



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2023  
Poland

Dear participant,

Thank you for participating to nutritionDay worldwide in 2023. Your country report consists of the following sample size:

<b>Number of participated center:</b>	<b>6</b>
<b>Number of participated units:</b>	<b>13</b>
<b>Number of patients:</b>	<b>149</b>
<b>Number of patients who gave consent:</b>	<b>149</b>
<b>Number of patients completing Sheet 3a:</b>	<b>148</b>
<b>Number of patients completing Sheet 3b:</b>	<b>148</b>
<b>Number of cancer patients:</b>	<b>87</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>69</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>69</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>72</b>

This report compares your country to the international reference database based on data from nutritionDay 2019-2022.

The report consists of 6 parts:

Part I reflects capacity and staffing of your hospital.

Part II reflects the organisation and the structure of the units.

Part III describes patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Part V is the oncology Report.

Part VI COVID-19

**Participate again to next year's nutritionDay in November 2024! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

## I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	554 [325-852]	334 [166-596]
<b>2. Total number of admissions in the hospital last year</b>	14710 [12334-49205]	15756 [6943-30258]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	70 [68-235]	200 [83-461]
Medical specialists	70 [70-70]	129 [42-350]
Medical non-specialists	-	51 [15-151]
Nurses	234 [204-517]	410 [142-815]
Dieticians	2 [2-5]	2 [0-9]
Nutritionists	3 [3-3]	3 [1-8]
Pharmacists	8 [7-8]	7 [3-17]
Kitchen staff	12 [7-17]	28 [9-60]
<b>Full time equivalent</b>		
Total medical doctors	70 [70-70]	199 [71-382]
Medical specialists	70 [70-70]	134 [45-306]
Medical non-specialists	-	87 [19-175]
Nurses	174 [174-174]	394 [134-672]
Dieticians	2 [2-2]	2 [0-7]
Nutritionists	-	2 [1-5]
Pharmacists	7 [7-7]	6 [2-15]
Kitchen staff	2 [2-2]	24 [3-48]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (50.0%) Yes	101 (78.3%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	3 (50.0%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	3 (50.0%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	-	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	1 (16.7%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (16.7%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	3 (50.0%)	50 (27.9%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	3 (50.0%) Yes	74 (41.3%) Yes

Oral nutrition supplements	3 (50.0%) Yes	74 (41.3%) Yes
Parenteral nutrition	3 (50.0%) Yes	88 (49.2%) Yes
Enteral nutrition	3 (50.0%) Yes	88 (49.2%) Yes
Dietary counseling	3 (50.0%) Yes	58 (32.4%) Yes
Specific dietary interventions	1 (16.7%) Yes	51 (28.5%) Yes
Screening for malnutrition	2 (33.3%) Yes	53 (29.6%) Yes
Risk of malnutrition	2 (33.3%) Yes	47 (26.3%) Yes
Malnutrition (in general)	2 (33.3%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (33.3%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	-	19 (10.6%) Yes
No answer given	-	52 (7.9%)

### Codes routinely used

Nutrition Support	3 (50.0%) Yes	69 (38.5%) Yes
Oral nutrition supplements	3 (50.0%) Yes	60 (33.5%) Yes
Parenteral nutrition	3 (50.0%) Yes	79 (44.1%) Yes
Enteral nutrition	3 (50.0%) Yes	76 (42.5%) Yes
Dietary counseling	2 (33.3%) Yes	45 (25.1%) Yes
Specific dietary interventions	1 (16.7%) Yes	45 (25.1%) Yes
Screening for malnutrition	2 (33.3%) Yes	42 (23.5%) Yes
Risk of malnutrition	2 (33.3%) Yes	36 (20.1%) Yes
Malnutrition (in general)	2 (33.3%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (33.3%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	-	23 (12.8%) Yes
No answer given	-	52 (7.9%)

## II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (7.7%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (7.7%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	6 (46.2%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	2 (15.4%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	3 (23.1%)	16.9%
<b>2. Number of registered inpatients at noon</b>	<b>32 [25-37]</b>	<b>22 [17-30]</b>
<b>3. Total bed capacity of the unit</b>	<b>40 [30-61]</b>	<b>30 [24-41]</b>
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	10 [8-14]	4 [2-6]
Nurses	8 [7-10]	4 [3-6]
Nursing aides	3 [3-3]	2 [1-4]
Dieticians	2 [1-2]	1 [0-1]
Nutritionists	1 [0-1]	1 [0-1]
Administrative staff	6 [5-6]	1 [1-2]
Other staff involved in patient care	4 [4-4]	1 [0-3]
<b>In training</b>		
Medical doctors	3 [3-3]	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	0 [0-2]

Nursing aides	-	0 [0-0]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-0]
Other staff involved in patient care	-	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 7 (53.8%) Yes 762 (81.5%) Yes

**6. Does the unit have a nutrition care strategy?** 7 (53.8%) Yes 717 (76.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 7 (53.8%) Yes 674 (72.1%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 10 (76.9%) Yes 1086 (91.8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 6 (46.2%) Yes 508 (54.3%) Yes

**10. How do you MAINLY screen/monitor patients for malnutrition?**

**At admission**

No routine screening	-	119 (9.4%) Yes
No fixed criteria	-	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	-	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	11 (84.6%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	-	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	-	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	2 (15.4%)	85 (6.7%)

**During hospital stay**

No routine monitoring	1 (7.7%) Yes	124 (9.8%) Yes
No fixed criteria	-	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	4 (30.8%) Yes	414 (32.6%) Yes
Other formal tool	6 (46.2%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	2 (15.4%)	85 (6.7%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 7 (53.8%) Yes 755 (83.3%) Yes

**11b. If yes, which one is mainly used?**

International guidelines	-	303 (40.1%) Yes
National guidelines	7 (100%) Yes	63 (8.3%) Yes
Standards on hospital level	-	240 (31.8%) Yes
Standards on unit level	-	44 (5.8%) Yes
Individual patient nutrition care plans	-	87 (11.5%) Yes
Other	-	3 (0.40%) Yes
Missing	-	15 (2.0%)

**12. What is routinely done in your unit for given patient groups?****At risk**

Watchful waiting	1 (7.7%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	5 (38.5%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	1 (7.7%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	5 (38.5%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (7.7%) Yes	519 (40.9%) Yes
Consult a medical professional	3 (23.1%) Yes	282 (22.2%) Yes
Calculate energy requirements	2 (15.4%) Yes	453 (35.7%) Yes
Calculate protein requirements	2 (15.4%) Yes	439 (34.6%) Yes

**Malnourished**

Watchful waiting	-	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	4 (30.8%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	-	564 (44.5%) Yes
Initiate treatment / nutrition intervention	6 (46.2%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (15.4%) Yes	589 (46.5%) Yes
Consult a medical professional	4 (30.8%) Yes	392 (30.9%) Yes
Calculate energy requirements	1 (7.7%) Yes	564 (44.5%) Yes
Calculate protein requirements	1 (7.7%) Yes	541 (42.7%) Yes

**Every patient**

Watchful waiting	1 (7.7%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	2 (15.4%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	5 (38.5%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	1 (7.7%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (38.5%) Yes	241 (19.0%) Yes
Consult a medical professional	3 (23.1%) Yes	309 (24.4%) Yes
Calculate energy requirements	5 (38.5%) Yes	144 (11.4%) Yes
Calculate protein requirements	5 (38.5%) Yes	141 (11.1%) Yes

**Never**

Watchful waiting	5 (38.5%) Yes	144 (11.4%) Yes
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Discuss nutrition care activities during ward rounds	-	56 (4.4%) Yes
Develop an individual nutrition care plan	1 (7.7%) Yes	70 (5.5%) Yes
Initiate treatment / nutrition intervention	-	33 (2.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.2%) Yes
Consult a medical professional	-	111 (8.8%) Yes
Calculate energy requirements	-	99 (7.8%) Yes
Calculate protein requirements	-	112 (8.8%) Yes

### I do not know

Watchful waiting	-	61 (4.8%) Yes
Discuss nutrition care activities during ward rounds	-	32 (2.5%) Yes
Develop an individual nutrition care plan	-	38 (3.0%) Yes
Initiate treatment / nutrition intervention	-	29 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	22 (1.7%) Yes
Consult a medical professional	-	62 (4.9%) Yes
Calculate energy requirements	-	45 (3.5%) Yes
Calculate protein requirements	-	50 (3.9%) Yes

### 13. When do you routinely weigh your patients?

at admission	9 (69.2%) Yes	727 (57.3%) Yes
Within 24 hours	1 (7.7%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	3 (23.1%) Yes	33 (2.6%) Yes
Every week	5 (38.5%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	6 (46.2%) Yes	655 (51.7%) Yes
At discharge	1 (7.7%) Yes	68 (5.4%) Yes
Never	-	11 (0.87%) Yes
I do not know	-	12 (0.95%) Yes
No answer given	-	85 (6.7%)

### 14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	9 (69.2%) Yes	925 (72.9%) Yes
Offer meal choices	6 (46.2%) Yes	784 (61.8%) Yes
Offer different portion sizes	6 (46.2%) Yes	687 (54.2%) Yes
Consider food presentation	-	374 (29.5%) Yes
Change food texture/consistency as needed	10 (76.9%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	10 (76.9%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	7 (53.8%) Yes	277 (21.8%) Yes
Promote positive eating environment	7 (53.8%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	8 (61.5%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	11 (84.6%) Yes	995 (78.5%) Yes
Other	-	78 (6.2%) Yes

I do not know	-	25 (2.0%) Yes
No answer given	2 (15.4%)	85 (6.7%)

### 15. Which nutrition-related standards or routine activities exist in your unit?

Nutrition training is available	7 (53.8%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	2 (15.4%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	-	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	6 (46.2%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (23.1%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	-	37 (2.9%) Yes
No answer given	6 (46.2%)	333 (26.3%)

### 16. At admission what is asked and documented?

Change in weight	7 (53.8%) Yes	804 (63.4%) Yes
Eating habits/difficulties	5 (38.5%) Yes	686 (54.1%) Yes
Nutrition before admission	6 (46.2%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	6 (46.2%)	333 (26.3%)

### 17. On what forms is there a specific part about eating, nutrition or malnutrition?

#### a. Patient Record has a section for ...

indicating if the patient is malnourished or at risk of malnutrition	7 (53.8%) Yes	747 (58.9%) Yes
nutrition treatment	7 (53.8%) Yes	525 (41.4%) Yes
None	-	78 (6.2%) Yes
I do not know	-	31 (2.4%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	6 (46.2%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	7 (53.8%) Yes	592 (46.7%) Yes
None	-	86 (6.8%) Yes
I do not know	-	82 (6.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	5 (100%) Yes	390 (45.0%) Yes
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### 19. Who filled in this sheet?

Head staff	-	276 (21.8%) Yes
Dietician	7 (53.8%) Yes	457 (36.0%) Yes
Nurse	-	234 (18.5%) Yes

Physician	-	109 (8.6%)	Yes
Administrative staff	-	22 (1.7%)	Yes
Other	-	95 (7.5%)	Yes
None	-	10 (0.79%)	Yes
I do not know	-	13 (1.0%)	Yes

### III. Patient demographics, medical information & Outcome ("Sheet 2a/2b")

	YOUR RESULTS	REFERENCE RESULTS
Total	149	24925
Age	62 [53-72]	64 [47-77]
Female	78 (52.3%)	11998 (48.1%)
Weight	73.3±19.0	71.0±18.5
Height	168±11	166±10
BMI	26.0±5.9	25.8±5.9

#### 1. This hospital admission was...

planned	110 (73.8%)	8482 (34.0%)
an emergency	38 (25.5%)	15200 (61.0%)
I do not know	1 (0.67%)	1243 (5.0%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	3 (2.0%)	2684 (10.8%)
0200 Neoplasms	93 (62.4%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	16 (10.7%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	1 (0.67%)	3091 (12.4%)
0500 Mental health	1 (0.67%)	915 (3.7%)
0600 Nervous system	2 (1.3%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	12 (8.1%)	4794 (19.2%)
1000 Respiratory system	7 (4.7%)	3073 (12.3%)
1100 Digestive system	8 (5.4%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	3 (2.0%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	14 (9.4%)	4061 (16.3%)
1400 Genitourinary system	29 (19.5%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	-	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (0.67%)	1481 (5.9%)
1900 Injury, poisoning	-	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	722 (2.9%)
2100 Factors influencing health status and contact with health services	-	947 (3.8%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	30 (20.1%)	4157 (17.9%)
Myocardial infarction	4 (2.7%)	1170 (5.1%)
Chronic lung disease	12 (8.1%)	2384 (10.3%)
Cerebral vascular disease	4 (2.7%)	1781 (7.7%)
Peripheral vascular disease	9 (6.0%)	2332 (10.1%)
Chronic liver disease	2 (1.3%)	1354 (5.9%)
Chronic kidney disease	16 (10.8%)	2949 (12.8%)
Diabetes	27 (18.4%)	5896 (25.3%)
Cancer	87 (58.4%)	4775 (20.7%)
Infection	5 (3.4%)	3183 (13.8%)
Dementia	3 (2.0%)	888 (3.9%)
Major depressive disorder	1 (0.68%)	1000 (4.4%)
Other chronic mental disorder	2 (1.3%)	986 (4.3%)
Other chronic disease	39 (26.9%)	7288 (31.2%)
None	12 (8.1%)	5060 (20.3%)

#### 4a. Previous operation during this hospital stay

Yes, planned	15 (10.1%)	4133 (16.6%)
Yes, acute	1 (0.67%)	1929 (7.7%)
No	41 (27.5%)	13886 (55.7%)
I do not know	-	164 (0.66%)
Missing	92 (61.7%)	4813 (19.3%)

Days since operation	7 [2-52]	4 [1-14]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	2 (1.3%)	2384 (9.6%)
Yes, later	-	1452 (5.8%)
No	55 (36.9%)	15545 (62.4%)
I do not know	-	333 (1.3%)
Missing	92 (61.7%)	5211 (20.9%)

#### 5. Previous ICU admission during this hospital stay? (Yes)

5 (8.8%)	2361 (11.6%)
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#### 6. Is this patient terminally ill?

7 (4.7%)	2137 (8.6%)
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#### 7. Fluid status

Normal	134 (89.9%)	19805 (79.5%)
Overloaded	8 (5.4%)	975 (3.9%)
Dehydrated	6 (4.0%)	1471 (5.9%)
I do not know	1 (0.67%)	2674 (10.7%)
Missing	-	-

**8. Number of different medications planned**

Oral	2 [1-4]	4 [2-7]
Other	2 [2-3]	2 [1-4]

**9. Was this patient identified as malnourished or at risk of malnutrition?**

Malnourished	24 (16.1%)	3279 (13.2%)
At risk	76 (51.0%)	5283 (21.2%)
No	48 (32.2%)	14990 (60.1%)
I do not know	1 (0.67%)	1373 (5.5%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	22 (14.8%)	8543 (34.3%)
5% Glucose solution	5 (3.4%)	1473 (5.9%)

**11. Number of ONS drinks planned**

1 [1-2]	0 [0-1]
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**12. Nutrition intake**

Regular hospital food	98 (65.8%)	15627 (62.7%)
Fortified/enriched hospital food	32 (21.5%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	71 (47.7%)	4305 (17.3%)
Enteral nutrition	10 (6.7%)	1259 (5.1%)
Parenteral nutrition	11 (7.4%)	785 (3.1%)
Special diet	25 (16.8%)	6593 (26.5%)
None	2 (1.3%)	968 (3.9%)

**13a. All lines and Tubes**

Central Venous	11 (19.3%)	2145 (10.5%)
Peripheral venous access	43 (75.4%)	11975 (58.9%)
Nasogastric	1 (1.8%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	1 (1.8%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	6 (10.5%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (1.8%)	63 (0.31%)
None	94 (63.1%)	11051 (44.3%)

**13b. Were there complications with nutrition related lines and tubes since admission?**

Yes, previously	-	282 (1.1%)
Yes, ongoing	-	180 (0.72%)
No	57 (38.3%)	17744 (71.2%)
I do not know	-	1404 (5.6%)
Missing	92 (61.7%)	5315 (21.3%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	41 (71.9%)	7973 (39.2%)
Protein requirements were determined	41 (71.9%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	35 (61.4%)	9150 (45.0%)
Nutrition treatment plan was developed	39 (68.4%)	8137 (40.0%)
Nutrition expert was consulted	41 (71.9%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	42 (73.7%)	7308 (35.9%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	1 (0.67%)	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	5 (3.4%)	1767 (7.1%)
1500-1999 kcal	27 (18.1%)	6430 (25.8%)
>=2000 kcal	24 (16.1%)	3687 (14.8%)
Not determined	-	6548 (26.3%)
I do not know	-	1248 (5.0%)
Missing	92 (61.7%)	4590 (18.4%)

<b>15b. Energy intake</b>		
< 500 kcal	2 (1.3%)	1070 (4.3%)
500-999 kcal	-	1366 (5.5%)
1000-1499 kcal	10 (6.7%)	2751 (11.0%)
1500-1999 kcal	19 (12.8%)	4599 (18.5%)
>=2000 kcal	19 (12.8%)	2469 (9.9%)
Not determined	7 (4.7%)	6254 (25.1%)
I do not know	-	1824 (7.3%)
Missing	92 (61.7%)	4592 (18.4%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	9 (6.0%)	11134 (44.7%)
Deteriorated	9 (6.0%)	1331 (5.3%)
Remained the same	33 (22.1%)	5023 (20.2%)
This patient has just been admitted	5 (3.4%)	1445 (5.8%)
I do not know	1 (0.67%)	1402 (5.6%)
Missing	92 (61.7%)	4590 (18.4%)
Length of hospital stay (days)	12 [5-34]	13 [6-25]

<b>Outcome Code</b>		
1= Still in the hospital	13 (8.7%)	2848 (11.4%)
2= Transferred to another hospital	1 (0.67%)	526 (2.1%)
3= Transferred to long term care	-	653 (2.6%)

4= Rehabilitation	1 (0.67%)	606 (2.4%)
5= Discharged home	56 (37.6%)	18641 (74.8%)
6= Death	1 (0.67%)	956 (3.8%)
7= Others	-	536 (2.2%)
Missing	77 (51.7%)	159 (0.64%)

#### Readmitted since nutritionDay

1= No	25 (42.4%)	16520 (77.3%)
2= Yes, same hospital planned	22 (37.3%)	1353 (6.3%)
3= Yes, same hospital unplanned	1 (1.7%)	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	11 (18.6%)	485 (2.3%)
Missing	-	1675 (7.8%)

#### IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	34 (23.0%)	14107 (57.7%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	-	210 (0.86%)
I avoid added sugars	21 (14.2%)	3287 (13.4%)
I avoid carbohydrates	10 (6.8%)	1220 (5.0%)
I eat a low fat-diet	11 (7.4%)	2101 (8.6%)
I am lactose intolerant	2 (1.4%)	816 (3.3%)
Other special diet due to intolerances/allergies	-	421 (1.7%)
Other	8 (5.4%)	1522 (6.2%)
No answer given	91 (61.5%)	4719 (19.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	56 (37.8%)	17544 (71.7%)
In a nursing home or other live-in facility	-	469 (1.9%)
I was transferred from another hospital	1 (0.68%)	1456 (6.0%)
Other	-	339 (1.4%)
Missing	91 (61.5%)	4644 (19.0%)
<b>3. In general, are you able to walk?</b>		
Yes	52 (35.1%)	12349 (50.5%)
Yes, with someone's help	2 (1.4%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	3 (2.0%)	2560 (10.5%)
No, I have a wheelchair	-	859 (3.5%)
No, I am bedridden	-	1677 (6.9%)
Missing	91 (61.5%)	4751 (19.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	4 (2.7%)	1759 (7.2%)
Good	23 (15.5%)	7718 (31.6%)
Fair	26 (17.6%)	7368 (30.1%)
Poor	4 (2.7%)	2474 (10.1%)
Very poor	-	414 (1.7%)
Missing	91 (61.5%)	4719 (19.3%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	6 [4-10]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [0-4]	1 [0-2]

... how many nights in total have you spent in hospital?	7 [0-15]	4 [0-14]
--	----------	----------

### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	16 (10.8%)	4831 (19.8%)
3-5	20 (13.5%)	5143 (21.0%)
More than 5	7 (4.7%)	5425 (22.2%)
None	14 (9.5%)	3787 (15.5%)
I do not know	-	617 (2.5%)
Missing	91 (61.5%)	4649 (19.0%)

### 7. Do you have health insurance?

Yes, private insurance only	4 (2.7%)	3701 (15.1%)
Yes, public insurance only	40 (27.0%)	9777 (40.0%)
Yes, both	9 (6.1%)	1908 (7.8%)
None	2 (1.4%)	3768 (15.4%)
I prefer not to answer	-	461 (1.9%)
Missing	93 (62.8%)	4837 (19.8%)

### 8. What was your weight 5 years ago?

	79 [67-90]	74 [63-85]
I do not know	27 (18.2%)	6168 (25.2%)

### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	18 (12.2%)	1931 (7.9%)
Yes, unintentionally	73 (49.3%)	10653 (43.6%)
No, my weight stayed the same	36 (24.3%)	6738 (27.6%)
No, I gained weight	12 (8.1%)	2780 (11.4%)
I do not know	9 (6.1%)	2017 (8.2%)
Missing	-	333 (1.4%)

### 9b. If yes, how many kg did you lose?

	10 [5-15]	6 [4-10]
I do not know	19 (20.9%)	2421 (19.2%)

### 10. Did you know about your hospitalisation two days before admission? (Yes)

	51 (91.1%)	7367 (38.4%)
--	------------	--------------

### 11. Please indicate if you ...

... were weighed at admission	51 (89.5%)	10622 (53.6%)
... were informed about your nutrition status	35 (61.4%)	7345 (37.2%)
... were informed about nutrition care options	38 (67.9%)	6881 (34.9%)
... received special nutrition care	29 (50.9%)	6867 (34.9%)

### 12. How well have you eaten in the week before you were admitted to the hospital?

More than normal	11 (7.4%)	1175 (4.8%)
Normal	96 (64.9%)	14950 (61.3%)

About 3/4 of normal	15 (10.1%)	2351 (9.6%)
About half of normal	14 (9.5%)	3047 (12.5%)
About a quarter to nearly nothing	12 (8.1%)	2386 (9.8%)
I do not know	-	183 (0.75%)
Missing	-	308 (1.3%)

### 13. In general, how satisfied are you with the food at the hospital?

Very satisfied	1 (0.68%)	5545 (22.7%)
Somewhat satisfied	24 (16.2%)	6058 (24.8%)
Neutral	19 (12.8%)	4069 (16.7%)
Dissatisfied	9 (6.1%)	1669 (6.8%)
Very dissatisfied	3 (2.0%)	733 (3.0%)
I do not know	1 (0.68%)	1404 (5.8%)
Missing	91 (61.5%)	4922 (20.2%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	9 (6.1%)	2402 (9.8%)
Yes, from hospital staff	5 (3.4%)	1324 (5.4%)
No	40 (27.0%)	15188 (62.2%)
I do not know	1 (0.68%)	275 (1.1%)
Missing	93 (62.8%)	5211 (21.4%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	44 (78.6%)	13701 (72.2%)
---	------------	---------------

### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	55 (37.2%)	11767 (48.2%)
1/2	50 (33.8%)	6068 (24.9%)
1/4	24 (16.2%)	3130 (12.8%)
Nothing	19 (12.8%)	2535 (10.4%)
Missing	-	900 (3.7%)

### 16b. The portion size of the meal I ordered TODAY was...

Standard	50 (33.8%)	13049 (53.5%)
Smaller	1 (0.68%)	1824 (7.5%)
Larger	-	960 (3.9%)
I do not know	5 (3.4%)	2121 (8.7%)
Missing	92 (62.2%)	6446 (26.4%)

### 17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	12 (12.9%)	1924 (16.4%)
I did not like the smell/taste of the food	11 (11.8%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	-	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	4 (4.3%)	321 (2.7%)
Due to food allergy/intolerance	-	151 (1.3%)
I was not hungry at that time	18 (19.4%)	1600 (13.6%)
I do not have my usual appetite	33 (35.5%)	3509 (29.9%)
I have problems chewing/swallowing	7 (7.5%)	683 (5.8%)
I normally eat less than what was served	16 (17.2%)	1218 (10.4%)
I had nausea/vomiting	5 (5.4%)	971 (8.3%)
I was too tired	3 (3.2%)	511 (4.4%)
I cannot eat without help	-	146 (1.2%)
I was not allowed to eat	12 (12.9%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	4 (4.3%)	785 (6.7%)
I did not get requested food	-	123 (1.0%)
No answer given	1 (1.1%)	2067 (17.6%)

### 18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	5 [3-6]	3 [2-6]
Tea	2 [1-2]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	0 [0-0]	0 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-0]
Nutrition drink	1 [0-1]	0 [0-1]
Other	0 [0-0]	0 [0-0]

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 29 (52.7%) 4412 (23.9%)

### 19b. If yes, what did you eat?

Sweet snacks	4 (13.8%)	1125 (25.5%)
Salty snacks	3 (10.3%)	609 (13.8%)
Homemade food	9 (31.0%)	943 (21.4%)
Fruits	14 (48.3%)	1520 (34.5%)
Dairy products	6 (20.7%)	516 (11.7%)
Food delivered/restaurant	2 (6.9%)	188 (4.3%)
Sandwich	8 (27.6%)	265 (6.0%)
Other	6 (20.7%)	659 (14.9%)

### 20. How has your food intake changed since your hospital admission?

Increased	2 (1.4%)	3392 (13.9%)
Decreased	24 (16.2%)	6798 (27.9%)
Stayed the same	26 (17.6%)	7810 (32.0%)
I do not know	5 (3.4%)	1112 (4.6%)
Missing	91 (61.5%)	5288 (21.7%)

## 21. TODAY I feel...

Stronger than at admission	40 (27.0%)	11712 (48.0%)
Weaker than at admission	38 (25.7%)	4322 (17.7%)
Same as at admission	69 (46.6%)	6423 (26.3%)
I was admitted today	-	740 (3.0%)
I do not know	1 (0.68%)	917 (3.8%)
Missing	-	286 (1.2%)

## 22. Can you walk without assistance TODAY?

Yes	124 (83.8%)	13991 (57.3%)
No, only with assistance	15 (10.1%)	6345 (26.0%)
No, I stay in bed	9 (6.1%)	3449 (14.1%)
Missing	-	615 (2.5%)

## 23. Did anyone help you complete this questionnaire? (Yes)

8 (14.3%) 14422 (73.8%)

## V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	7	216
Computerized system in hospital:	6 units (86%) YES	200 units (93%) YES
Nutritional treatment of cancer patients is part of overall care plan	7 units (100%) YES	196 units (91%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	7 (100%)	129 (59,7%)
When patient asks	2 (28,6%)	71 (32,9%)
When body weight loss > 10%	3 (42,9%)	90 (41,7%)
During palliative phase	-	54 (25,0%)
Other	-	36 (16,7%)
Missing	-	13 (6,02%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	4 (1,85%)
No knowledge of the field	-	11 (5,09%)
No reimbursement	-	5 (2,31%)
It feeds the tumour	-	-
Other	-	21 (9,72%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	6 (85,7%)	148 (68,5%)
Calculation of energy needs	6 (85,7%)	152 (70,4%)
Monitoring patients intake and use of oral supplements	7 (100%)	190 (88,0%)
None	-	3 (1,39%)
Other	-	20 (9,26%)
Missing	-	4 (1,85%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	-	1 (0,46%)
Lack of experience	-	6 (2,78%)
No reimbursement	-	1 (0,46%)
Lack of dietitians	-	3 (1,39%)
Lack of other experts	-	4 (1,85%)
Other	-	9 (4,17%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

**Anthropometry/Body composition:****Body weight**

Regularly	7 (100%)	145 (67,1%)
At chemotherapy	-	28 (13,0%)
When necessary	-	37 (17,1%)
Never	-	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

**Anthropometrics (circumference)**

Regularly	-	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	4 (57,1%)	71 (32,9%)
Never	3 (42,9%)	69 (31,9%)
Unknown	-	11 (5,09%)
Missing	-	15 (6,94%)

**BIA**

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	5 (71,4%)	78 (36,1%)
Never	2 (28,6%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	-	11 (5,09%)

**CT SCAN**

Regularly	-	4 (1,85%)
At chemotherapy	-	3 (1,39%)
When necessary	4 (57,1%)	57 (26,4%)
Never	2 (28,6%)	110 (50,9%)
Unknown	1 (14,3%)	23 (10,6%)
Missing	-	19 (8,80%)

**DEXA**

Regularly	-	-
At chemotherapy	-	2 (0,93%)
When necessary	3 (42,9%)	38 (17,6%)
Never	4 (57,1%)	135 (62,5%)
Unknown	-	25 (11,6%)
Missing	-	16 (7,41%)

**Other (body composition)**

Regularly	-	7 (3,24%)
At chemotherapy	-	-

When necessary	-	20 (9,26%)
Never	4 (57,1%)	76 (35,2%)
Unknown	1 (14,3%)	56 (25,9%)
Missing	2 (28,6%)	57 (26,4%)

### Body function:

#### Handgrip

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	3 (42,9%)	95 (44,0%)
Never	4 (57,1%)	85 (39,4%)
Unknown	-	9 (4,17%)
Missing	-	16 (7,41%)

#### 6-minutes walking test

Regularly	-	5 (2,31%)
At chemotherapy	-	-
When necessary	3 (42,9%)	49 (22,7%)
Never	4 (57,1%)	131 (60,6%)
Unknown	-	13 (6,02%)
Missing	-	18 (8,33%)

#### Other (body function)

Regularly	-	6 (2,78%)
At chemotherapy	-	-
When necessary	-	37 (17,1%)
Never	4 (57,1%)	88 (40,7%)
Unknown	1 (14,3%)	40 (18,5%)
Missing	2 (28,6%)	45 (20,8%)

#### Nutritional requirements, calculated

Regularly	5 (71,4%)	68 (31,5%)
At chemotherapy	-	9 (4,17%)
When necessary	2 (28,6%)	94 (43,5%)
Never	-	14 (6,48%)
Unknown	-	5 (2,31%)
Missing	-	26 (12,0%)

#### Nutritional intake:

##### Every meal

Regularly	2 (28,6%)	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	4 (57,1%)	98 (45,4%)
Never	1 (14,3%)	22 (10,2%)

Unknown	-	13 (6,02%)
Missing	-	21 (9,72%)
<b>1 meal per day</b>		
Regularly	1 (14,3%)	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	3 (42,9%)	57 (26,4%)
Never	1 (14,3%)	39 (18,1%)
Unknown	-	19 (8,80%)
Missing	2 (28,6%)	77 (35,6%)
<b>2 meals per day</b>		
Regularly	-	18 (8,33%)
At chemotherapy	-	3 (1,39%)
When necessary	4 (57,1%)	56 (25,9%)
Never	1 (14,3%)	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	2 (28,6%)	77 (35,6%)
<b>24h recall</b>		
Regularly	2 (28,6%)	61 (28,2%)
At chemotherapy	-	10 (4,63%)
When necessary	4 (57,1%)	60 (27,8%)
Never	1 (14,3%)	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	-	41 (19,0%)
<b>Other (nutritional intake)</b>		
Regularly	-	-
At chemotherapy	-	-
When necessary	1 (14,3%)	22 (10,2%)
Never	3 (42,9%)	51 (23,6%)
Unknown	1 (14,3%)	38 (17,6%)
Missing	2 (28,6%)	105 (48,6%)
<b>Questionnaire completed by</b>		
Dietitian	7 (100%)	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	-	36 (16,7%)
Nutritional scientist	-	41 (19,0%)
Other	-	5 (2,31%)
Missing	-	3 (1,39%)

## V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	69	2040
<b>Demographic data:</b>		
Age (years)	62 [29-81]	63 [18-120]
Female gender	40 (58,0%)	915 (44,9%)
Weight (kg)	74,3 ± 18,8	69,5 ± 18,3
Height (cm)	167,4 ± 10,5	167,1 ± 10,6
BMI (kg/m <sup>2</sup> )	26,5 ± 5,8	24,8 ± 5,7
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	9 (13,0%)	106 (5,20%)
Ward (w)	60 (87,0%)	1930 (94,6%)
Missing	-	4 (0,20%)
<b>Goal of Therapy</b>		
Curative	61 (88,4%)	1413 (69,3%)
Palliative	7 (10,1%)	535 (26,2%)
Terminal	-	55 (2,70%)
Missing	1 (1,45%)	37 (1,81%)
<b>Reason for admission</b>		
Clinical diagnostics	4 (5,80%)	290 (14,2%)
Therapy	47 (68,1%)	1091 (53,5%)
Surgery related	19 (27,5%)	383 (18,8%)
Treatment complications	4 (5,80%)	154 (7,55%)
Poor health status	-	255 (12,5%)
Independent care difficult	-	17 (0,83%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	14 (20,3%)	146 (7,16%)
Colon, rectum	8 (11,6%)	299 (14,7%)
Prostate	-	60 (2,94%)
Lung	1 (1,45%)	138 (6,76%)
Skin	5 (7,25%)	28 (1,37%)
Kidney/bladder	-	77 (3,77%)
Gastric/oesophageal	9 (13,0%)	233 (11,4%)
Pancreas	1 (1,45%)	121 (5,93%)
Lymphoma	-	195 (9,56%)
Ears nose throat (ENT)	10 (14,5%)	73 (3,58%)
Leukaemia	-	209 (10,2%)

Genital tract	8 (11,6%)	86 (4,22%)
Liver	-	113 (5,54%)
Sarcoma	7 (10,1%)	36 (1,76%)
Brain	2 (2,90%)	29 (1,42%)
Testicular	-	23 (1,13%)
Other	5 (7,25%)	195 (9,56%)
Missing	-	28 (1,37%)

### Time since diagnosis

0-2 months	26 (37,7%)	548 (26,9%)
3-5 months	17 (24,6%)	462 (22,6%)
6-12 months	15 (21,7%)	369 (18,1%)
1-2 years	5 (7,25%)	217 (10,6%)
2-4 years	-	173 (8,48%)
> 4 years	5 (7,25%)	193 (9,46%)
Missing	1 (1,45%)	46 (2,25%)

### Cancer staging

0=Carcinoma in situ	2 (2,90%)	109 (5,34%)
I=Localized	12 (17,4%)	494 (24,2%)
II=Early locally advanced	26 (37,7%)	345 (16,9%)
III=Late locally advanced	11 (15,9%)	325 (15,9%)
IV=Metastasised	10 (14,5%)	563 (27,6%)
Missing	8 (11,6%)	204 (10,0%)

### Time since first therapy start

No therapy	-	178 (8,73%)
Tumour staging/diagnosis	3 (4,35%)	293 (14,4%)
0-2 months	31 (44,9%)	628 (30,8%)
3-5 months	19 (27,5%)	294 (14,4%)
6-12 months	7 (10,1%)	240 (11,8%)
1-2 years	2 (2,90%)	204 (10,0%)
2-4 years	-	148 (7,25%)
> 4 years	6 (8,70%)	159 (7,79%)
Missing	1 (1,45%)	39 (1,91%)

### Therapy situation

Diagnosis	7 (10,1%)	262 (12,8%)
Chemotherapy 1st line	32 (46,4%)	458 (22,5%)
Chemotherapy > 1st line	-	373 (18,3%)
Radiotherapy	23 (33,3%)	229 (11,2%)
Target therapy	15 (21,7%)	72 (3,53%)
Hormone therapy	-	17 (0,83%)
Palliative	5 (7,25%)	195 (9,56%)

Surgery	2 (2,90%)	426 (20,9%)
Cancer related complications	3 (4,35%)	133 (6,52%)
Therapy related complications	2 (2,90%)	81 (3,97%)
Missing	-	44 (2,16%)

### Infections

None	59 (85,5%)	1496 (73,3%)
Local	5 (7,25%)	288 (14,1%)
General	2 (2,90%)	154 (7,55%)
Missing	3 (4,35%)	102 (5,00%)

### Nutrition Treatment

No special diet	22 (31,9%)	895 (43,9%)
Individualized diet plan	17 (24,6%)	500 (24,5%)
Energy rich/protein rich ONS	39 (56,5%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	9 (13,0%)	104 (5,10%)
Parenteral nutrition	6 (8,70%)	184 (9,02%)
ONS enriched with special nutrients	15 (21,7%)	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	5 (7,25%)	45 (2,21%)
Personal preferences	8 (11,6%)	175 (8,58%)
Counselling	48 (69,6%)	160 (7,84%)
Other	-	162 (7,94%)
Missing	-	-

## V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	69	2018
Body weight prior to becoming ill	80 [53-160]	75 [26-175]
Actual body weight	74 [46-160]	68 [32-176]
<b>Change in weight was</b>		
Intentional	5 (7,25%)	90 (4,41%)
Unintentional	49 (71,0%)	1368 (67,1%)
Weight is stable	14 (20,3%)	267 (13,1%)
Missing	-	115 (5,64%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	26 (37,7%)	692 (33,9%)
A little	20 (29,0%)	567 (27,8%)
Quite a bit	16 (23,2%)	379 (18,6%)
Very much	6 (8,70%)	272 (13,3%)
Missing	1 (1,45%)	117 (5,74%)
<b>Patients who needed a rest:</b>		
Not at all	13 (18,8%)	511 (25,0%)
A little	27 (39,1%)	554 (27,2%)
Quite a bit	14 (20,3%)	507 (24,9%)
Very much	14 (20,3%)	332 (16,3%)
Missing	1 (1,45%)	118 (5,78%)
<b>Patients who felt weak:</b>		
Not at all	20 (29,0%)	552 (27,1%)
A little	23 (33,3%)	555 (27,2%)
Quite a bit	15 (21,7%)	476 (23,3%)
Very much	11 (15,9%)	322 (15,8%)
Missing	-	116 (5,69%)
<b>Patients who felt depressed:</b>		
Not at all	25 (36,2%)	820 (40,2%)
A little	27 (39,1%)	599 (29,4%)
Quite a bit	8 (11,6%)	285 (14,0%)
Very much	8 (11,6%)	193 (9,46%)
Missing	1 (1,45%)	126 (6,18%)

**Patients who were tired:**

Not at all	21 (30,4%)	554 (27,2%)
A little	28 (40,6%)	612 (30,0%)
Quite a bit	14 (20,3%)	464 (22,7%)
Very much	6 (8,70%)	268 (13,1%)
Missing	-	121 (5,93%)

**Patients whose pain interfered with their daily activities:**

Not at all	29 (42,0%)	847 (41,5%)
A little	20 (29,0%)	476 (23,3%)
Quite a bit	11 (15,9%)	318 (15,6%)
Very much	8 (11,6%)	257 (12,6%)
Missing	1 (1,45%)	122 (5,98%)

**Patients who lacked appetite:**

Not at all	34 (49,3%)	752 (36,9%)
A little	16 (23,2%)	502 (24,6%)
Quite a bit	11 (15,9%)	386 (18,9%)
Very much	7 (10,1%)	263 (12,9%)
Missing	-	117 (5,74%)

**Just now****Patients who have pain:**

Not at all	23 (33,3%)	907 (44,5%)
A little	23 (33,3%)	605 (29,7%)
Quite a bit	16 (23,2%)	274 (13,4%)
Very much	6 (8,70%)	117 (5,74%)
Missing	1 (1,45%)	117 (5,74%)

**Patients who need a rest:**

Not at all	13 (18,8%)	590 (28,9%)
A little	28 (40,6%)	641 (31,4%)
Quite a bit	14 (20,3%)	443 (21,7%)
Very much	13 (18,8%)	218 (10,7%)
Missing	1 (1,45%)	125 (6,13%)

**Patients who feel weak:**

Not at all	16 (23,2%)	648 (31,8%)
A little	21 (30,4%)	619 (30,3%)
Quite a bit	18 (26,1%)	417 (20,4%)
Very much	13 (18,8%)	209 (10,2%)
Missing	1 (1,45%)	122 (5,98%)

**Patients who are depressed:**

Not at all	26 (37,7%)	955 (46,8%)
A little	22 (31,9%)	549 (26,9%)
Quite a bit	11 (15,9%)	251 (12,3%)
Very much	9 (13,0%)	132 (6,47%)
Missing	1 (1,45%)	123 (6,03%)

#### Patients who are tired:

Not at all	17 (24,6%)	679 (33,3%)
A little	30 (43,5%)	658 (32,3%)
Quite a bit	13 (18,8%)	376 (18,4%)
Very much	9 (13,0%)	173 (8,48%)
Missing	-	127 (6,23%)

#### Patients whose pain interferes with their daily activities:

Not at all	26 (37,7%)	966 (47,4%)
A little	17 (24,6%)	447 (21,9%)
Quite a bit	16 (23,2%)	282 (13,8%)
Very much	9 (13,0%)	196 (9,61%)
Missing	1 (1,45%)	124 (6,08%)

#### Patients who lack appetite:

Not at all	28 (40,6%)	805 (39,5%)
A little	17 (24,6%)	537 (26,3%)
Quite a bit	13 (18,8%)	339 (16,6%)
Very much	10 (14,5%)	211 (10,3%)
Missing	1 (1,45%)	120 (5,88%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	9 (13,0%)	354 (17,4%)
Inflammation in mouth	4 (5,80%)	78 (3,82%)
Pain	7 (10,1%)	265 (13,0%)
Constipation	16 (23,2%)	179 (8,77%)
Diarrhea	2 (2,90%)	134 (6,57%)
Change in taste/smell	10 (14,5%)	249 (12,2%)
Early satiation/Loss of appetite	18 (26,1%)	481 (23,6%)
Other	6 (8,70%)	333 (16,3%)
Missing	3 (4,35%)	97 (4,75%)

#### Maximum activity performed by patients

Able to do sports	-	75 (3,68%)
Fully active	13 (18,8%)	267 (13,1%)
Able to carry out light activities	16 (23,2%)	538 (26,4%)
Able to carry out self care	28 (40,6%)	548 (26,9%)
Able to carry out limited self care	9 (13,0%)	244 (12,0%)

Confined to bed or chair	2 (2,90%)	228 (11,2%)
Missing	1 (1,45%)	124 (6,08%)
<b>Patient takes additional (without prescription)</b>		
Nothing	27 (39,1%)	1222 (59,9%)
Herbal tea	7 (10,1%)	244 (12,0%)
Nutritional supplements	12 (17,4%)	226 (11,1%)
Multivitamin	12 (17,4%)	122 (5,98%)
Other medication	11 (15,9%)	68 (3,33%)
Other	8 (11,6%)	68 (3,33%)
Missing	1 (1,45%)	172 (8,43%)
<b>Additional activities performed</b>		
Nothing	33 (47,8%)	1382 (67,7%)
Psychotherapy	3 (4,35%)	41 (2,01%)
Yoga	3 (4,35%)	24 (1,18%)
Meditation	1 (1,45%)	60 (2,94%)
Progressive muscle relaxation	4 (5,80%)	46 (2,25%)
Qigong	1 (1,45%)	6 (0,29%)
Other	25 (36,2%)	311 (15,2%)
Missing	1 (1,45%)	201 (9,85%)
<b>Patients having difficulties in complying with treatment</b>	25 (36,2%)	475 (23,3%)
<b>Patients needing help to complete questionnaire</b>	8 (11,6%)	1196 (58,6%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>	61 (88,4%)	1435 (70,3%)

**1. Are you COVID-19 positive TODAY?**

Yes	4 (2.7%)	565 (2.3%)
No	115 (77.2%)	19372 (77.7%)
I do not know	2 (1.3%)	2031 (8.1%)
Missing	28 (18.8%)	2957 (11.9%)

**2. Have you been tested COVID-19 positive in the last:**

0-3 months	2 (1.3%)	1107 (4.4%)
3-6 months	1 (0.67%)	693 (2.8%)
6-12 months	1 (0.67%)	1353 (5.4%)
>1 year	30 (20.1%)	1899 (7.6%)
never	28 (18.8%)	9637 (38.7%)
I do not know	6 (4.0%)	3756 (15.1%)
Missing	81 (54.4%)	6480 (26.0%)

**3. Have you been hospitalized during your COVID-19 infection?**

Yes	6 (4.0%)	1348 (5.4%)
No	113 (75.8%)	16395 (65.8%)
I do not know	2 (1.3%)	2695 (10.8%)
Missing	28 (18.8%)	4487 (18.0%)