	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	-	188 [94-411]
Medical specialists	-	116 [38-248]
Medical non-specialists	-	46 [13-128]
Nurses	-	396 [140-763]
Dieticians	-	2 [0-8]
Nutritionists	-	2 [0-4]
Pharmacists	-	7 [3-16]
Kitchen staff	-	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?	-	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	-	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	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	(0%)	117 (28.1%) Yes
Oral nutrition supplements	(0%)	110 (26.4%) Yes
Parenteral nutrition	(0%)	139 (33.4%) Yes
Enteral nutrition	(0%)	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)	(0%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	(0%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	1 (100%)	105 (25.2%) Yes
Oral nutrition supplements	1 (100%)	96 (23.1%) Yes
Parenteral nutrition	1 (100%)	120 (28.8%) Yes
Enteral nutrition	1 (100%)	121 (29.1%) Yes
Dietary counseling	1 (100%)	71 (17.1%) Yes
Specific dietary interventions	1 (100%)	65 (15.6%) Yes
Screening for malnutrition	1 (100%)	71 (17.1%) Yes
Risk of malnutrition	1 (100%)	54 (13%) Yes
Malnutrition (in general)	1 (100%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (100%)	79 (19%) Yes



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	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	-	172 (11.7%)
Surgery / General	8 (100%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	-	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	-	23 (1.6%)
Gynecology / Obstetrics	-	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	-	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	1 (12.5%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	1 (12.5%)	71 (4.8%) Yes
c) Do you have an ERAS team?	1 (12.5%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	20 [14.5-21]	21 [15-29]
3. Total bed capacity of the unit	24 [18-27]	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 [5-7]	3 [2-6]
Medical students	-	



Nurses	7 [5-12]	4 [3-7]
Nursing aides	-	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	-	1 [0-1]
Administrative staff	-	1 [1-2]
Other staff involved in patient care	-	1 [0-2]
<i>In training</i>		
Medical doctors	3 [1-3]	1 [0-3]
Medical students	-	1 [0-3]
Nurses	-	1 [0-2]
Nursing aides	-	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?	6 (75%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	4 (50%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	7 (87.5%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	7 (87.5%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	6 (75%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	2 (25%)	145 (9.8%) Yes
No fixed criteria	1 (12.5%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	3 (37.5%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	1 (12.5%)	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	(0%)	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	1 (12.5%)	156 (10.6%) Yes
No fixed criteria	3 (37.5%)	104 (7.1%) Yes
Experience / visual assessment only	2 (25%)	172 (11.7%) Yes
Weighing / BMI only	2 (25%)	483 (32.8%) Yes
Other formal tool	(0%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	3 (37.5%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	1 (12.5%)	364 (24.7%) Yes
National guidelines	2 (25%)	131 (8.9%) Yes
Standards on hospital level	-	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	1 (12.5%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	3 (37.5%)	549 (37.2%) Yes
Develop an individual nutrition care plan	-	612 (41.5%) Yes
Initiate treatment / nutrition intervention	1 (12.5%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (12.5%)	658 (39.2%) Yes
Consult a medical professional	2 (25%)	411 (27.9%) Yes
Calculate energy requirements	1 (12.5%)	583 (39.6%) Yes
Calculate protein requirements	-	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	2 (25%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	3 (37.5%)	618 (41.9%) Yes
Develop an individual nutrition care plan	3 (37.5%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	4 (50%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (50%)	734 (49.8%) Yes
Consult a medical professional	4 (50%)	487 (33%) Yes
Calculate energy requirements	5 (62.5%)	739 (50.1%) Yes
Calculate protein requirements	4 (50%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	3 (12.5%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	1 (12.5%)	382 (25.9%) Yes
Develop an individual nutrition care plan	1 (12.5%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	1 (12.5%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	-	298 (20.2%) Yes
Consult a medical professional	-	370 (25.1%) Yes
Calculate energy requirements	-	193 (13.1%) Yes
Calculate protein requirements	-	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	2 (25%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	2 (25%)	76 (5.2%) Yes
Develop an individual nutrition care plan	2 (25%)	78 (5.3%) Yes
Initiate treatment / nutrition intervention	1 (12.5%)	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (12.5%)	26 (1.8%) Yes
Consult a medical professional	1 (12.5%)	147 (10%) Yes
Calculate energy requirements	1 (12.5%)	114 (7.7%) Yes
Calculate protein requirements	1 (12.5%)	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	4 (50%)	825 (56%) Yes
Within 24 hours	-	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	-	534 (36.2%) Yes
Occasionally	-	136 (9.2%) Yes
When requested	3 (37.5%)	738 (50.1%) Yes
At discharge	-	76 (5.2%) Yes
Never	1 (12.5%)	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	5 (62.5%)	1028 (69.7%) Yes
Offer meal choices	1 (12.5%)	896 (60.8%) Yes
Offer different portion sizes	2 (25%)	737 (50%) Yes
Consider food presentation	1 (12.5%)	400 (27.1%) Yes
Change food texture/consistency as needed	1 (12.5%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	4 (50%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (37.5%)	350 (23.7%) Yes
Promote positive eating environment	1 (12.5%)	385 (26.1%) Yes
Consider cultural/religious preferences	3 (37.5%)	949 (64.4%) Yes
Consider patient allergies / intolerances	4 (50%)	1113 (75.5%) Yes
Other	3 (37.5%)	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	5 (62.5%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	1 (12.5%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	-	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	-	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (12.5%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	7 (87.5%)	1052 (71.4%) Yes
Eating habits/difficulties	5 (62.5%)	941 (63.8%) Yes
Nutrition before admission	1 (12.5%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	3 (37.5%)	948 (64.3%) Yes
nutrition treatment	-	714 (48.4%) Yes
I do not know	4 (50%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	2 (25%)	664 (45%) Yes
future nutrition-related recommendation	6 (75%)	768 (52.1%) Yes
I do not know	1 (12.5%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	1 (12.5%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	1 (12.5%)	349 (23.7%) Yes
Dietician	-	630 (42.7%) Yes
Nurse	5 (62.5%)	326 (22.1%) Yes
Physician	4 (50%)	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:	119 (100%)	26084
Number of patients who gave consent:	119 (100%)	26084 (48.6%)
Female	53 (44.54%)	12664 (48.6%)
Male	66 (55.46%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	65 [52-72]	64 [47-76]
Weight (kg)	75.2±17.4	70.5±18.7
Height (cm)	172±11	166±11
BMI (female)	24.6±4.7	26±6.4
BMI (male)	25.3±3.6	25.3±5.5
BMI	24.9±4.1	25.6±5.9
This hospital admission was...		
planned	107 (89.92%)	9329 (35.8%)
an emergency	11 (9.24%)	15237 (58.4%)
I do not know	1 (0.84%)	1518 (5.8%)
None of the above	-	(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	-	2226 (8.5%)
0500 Mental health	-	1017 (3.9%)
0700 Eye and adnexa	-	247 (0.9%)
0800 Ear and mastoid process	-	132 (0.5%)
0900 Circulatory system	2 (1.68%)	4506 (17.3%)
1000 Respiratory system	-	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	1 (0.84%)	3400 (13%)
1100 Digestive system	117 (98.32%)	5708 (21.9%)
1400 Genitourinary system	5 (4.2%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	6 (5.04%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	-	1233 (4.7%)
0100 Infectious and parasitic diseases	1 (0.84%)	2768 (10.6%)
0200 Neoplasms	53 (44.54%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	-	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	1384 (5.3%)
2000 External causes of morbidity and mortality	1 (0.84%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	-	405 (1.6%)
1600 Conditions originating in the perinatal period	-	22 (0.1%)
1700 Congenital/chromosomal abnormalities	-	66 (0.3%)
1900 Injury, poisoning	1 (0.84%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	1 (0.84%)	1109 (4.3%)
None of the above	5 (4.2%)	NA (NA%)



2. Main reason for admission		
0600 Nervous system	-	1362 (5.2%)
0500 Mental health	-	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	-	2308 (8.8%)
1000 Respiratory system	-	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	-	1161 (4.5%)
1100 Digestive system	80 (67.23%)	4135 (15.9%)
1400 Genitourinary system	-	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	-	3025 (11.6%)
1200 Skin and subcutaneous tissue	-	629 (2.4%)
0100 Infectious and parasitic diseases	-	1592 (6.1%)
0200 Neoplasms	38 (31.93%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	-	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	630 (2.4%)
2000 External causes of morbidity and mortality	-	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	385 (1.5%)
1600 Conditions originating in the perinatal period	-	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	-	717 (2.7%)
2100 Factors influencing health status and contact with health services	1 (0.84%)	416 (1.6%)
None of the above	5 (4.2%)	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	4 (3.36%)	1744 (6.7%)
Dementia	-	985 (3.8%)
Major depressive disorder	-	1090 (4.2%)
Chronic mental disorder	3 (2.52%)	1111 (4.3%)
Myocardial infarction	4 (3.36%)	1014 (3.9%)
Cardiac insufficiency	7 (5.88%)	4077 (15.6%)
Chronic lung disease	8 (6.72%)	2633 (10.1%)
Chronic liver disease	9 (7.56%)	1455 (5.6%)
Chronic kidney disease	1 (0.84%)	2943 (11.3%)
GI disease/problems	11 (9.24%)	NA (NA%)
Urological disease/problems	4 (3.36%)	NA (NA%)
Muscle-skeletal disease	2 (1.68%)	NA (NA%)
Arthritis	2 (1.68%)	NA (NA%)
Skin problems	1 (0.84%)	NA (NA%)
Peripheral vascular disease	2 (1.68%)	2589 (9.9%)



<i>GENERAL COMORBIDITIES</i>		
Pain	6 (5.04%)	NA (NA%)
Fatigue	1 (0.84%)	NA (NA%)
Infection	2 (1.68%)	3527 (13.5%)
Diabetes	36 (30.25%)	5790 (22.2%)
Hypertension	68 (57.14%)	NA (NA%)
Hyperlipidaemia	21 (17.65%)	NA (NA%)
Endocrinal disease	13 (10.92%)	NA (NA%)
Cancer (active)	31 (26.05%)	5564 (21.3%)
History of cancer	4 (3.36%)	NA (NA%)
Other chronic disease	7 (5.88%)	7194 (27.6%)
NO COMORBIDITIES	1 (0.84%)	NA (%)
OTHER COMORBIDITIES	22 (18.49%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	17 (14.29%)	2766 (10.6%)
No	102 (85.71%)	20451 (78.4%)
I do not know	-	583 (2.2%)
5. Is this patient terminally ill?		
Yes	6 (5.04%)	1807 (6.9%)
No	93 (78.15%)	22073 (84.6%)
I do not know	20 (16.81%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	96 (80.67%)	20374 (78.1%)
Overloaded	-	1199 (4.6%)
Dehydrated	21 (17.65%)	1619 (6.2%)
I do not know	2 (1.68%)	2892 (11.1%)
7. Number of different medications planned		
oral	2[2-4.5]	4[2-8]
Other	4[2.5-6.5]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	10 (8.4%)	3987 (15.3%)
At risk	50 (42.02%)	5662 (21.7%)
No	54 (45.38%)	14860 (57%)
I do not know	5 (4.2%)	1575 (6%)



9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	67 (56.3%)	9898 (37.9%)
5% Glucose solution	53 (44.54%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	3[2-4]	0[0-1]
11. Nutrition intake (TODAY)		
Regular hospital food	72 (60.5%)	15714 (60.2%)
Fortified/enriched hospital food	3 (2.52%)	3511 (13.5%)
Special diet	19 (15.97%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	3 (2.52%)	5001 (19.2%)
Enteral nutrition	10 (8.4%)	1402 (5.4%)
Parenteral nutrition	4 (3.36%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	28 (23.53%)	2933 (11.2%)
Peripheral venous access	57 (47.9%)	13234 (50.7%)
Nasogastric	7 (5.88%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	13 (10.92%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.84%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.84%)	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	4 (3.36%)	447 (1.7%)
Yes, ongoing	3 (2.52%)	199 (0.8%)
No	100 (84.03%)	20166 (77.3%)
I do not know	10 (8.4%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	32 (26.89%)	9371 (35.9%)
Protein requirements were determined	7 (5.88%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	18 (15.13%)	10577 (40.5%)
Nutrition treatment plan was developed	25 (21.01%)	9611 (36.8%)
Nutrition expert was consulted	7 (5.88%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	11 (9.24%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		



< 500 kcal	14 (11.76%)	354 (1.4%)
500-999 kcal	6 (5.04%)	252 (1%)
1000-1499 kcal	11 (9.24%)	1770 (6.8%)
1500-1999 kcal	26 (21.85%)	6981 (26.8%)
>=2000 kcal	3 (2.52%)	4667 (17.9%)
Not determined	50 (42.02%)	7466 (28.6%)
I do not know	7 (5.88%)	1846 (7.1%)
Sum: kcal/kg	1800[1800-1800]	NA[NA-NA]
14b. Energy intake (YESTERDAY)		
< 500 kcal	15 (12.61%)	1112 (4.3%)
500-999 kcal	5 (4.2%)	1537 (5.9%)
1000-1499 kcal	14 (11.76%)	3036 (11.6%)
1500-1999 kcal	23 (19.33%)	4998 (19.2%)
>=2000 kcal	2 (1.68%)	2771 (10.6%)
Not determined	49 (41.18%)	7333 (28.1%)
I do not know	8 (6.72%)	2522 (9.7%)
Sum: kcal/kg	1800[1800-1800]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	34 (28.57%)	12633 (48.4%)
Deteriorated	16 (13.45%)	1595 (6.1%)
Remained the same	58 (48.74%)	5937 (22.8%)
This patient has just been admitted	8 (6.72%)	1656 (6.3%)
I do not know	3 (2.52%)	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	45 (37.82%)	4723 (18.1%)
Yes, acute	9 (7.56%)	2219 (8.5%)
No	59 (49.58%)	16185 (62%)
days since operation	7[4-13]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	20 (16.81%)	2649 (10.2%)
Yes, later	43 (36.13%)	1764 (6.8%)
No	45 (37.82%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	3 (2.52%)	NA (NA%)
Planned after unscheduled admission	3 (2.52%)	NA (NA%)
Planned after scheduled admission	81 (68.07%)	NA (NA%)
None of the above	5 (4.2%)	NA (NA%)
I don't know	10 (8.4%)	NA (NA%)
Non-applicable (NA)	4 (3.36%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	76 (63.87%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)		NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (\leq 1 hour)		NA (NA%)
Major surgery ($>$ 1 hour)	70 (58.82%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	9 (7.56%)	NA (NA%)
Gastric	8 (6.72%)	NA (NA%)
Liver	12 (10.08%)	NA (NA%)
Pancreas	17 (14.29%)	NA (NA%)
Colorectal	36 (30.25%)	NA (NA%)
Gynecology	-	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	-	NA (NA%)
Lung	-	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	-	NA (NA%)
Other	7 (5.88%)	NA (NA%)
I don't know	10 (8.4%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	45 (37.82%)	NA (NA%)
Expected prolonged post-operative fasting	30 (25.21%)	NA (NA%)
Preoperative malnutrition	11 (9.24%)	NA (NA%)
Ongoing surgical complication	3 (2.52%)	NA (NA%)
Patient does not eat enough	6 (5.04%)	NA (NA%)
Other	7 (5.88%)	NA (NA%)
I don't know	10 (8.4%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	7[2-10.5]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	5 (4.2%)	2346 (9%)
2= Transferred to another hospital	4 (3.36%)	536 (2.1%)
3= Transferred to long term care	1 (0.84%)	662 (2.5%)
4= Rehabilitation	-	546 (2.1%)
5= Discharged home	100 (84.03%)	16868 (64.7%)
6= Death	3 (2.52%)	844 (3.2%)
7= Others	2 (1.68%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	108 (90.76%)	16020 (61.4%)
2= Yes, same hospital planned	3 (2.52%)	1635 (6.3%)
3= Yes, same hospital unplanned	1 (0.84%)	1080 (4.1%)
4= Yes, different hospital planned	1 (0.84%)	162 (0.6%)
5= Yes, different hospital unplanned	-	74 (0.3%)
6= Others	1 (0.84%)	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	12 (10.08%)	NA (NA%)
No special dietary habits	82 (68.91%)	16574 (63.5%)
I am vegetarian	-	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	2 (1.68%)	245 (0.9%)
I avoid added sugars	24 (20.17%)	3723 (14.3%)
I avoid carbohydrates	14 (11.76%)	1327 (5.1%)
I eat a low fat-diet	12 (10.08%)	2344 (9%)
I am lactose intolerant	2 (1.68%)	959 (3.7%)
Other special diet due to intolerances/allergies	1 (0.84%)	426 (1.6%)
Other	4 (3.36%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	114 (95.8%)	20315 (77.9%)
In a nursing home or other live-in facility	1 (0.84%)	631 (2.4%)
I was transferred from another hospital	4 (3.36%)	1683 (6.5%)
Other	-	358 (1.4%)
3. In general, are you able to walk?		
Yes	110 (92.44%)	14347 (55%)
Yes, with someone's help	2 (1.68%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	5 (4.2%)	3042 (11.7%)
No, I have a wheelchair	-	923 (3.5%)
No, I am bedridden	1 (0.84%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	13 (10.92%)	1891 (7.2%)
Good	47 (39.5%)	8563 (32.8%)
Fair	39 (32.77%)	8731 (33.5%)
Poor	18 (15.13%)	3103 (11.9%)
Very poor	2 (1.68%)	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	31 (26.05%)	5405 (20.7%)
3-5	45 (37.82%)	6039 (23.2%)
More than 5	11 (9.24%)	6283 (24.1%)
None	30 (25.21%)	4409 (3.1%)
I do not know		796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	3 (2.52%)	3834 (14.7%)
Yes, public insurance only	113 (94.96%)	11434 (43.8%)
Yes, both	1 (0.84%)	2368 (9.1%)
No	1 (0.84%)	4322 (16.6%)
I prefer not to answer	2 (1.68%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	80[70-95.5]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	12 (10.08%)	1991 (7.6%)
Yes, unintentionally	60 (50.42%)	11584 (44.4%)
No, my weight stayed the same	33 (27.73%)	6693 (25.7%)
No, I gained weight	6 (5.04%)	2724 (10.4%)
I don't know		2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	10[5-15]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	95 (79.83%)	8485 (32.5%)
No	14 (11.76%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	11 (9.24%)	11722 (44.9%)
No	105 (88.24%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	14 (11.76%)	8269 (31.7%)
No	101 (84.87%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	19 (15.97%)	7888 (30.2%)
No	95 (79.83%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	35 (29.41%)	8204 (31.5%)
No	79 (66.39%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	4 (3.36%)	1271 (4.9%)
Normal	85 (71.43%)	15182 (58.2%)
About 3/4 of normal	10 (8.4%)	2567 (9.8%)
About half of normal	10 (8.4%)	3356 (12.9%)
About a quarter to nearly nothing	9 (7.56%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	43 (36.13%)	11622 (44.6%)
1/2	25 (21.01%)	6714 (25.7%)
1/4	16 (13.45%)	3460 (13.3%)
nothing	32 (26.89%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	70 (58.82%)	15031 (57.6%)
smaller	4 (3.36%)	2158 (8.3%)
larger	1 (0.84%)	1137 (4.4%)
I do not know	42 (35.29%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	18 (15.13%)	5768 (22.1%)
Somewhat satisfied	43 (36.13%)	7354 (28.2%)



Dissatisfied	10 (8.4%)	4636 (17.8%)
Very dissatisfied	3 (2.52%)	2177 (8.3%)
Neutral	30 (25.21%)	921 (3.5%)
I do not know	13 (10.92%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	2 (1.68%)	2686 (10.3%)
Yes, from hospital staff	2 (1.68%)	1512 (5.8%)
No	112 (94.12%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	75 (63.03%)	16089 (61.7%)
No	30 (25.21%)	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	8 (6.72%)	2646 (10.1%)
I did not like the smell of the food	3 (2.52%)	NA (NA%)
I did not like the taste of the food	12 (10.08%)	NA (NA%)
The food did not fit my cultural/religious preferences	-	139 (0.5%)
The food was too hot	1 (0.84%)	67 (0.3%)
The food was too cold	3 (2.52%)	498 (1.9%)
Due to food allergy/intolerance	1 (0.84%)	151 (0.6%)
I was not hungry at that time	9 (7.56%)	2174 (8.3%)
I do not have my usual appetite	15 (12.61%)	4432 (17%)
I have problems chewing/swallowing	1 (0.84%)	962 (3.7%)
I normally eat less than what was served	8 (6.72%)	1688 (6.5%)
I had nausea/vomiting	1 (0.84%)	1234 (4.7%)
I was too tired	4 (3.36%)	758 (2.9%)
I cannot eat without help	1 (0.84%)	213 (0.8%)
I was not allowed to eat	19 (15.97%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	20 (16.81%)	970 (3.7%)
I did not get requested food	2 (1.68%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	5[3-7]	3[2-5]
Coffee	1[1-1]	1[0-2]
Fruit juice	1[1-2]	1[0-2]
Nutrition drink	2[2-2]	0[0-1]
Tea		1[0-2]
Milk	1[1-1]	0[0-1]
Soft drinks	2[1-2]	0[0-0]
Other	1[1-1.5]	0[0-0]



19a. Did you eat any food apart from hospital food TODAY?		
Yes	35 (29.41%)	5629 (21.6%)
No	83 (69.75%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	17 (14.29%)	1724 (6.6%)
Salty snacks	10 (8.4%)	856 (3.3%)
Homemade food	1 (0.84%)	1378 (5.3%)
Fruits	10 (8.4%)	2185 (8.4%)
Dairy products	1 (0.84%)	747 (2.9%)
Food delivered/restaurant	3 (2.52%)	235 (0.9%)
Sandwich	2 (1.68%)	395 (1.5%)
Other	1 (0.84%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	10 (8.4%)	3862 (14.8%)
Less	32 (26.89%)	7908 (30.3%)
Same	67 (56.3%)	9129 (35%)
I do not know	4 (3.36%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	28 (23.53%)	11906 (45.6%)
Weaker	27 (22.69%)	4690 (18%)
Same	52 (43.7%)	6893 (26.4%)
I was admitted today	6 (5.04%)	657 (2.5%)
I do not know	4 (3.36%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	104 (87.39%)	14647 (56.2%)
No, only with assistance	13 (10.92%)	6567 (25.2%)
No, I stay in bed	2 (1.68%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	83 (69.75%)	16527 (63.4%)
No	37 (31.09%)	5953 (22.8%)
I do not know	-	2573 (9.9 %)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

office@nutritionDay.org

