



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	Spain
Number of participating centers	7
Number of participating units	19
Number of patients	382
Number of patients who gave consent	338

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

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Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	339 [86.5-494.5]	302 [150-594]
2. Total number of admissions in the hospital last year	6079 [3403-5094]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	252 [222-471]	188 [94-411]
Medical specialists	230 [222-323]	116 [38-248]
Medical non-specialists	21 [1-74.5]	46 [13-128]
Nurses	372 [241-641]	396 [140-763]
Dieticians	2 [1.5-4]	2 [0-8]
Nutritionists	2 [1-6.5]	2 [0-4]
Pharmacists	8 [7-13]	7 [3-16]
Kitchen staff	31 [17-34]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	62 [432-432]	148 [54-256]
Medical specialists	72 [215-253.5]	78 [27-182]
Medical non-specialists	20 [140-140]	43 [10-101]
Nurses	127 [307-443]	287 [99-580]
Dieticians	1 [2-4]	2 [0-7]
Nutritionists	2 [5-5.5]	1 [0-3]
Pharmacists	2 [6.45-6.725]	5 [2-11]
Kitchen staff	17 [28-59.45]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	5 (83.33%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	4 (57.14%)	140 (33.7%) Yes
Nutrition steering committee is available	5 (71.43%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	1 (14.29%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	2 (28.57%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (42.86%)	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



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Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	1 (14.29%)	117 (28.1%) Yes
Oral nutrition supplements	3 (42.86%)	110 (26.4%) Yes
Parenteral nutrition	4 (57.14%)	139 (33.4%) Yes
Enteral nutrition	4 (57.14%)	135 (32.5%) Yes
Dietary counseling	(0%)	86 (20.7%) Yes
Specific dietary interventions	(0%)	79 (19%) Yes
Screening for malnutrition	1 (14.29%)	80 (19.2%) Yes
Risk of malnutrition	2 (28.57%)	65 (15.6%) Yes
Malnutrition (in general)	2 (28.57%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (28.57%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	3 (42.86%)	105 (25.2%) Yes
Oral nutrition supplements	5 (71.43%)	96 (23.1%) Yes
Parenteral nutrition	5 (71.43%)	120 (28.8%) Yes
Enteral nutrition	5 (71.43%)	121 (29.1%) Yes
Dietary counseling	2 (28.57%)	71 (17.1%) Yes
Specific dietary interventions	2 (28.57%)	65 (15.6%) Yes
Screening for malnutrition	2 (28.57%)	71 (17.1%) Yes
Risk of malnutrition	4 (57.14%)	54 (13%) Yes
Malnutrition (in general)	3 (42.86%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (57.14%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	5 (26.32%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	-	100 (6.8%)
Internal Medicine / Geriatrics	4 (21.05%)	92 (6.2%)
Internal Medicine / Infectious diseases	-	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	3 (15.79%)	172 (11.7%)
Surgery / General	2 (10.53%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	-	47 (3.2%)
Surgery / Trauma	2 (10.53%)	9 (0.6%)
Surgery / Urology	1 (5.26%)	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	1 (5.26%)	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	1 (5.26%)	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	3 (15.79%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	3 (15.79%)	71 (4.8%) Yes
c) Do you have an ERAS team?	2 (10.53%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	25 [18-26]	21 [15-29]
3. Total bed capacity of the unit	36 [27-38]	28 [21-38]
4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)		
<i>Fully trained</i>		
Medical doctors	16 [2-5]	3 [2-6]
Medical students	-	



Nurses	21 [3-7]	4 [3-7]
Nursing aides	14 [3-4]	2 [1-4]
Dieticians	1 [1-4]	1 [0-1]
Nutritionists	1 [1-1]	1 [0-1]
Administrative staff	4 [1-2]	1 [1-2]
Other staff involved in patient care	1 [1-4]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [1-3]	1 [0-3]
Medical students	2 [1-6]	1 [0-3]
Nurses	0 [2-5]	1 [0-2]
Nursing aides	0 [1-1]	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	0 [1-1]	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?	17 (89.47%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	17 (89.47%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	18 (94.74%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	12 (63.16%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	7 (36.84%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	2 (10.53%)	145 (9.8%) Yes
No fixed criteria	1 (5.26%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	2 (10.53%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	1 (5.26%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	1 (5.26%)	99 (6.7%) Yes
Malnutrition Screening tool (MST)	-	94 (6.4%) Yes
SNAQ	6 (31.58%)	6 (0.4%) Yes
Other formal tool	6 (5.26%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	4 (21.05%)	156 (10.6%) Yes
No fixed criteria	2 (10.53%)	104 (7.1%) Yes
Experience / visual assessment only	1 (5.26%)	172 (11.7%) Yes
Weighing / BMI only	9 (47.37%)	483 (32.8%) Yes
Other formal tool	3 (15.79%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	14 (73.68%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	-	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	13 (68.42%)	324 (22%) Yes
Standards on unit level	1 (5.26%)	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 (5.26%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	11 (57.89%)	549 (37.2%) Yes
Develop an individual nutrition care plan	13 (68.42%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	13 (68.42%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	13 (68.42%)	658 (39.2%) Yes
Consult a medical professional	8 (42.11%)	411 (27.9%) Yes
Calculate energy requirements	10 (52.63%)	583 (39.6%) Yes
Calculate protein requirements	12 (63.16%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	1 (5.26%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	11 (57.89%)	618 (41.9%) Yes
Develop an individual nutrition care plan	11 (57.89%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	12 (63.16%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (63.16%)	734 (49.8%) Yes
Consult a medical professional	8 (42.11%)	487 (33%) Yes
Calculate energy requirements	11 (57.89%)	739 (50.1%) Yes
Calculate protein requirements	11 (57.89%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	15 (5.26%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	4 (21.05%)	382 (25.9%) Yes
Develop an individual nutrition care plan	2 (10.53%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	1 (5.26%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	1 (5.26%)	298 (20.2%) Yes
Consult a medical professional	1 (5.26%)	370 (25.1%) Yes
Calculate energy requirements	2 (10.53%)	193 (13.1%) Yes
Calculate protein requirements	2 (10.53%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	2 (10.53%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	2 (10.53%)	76 (5.2%) Yes
Develop an individual nutrition care plan	2 (10.53%)	78 (5.3%) Yes
Initiate treatment / nutrition intervention	2 (10.53%)	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (10.53%)	26 (1.8%) Yes
Consult a medical professional	5 (26.32%)	147 (10%) Yes
Calculate energy requirements	2 (10.53%)	114 (7.7%) Yes
Calculate protein requirements	1 (5.26%)	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	16 (84.21%)	825 (56%) Yes
Within 24 hours	1 (5.26%)	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	5 (26.32%)	534 (36.2%) Yes
Occasionally	2 (10.53%)	136 (9.2%) Yes
When requested	9 (47.37%)	738 (50.1%) Yes
At discharge	-	76 (5.2%) Yes
Never	1 (5.26%)	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	12 (63.16%)	1028 (69.7%) Yes
Offer meal choices	17 (89.47%)	896 (60.8%) Yes
Offer different portion sizes	3 (15.79%)	737 (50%) Yes
Consider food presentation	1 (5.26%)	400 (27.1%) Yes
Change food texture/consistency as needed	19 (100%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	19 (100%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (5.26%)	350 (23.7%) Yes
Promote positive eating environment	2 (10.53%)	385 (26.1%) Yes
Consider cultural/religious preferences	19 (100%)	949 (64.4%) Yes
Consider patient allergies / intolerances	18 (94.74%)	1113 (75.5%) Yes
Other	-	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	6 (31.58%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	6 (31.58%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	2 (10.53%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	5 (26.32%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (57.89%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	14 (73.68%)	1052 (71.4%) Yes
Eating habits/difficulties	11 (57.89%)	941 (63.8%) Yes
Nutrition before admission	4 (21.05%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	13 (68.42%)	948 (64.3%) Yes
nutrition treatment	11 (57.89%)	714 (48.4%) Yes
I do not know	2 (10.53%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	11 (57.89%)	664 (45%) Yes
future nutrition-related recommendation	8 (42.11%)	768 (52.1%) Yes
I do not know	3 (15.79%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	-	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	1 (5.26%)	349 (23.7%) Yes
Dietician	8 (42.11%)	630 (42.7%) Yes
Nurse	2 (10.53%)	326 (22.1%) Yes
Physician	9 (47.37%)	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	7 (36.84%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	382 (100%)	26084
Number of patients who gave consent:	338 (88.48%)	26084 (48.6%)
Female	159 (47.04%)	12664 (48.6%)
Male	179 (52.96%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	72 [63-87]	64 [47-76]
Weight (kg)	68.8±15.4	70.5±18.7
Height (cm)	164±9.9	166±11
BMI (female)	25.6±6.1	26±6.4
BMI (male)	25.2±4.5	25.3±5.5
BMI	25.4±5.3	25.6±5.9
This hospital admission was...		
planned	104 (30.77%)	9329 (35.8%)
an emergency	213 (63.02%)	15237 (58.4%)
I do not know	21 (6.21%)	1518 (5.8%)
None of the above	-	(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	47 (13.91%)	2226 (8.5%)
0500 Mental health	26 (7.69%)	1017 (3.9%)
0700 Eye and adnexa	9 (2.66%)	247 (0.9%)
0800 Ear and mastoid process	2 (0.59%)	132 (0.5%)
0900 Circulatory system	96 (28.4%)	4506 (17.3%)
1000 Respiratory system	99 (29.29%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	43 (12.72%)	3400 (13%)
1100 Digestive system	76 (22.49%)	5708 (21.9%)
1400 Genitourinary system	54 (15.98%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	54 (15.98%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	21 (6.21%)	1233 (4.7%)
0100 Infectious and parasitic diseases	68 (20.12%)	2768 (10.6%)
0200 Neoplasms	65 (19.23%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	56 (16.57%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	22 (6.51%)	1384 (5.3%)
2000 External causes of morbidity and mortality	20 (5.92%)	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	-	937 (3.6%)
2100 Factors influencing health status and contact with health services	13 (3.85%)	1109 (4.3%)
None of the above	4 (1.18%)	NA (NA%)



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2. Main reason for admission		
0600 Nervous system	18 (5.33%)	1362 (5.2%)
0500 Mental health	2 (0.59%)	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	35 (10.36%)	2308 (8.8%)
1000 Respiratory system	39 (11.54%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	1 (0.3%)	1161 (4.5%)
1100 Digestive system	30 (8.88%)	4135 (15.9%)
1400 Genitourinary system	18 (5.33%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	42 (12.43%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	5 (1.48%)	629 (2.4%)
0100 Infectious and parasitic diseases	41 (12.13%)	1592 (6.1%)
0200 Neoplasms	71 (21.01%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	17 (5.03%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (0.89%)	630 (2.4%)
2000 External causes of morbidity and mortality	10 (2.96%)	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	4 (1.18%)	416 (1.6%)
None of the above	2 (0.59%)	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	38 (11.24%)	1744 (6.7%)
Dementia	39 (11.54%)	985 (3.8%)
Major depressive disorder	23 (6.8%)	1090 (4.2%)
Chronic mental disorder	8 (2.37%)	1111 (4.3%)
Myocardial infarction	10 (2.96%)	1014 (3.9%)
Cardiac insufficiency	76 (22.49%)	4077 (15.6%)
Chronic lung disease	71 (21.01%)	2633 (10.1%)
Chronic liver disease	12 (3.55%)	1455 (5.6%)
Chronic kidney disease	65 (19.23%)	2943 (11.3%)
GI disease/problems	47 (13.91%)	NA (NA%)
Urological disease/problems	40 (11.83%)	NA (NA%)
Muscle-skeletal disease	55 (16.27%)	NA (NA%)
Arthritis	7 (2.07%)	NA (NA%)
Skin problems	15 (4.44%)	NA (NA%)
Peripheral vascular disease	26 (7.69%)	2589 (9.9%)
<i>GENERAL COMORBIDITIES</i>		



Pain	42 (12.43%)	NA (NA%)
Fatigue	20 (5.92%)	NA (NA%)
Infection	34 (10.06%)	3527 (13.5%)
Diabetes	100 (29.59%)	5790 (22.2%)
Hypertension	173 (51.18%)	NA (NA%)
Hyperlipidaemia	114 (33.73%)	NA (NA%)
Endocrinal disease	38 (11.24%)	NA (NA%)
Cancer (active)	83 (24.56%)	5564 (21.3%)
History of cancer	33 (9.76%)	NA (NA%)
Other chronic disease	39 (11.54%)	7194 (27.6%)
NO COMORBIDITIES	37 (10.95%)	NA (%)
OTHER COMORBIDITIES	19 (5.62%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	19 (5.62%)	2766 (10.6%)
No	284 (84.02%)	20451 (78.4%)
I do not know	5 (1.48%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	8 (2.37%)	1807 (6.9%)
No	314 (92.9%)	22073 (84.6%)
I do not know	16 (4.73%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	187 (55.33%)	20374 (78.1%)
Overloaded	21 (6.21%)	1199 (4.6%)
Dehydrated	16 (4.73%)	1619 (6.2%)
I do not know	114 (33.73%)	2892 (11.1%)
7. Number of different medications planned		
oral	7[4-10]	4[2-8]
Other	4[2-6]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	85 (25.15%)	3987 (15.3%)
At risk	57 (16.86%)	5662 (21.7%)
No	150 (44.38%)	14860 (57%)
I do not know	46 (13.61%)	1575 (6%)
9. IV Fluids (TODAY)		



Electrolyte solution (NaCl, Ringers lactate, etc)	80 (23.67%)	9898 (37.9%)
5% Glucose solution	22 (6.51%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	2[1-2]	0[0-1]
11. Nutrition intake (TODAY)		
Regular hospital food	166 (49.11%)	15714 (60.2%)
Fortified/enriched hospital food	11 (3.25%)	3511 (13.5%)
Special diet	152 (44.97%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	75 (22.19%)	5001 (19.2%)
Enteral nutrition	5 (1.48%)	1402 (5.4%)
Parenteral nutrition	9 (2.66%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	39 (11.54%)	2933 (11.2%)
Peripheral venous access	206 (60.95%)	13234 (50.7%)
Nasogastric	1 (0.3%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	1 (0.3%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.3%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.3%)	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	3 (0.89%)	447 (1.7%)
Yes, ongoing	4 (1.18%)	199 (0.8%)
No	268 (79.29%)	20166 (77.3%)
I do not know	25 (7.4%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	106 (31.36%)	9371 (35.9%)
Protein requirements were determined	96 (28.4%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	144 (42.6%)	10577 (40.5%)
Nutrition treatment plan was developed	85 (25.15%)	9611 (36.8%)
Nutrition expert was consulted	73 (21.6%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	110 (32.54%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		
< 500 kcal	-	354 (1.4%)
500-999 kcal	-	252 (1%)



1000-1499 kcal	16 (4.73%)	1770 (6.8%)
1500-1999 kcal	53 (15.68%)	6981 (26.8%)
>=2000 kcal	48 (14.2%)	4667 (17.9%)
Not determined	114 (33.73%)	7466 (28.6%)
I do not know	35 (10.36%)	1846 (7.1%)
Sum: kcal/kg	78.4[0-0]	NA[NA-NA]
14b. Energy intake (YESTERDAY)		
< 500 kcal	2 (0.59%)	1112 (4.3%)
500-999 kcal	2 (0.59%)	1537 (5.9%)
1000-1499 kcal	31 (9.17%)	3036 (11.6%)
1500-1999 kcal	37 (10.95%)	4998 (19.2%)
>=2000 kcal	29 (8.58%)	2771 (10.6%)
Not determined	117 (34.62%)	7333 (28.1%)
I do not know	47 (13.91%)	2522 (9.7%)
Sum: kcal/kg	45.1[0-0]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	199 (58.88%)	12633 (48.4%)
Deteriorated	17 (5.03%)	1595 (6.1%)
Remained the same	55 (16.27%)	5937 (22.8%)
This patient has just been admitted	26 (7.69%)	1656 (6.3%)
I do not know	11 (3.25%)	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	21 (6.21%)	4723 (18.1%)
Yes, acute	14 (4.14%)	2219 (8.5%)
No	43 (12.72%)	16185 (62%)
days since operation	13.4[2-21]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	15 (4.44%)	2649 (10.2%)
Yes, later	5 (1.48%)	1764 (6.8%)
No	58 (17.16%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	10 (2.96%)	NA (NA%)
Planned after unscheduled admission	8 (2.37%)	NA (NA%)
Planned after scheduled admission	27 (7.99%)	NA (NA%)
None of the above	2 (0.59%)	NA (NA%)
I don't know	2 (0.59%)	NA (NA%)
Non-applicable (NA)	7 (2.07%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	25 (7.4%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	24 (7.1%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (≤ 1 hour)	7 (2.07%)	NA (NA%)
Major surgery (> 1 hour)	39 (11.54%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	-	NA (NA%)
Liver	1 (0.3%)	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	6 (1.78%)	NA (NA%)
Gynecology	-	NA (NA%)
Gynecology oncology	-	NA (NA%)
Urology	1 (0.3%)	NA (NA%)



Urology oncology	2 (0.59%)	NA (NA%)
Cystectomy	-	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	16 (4.73%)	NA (NA%)
Knee replacementl	7 (2.07%)	NA (NA%)
Lung	1 (0.3%)	NA (NA%)
Cardiac	-	NA (NA%)
Vascular	2 (0.59%)	NA (NA%)
Other	15 (0%)	NA (NA%)
I don't know	-	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	30 (8.88%)	NA (NA%)
Expected prolonged post-operative fasting	2 (0.59%)	NA (NA%)
Preoperative malnutrition	2 (0.59%)	NA (NA%)
Ongoing surgical complication	1 (0.3%)	NA (NA%)
Patient does not eat enough	6 (1.78%)	NA (NA%)
Other	2 (0.59%)	NA (NA%)
I don't know	19 (5.62%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	7[1-14]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	15 (4.44%)	2346 (9%)
2= Transferred to another hospital	4 (1.18%)	536 (2.1%)
3= Transferred to long term care	23 (6.8%)	662 (2.5%)
4= Rehabilitation	3 (0.89%)	546 (2.1%)
5= Discharged home	237 (70.12%)	16868 (64.7%)
6= Death	27 (7.99%)	844 (3.2%)
7= Others	3 (0.89%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	205 (60.65%)	16020 (61.4%)
2= Yes, same hospital planned	36 (10.65%)	1635 (6.3%)
3= Yes, same hospital unplanned	29 (8.58%)	1080 (4.1%)
4= Yes, different hospital planned	4 (1.18%)	162 (0.6%)
5= Yes, different hospital unplanned	4 (1.18%)	74 (0.3%)
6= Others	4 (1.18%)	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	62 (18.34%)	NA (NA%)
No special dietary habits	188 (55.62%)	16574 (63.5%)
I am vegetarian	1 (0.3%)	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	2 (0.59%)	245 (0.9%)
I avoid added sugars	84 (24.85%)	3723 (14.3%)
I avoid carbohydrates	23 (6.8%)	1327 (5.1%)
I eat a low fat-diet	44 (13.02%)	2344 (9%)
I am lactose intolerant	7 (2.07%)	959 (3.7%)
Other special diet due to intolerances/allergies	6 (1.78%)	426 (1.6%)
Other	21 (6.21%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	281 (83.14%)	20315 (77.9%)
In a nursing home or other live-in facility	16 (4.73%)	631 (2.4%)
I was transferred from another hospital	21 (6.21%)	1683 (6.5%)
Other	1 (0.3%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	159 (47.04%)	14347 (55%)
Yes, with someone's help	46 (13.61%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	60 (17.75%)	3042 (11.7%)
No, I have a wheelchair	25 (7.4%)	923 (3.5%)
No, I am bedridden	21 (6.21%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	16 (4.73%)	1891 (7.2%)
Good	85 (25.15%)	8563 (32.8%)
Fair	131 (38.76%)	8731 (33.5%)
Poor	65 (19.23%)	3103 (11.9%)
Very poor	16 (4.73%)	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	10[3-12]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	2[1-3]	1[0-2]
... how many nights in total have you spent in hospital?	18[5-24]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	47 (13.91%)	5405 (20.7%)
3-5	77 (22.78%)	6039 (23.2%)
More than 5	165 (48.82%)	6283 (24.1%)
None	16 (4.73%)	4409 (3.1%)
I do not know	10 (2.96%)	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	11 (3.25%)	3834 (14.7%)
Yes, public insurance only	206 (60.95%)	11434 (43.8%)
Yes, both	43 (12.72%)	2368 (9.1%)
No	40 (11.83%)	4322 (16.6%)
I prefer not to answer	12 (3.55%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	76[64-85]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	16 (4.73%)	1991 (7.6%)
Yes, unintentionally	177 (52.37%)	11584 (44.4%)
No, my weight stayed the same	80 (23.67%)	6693 (25.7%)
No, I gained weight	28 (8.28%)	2724 (10.4%)
I don't know	38 (11.24%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	11[5-12]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	76 (22.49%)	8485 (32.5%)
No	222 (65.68%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	148 (43.79%)	11722 (44.9%)
No	130 (38.46%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	83 (24.56%)	8269 (31.7%)
No	188 (55.62%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	87 (25.74%)	7888 (30.2%)
No	184 (54.44%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	106 (31.36%)	8204 (31.5%)
No	170 (50.3%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	12 (3.55%)	1271 (4.9%)
Normal	203 (60.06%)	15182 (58.2%)
About 3/4 of normal	19 (5.62%)	2567 (9.8%)
About half of normal	53 (15.68%)	3356 (12.9%)
About a quarter to nearly nothing	30 (8.88%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	167 (49.41%)	11622 (44.6%)
1/2	95 (28.11%)	6714 (25.7%)
1/4	50 (14.79%)	3460 (13.3%)
nothing	20 (5.92%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	201 (59.47%)	15031 (57.6%)
smaller	20 (5.92%)	2158 (8.3%)
larger	26 (7.69%)	1137 (4.4%)
I do not know	37 (10.95%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	84 (24.85%)	5768 (22.1%)
Somewhat satisfied	114 (33.73%)	7354 (28.2%)



Dissatisfied	25 (7.4%)	4636 (17.8%)
Very dissatisfied	33 (9.76%)	2177 (8.3%)
Neutral	33 (9.76%)	921 (3.5%)
I do not know	14 (4.14%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	89 (26.33%)	2686 (10.3%)
Yes, from hospital staff	12 (3.55%)	1512 (5.8%)
No	199 (58.88%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	238 (70.41%)	16089 (61.7%)
No	53 (15.68%)	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	46 (13.61%)	2646 (10.1%)
I did not like the smell of the food	16 (4.73%)	NA (NA%)
I did not like the taste of the food	32 (9.47%)	NA (NA%)
The food did not fit my cultural/religious preferences	-	139 (0.5%)
The food was too hot	1 (0.3%)	67 (0.3%)
The food was too cold	14 (4.14%)	498 (1.9%)
Due to food allergy/intolerance	2 (0.59%)	151 (0.6%)
I was not hungry at that time	30 (8.88%)	2174 (8.3%)
I do not have my usual appetite	84 (24.85%)	4432 (17%)
I have problems chewing/swallowing	34 (10.06%)	962 (3.7%)
I normally eat less than what was served	43 (12.72%)	1688 (6.5%)
I had nausea/vomiting	20 (5.92%)	1234 (4.7%)
I was too tired	22 (6.51%)	758 (2.9%)
I cannot eat without help	7 (2.07%)	213 (0.8%)
I was not allowed to eat	10 (2.96%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	11 (3.25%)	970 (3.7%)
I did not get requested food	4 (1.18%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	4[2-5]	3[2-5]
Coffee	2[1-2]	1[0-2]
Fruit juice	2[1-2]	1[0-2]
Nutrition drink	1[1-2]	0[0-1]
Tea	2[1-2]	1[0-2]
Milk	2[1-2]	0[0-1]
Soft drinks	2[1-1.5]	0[0-0]
Other	2[1-3]	0[0-0]



19a. Did you eat any food apart from hospital food TODAY?		
Yes	90 (26.63%)	5629 (21.6%)
No	216 (63.91%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	36 (10.65%)	1724 (6.6%)
Salty snacks	7 (2.07%)	856 (3.3%)
Homemade food	19 (5.62%)	1378 (5.3%)
Fruits	31 (9.17%)	2185 (8.4%)
Dairy products	15 (4.44%)	747 (2.9%)
Food delivered/restaurant	3 (0.89%)	235 (0.9%)
Sandwich	14 (4.14%)	395 (1.5%)
Other	4 (1.18%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	44 (13.02%)	3862 (14.8%)
Less	119 (35.21%)	7908 (30.3%)
Same	126 (37.28%)	9129 (35%)
I do not know	18 (5.33%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	150 (44.38%)	11906 (45.6%)
Weaker	79 (23.37%)	4690 (18%)
Same	82 (24.26%)	6893 (26.4%)
I was admitted today	7 (2.07%)	657 (2.5%)
I do not know	21 (6.21%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	162 (47.93%)	14647 (56.2%)
No, only with assistance	134 (39.64%)	6567 (25.2%)
No, I stay in bed	48 (14.2%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	211 (62.43%)	16527 (63.4%)
No	106 (31.36%)	5953 (22.8%)
I do not know	1 (0.3%)	2573 (9.9 %)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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