



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Portugal

Dear participant,

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

Number of participated center:	14
Number of participated units:	40
Number of patients:	873
Number of patients who gave consent:	846
Number of patients completing Sheet 3a:	826
Number of patients completing Sheet 3b:	814
Number of patients with 30-day outcome assessment:	470

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

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

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 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 or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	519 [315-752]	334 [166-596]
2. Total number of admissions in the hospital last year	19958 [16934-122379]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	435 [316-710]	200 [83-461]
Medical specialists	351 [204-435]	129 [42-350]
Medical non-specialists	104 [102-214]	51 [15-151]
Nurses	816 [598-1112]	410 [142-815]
Dieticians	1 [1-2]	2 [0-9]
Nutritionists	5 [2-9]	3 [1-8]
Pharmacists	15 [8-18]	7 [3-17]
Kitchen staff	34 [11-59]	28 [9-60]
Full time equivalent		
Total medical doctors	239 [37-397]	199 [71-382]
Medical specialists	211 [112-290]	134 [45-306]
Medical non-specialists	102 [52-158]	87 [19-175]
Nurses	598 [74-626]	394 [134-672]
Dieticians	1 [0-1]	2 [0-7]
Nutritionists	5 [2-9]	2 [1-5]
Pharmacists	9 [5-14]	6 [2-15]
Kitchen staff	48 [34-55]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	7 (50.0%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	7 (50.0%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	9 (64.3%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	4 (28.6%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	6 (42.9%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	6 (42.9%) Yes	90 (50.3%) Yes
None	2 (14.3%) Yes	15 (8.4%) Yes
No answer given	5 (35.7%)	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	4 (28.6%) Yes	74 (41.3%) Yes
Oral nutrition supplements	5 (35.7%) Yes	74 (41.3%) Yes
Parenteral nutrition	7 (50.0%) Yes	88 (49.2%) Yes
Enteral nutrition	7 (50.0%) Yes	88 (49.2%) Yes
Dietary counseling	3 (21.4%) Yes	58 (32.4%) Yes
Specific dietary interventions	4 (28.6%) Yes	51 (28.5%) Yes
Screening for malnutrition	4 (28.6%) Yes	53 (29.6%) Yes
Risk of malnutrition	5 (35.7%) Yes	47 (26.3%) Yes
Malnutrition (in general)	4 (28.6%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (28.6%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	1 (7.1%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	3 (21.4%) Yes	69 (38.5%) Yes
Oral nutrition supplements	5 (35.7%) Yes	60 (33.5%) Yes
Parenteral nutrition	7 (50.0%) Yes	79 (44.1%) Yes
Enteral nutrition	7 (50.0%) Yes	76 (42.5%) Yes
Dietary counseling	3 (21.4%) Yes	45 (25.1%) Yes
Specific dietary interventions	4 (28.6%) Yes	45 (25.1%) Yes
Screening for malnutrition	4 (28.6%) Yes	42 (23.5%) Yes
Risk of malnutrition	4 (28.6%) Yes	36 (20.1%) Yes
Malnutrition (in general)	4 (28.6%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (7.1%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	1 (7.1%) Yes	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	11 (27.5%)	20.4%
Internal Medicine / Cardiology	2 (5.0%)	4.1%
Internal Medicine / Gastroenterology & hepatology	2 (5.0%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	1 (2.5%)	0.7%
Internal Medicine / Nephrology	1 (2.5%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.3%
Interdisciplinary	2 (5.0%)	4.0%
Long term care	2 (5.0%)	2.3%
Neurology	-	2.6%
Surgery / General	5 (12.5%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	1 (2.5%)	1.8%
Surgery / Neurosurgery	1 (2.5%)	0.4%
Surgery / Orthopedic	2 (5.0%)	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	1 (2.5%)	1.0%
Others	9 (22.5%)	16.9%
2. Number of registered inpatients at noon	23 [16-27]	22 [17-30]
3. Total bed capacity of the unit	27 [22-33]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [3-7]	4 [2-6]
Nurses	6 [4-7]	4 [3-6]
Nursing aides	4 [4-4]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	1 [1-1]	1 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	0 [0-1]	1 [0-3]
In training		
Medical doctors	3 [2-3]	1 [0-3]
Medical students	1 [0-2]	0 [0-2]
Nurses	2 [1-5]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	1 [1-1]	0 [0-0]
Other staff involved in patient care	0 [0-0]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 26 (65.0%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 24 (60.0%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 18 (45.0%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 33 (82.5%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 18 (45.0%) Yes 508 (54.3%) Yes

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

At admission

No routine screening	3 (7.5%) Yes	119 (9.4%) Yes
No fixed criteria	3 (7.5%) Yes	25 (2.0%) Yes
Experience / visual assessment only	2 (5.0%) Yes	78 (6.2%) Yes
Weighing / BMI only	1 (2.5%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	23 (57.5%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	3 (7.5%) Yes	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	5 (12.5%)	85 (6.7%)

During hospital stay

No routine monitoring	6 (15.0%) Yes	124 (9.8%) Yes
No fixed criteria	10 (25.0%) Yes	103 (8.1%) Yes
Experience / visual assessment only	4 (10.0%) Yes	180 (14.2%) Yes
Weighing / BMI only	6 (15.0%) Yes	414 (32.6%) Yes
Other formal tool	9 (22.5%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	5 (12.5%)	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 19 (47.5%) Yes 755 (83.3%) Yes

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

International guidelines	12 (63.2%) Yes	303 (40.1%) Yes
National guidelines	-	63 (8.3%) Yes
Standards on hospital level	3 (15.8%) Yes	240 (31.8%) Yes
Standards on unit level	1 (5.3%) Yes	44 (5.8%) Yes
Individual patient nutrition care plans	1 (5.3%) Yes	87 (11.5%) Yes
Other	1 (5.3%) Yes	3 (0.40%) Yes
Missing	1 (5.3%)	15 (2.0%)

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

Watchful waiting	5 (12.5%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	8 (20.0%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	14 (35.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	17 (42.5%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	16 (40.0%) Yes	519 (40.9%) Yes
Consult a medical professional	5 (12.5%) Yes	282 (22.2%) Yes
Calculate energy requirements	15 (37.5%) Yes	453 (35.7%) Yes
Calculate protein requirements	15 (37.5%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	4 (10.0%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	12 (30.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	15 (37.5%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	17 (42.5%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (30.0%) Yes	589 (46.5%) Yes
Consult a medical professional	5 (12.5%) Yes	392 (30.9%) Yes
Calculate energy requirements	18 (45.0%) Yes	564 (44.5%) Yes
Calculate protein requirements	18 (45.0%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	17 (42.5%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	4 (10.0%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	4 (10.0%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	5 (12.5%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (20.0%) Yes	241 (19.0%) Yes
Consult a medical professional	3 (7.5%) Yes	309 (24.4%) Yes
Calculate energy requirements	1 (2.5%) Yes	144 (11.4%) Yes
Calculate protein requirements	1 (2.5%) Yes	141 (11.1%) Yes

Never

Watchful waiting	1 (2.5%) Yes	144 (11.4%) Yes
Discuss nutrition care activities during ward rounds	6 (15.0%) Yes	56 (4.4%) Yes
Develop an individual nutrition care plan	2 (5.0%) 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	12 (30.0%) Yes	111 (8.8%) Yes
Calculate energy requirements	4 (10.0%) Yes	99 (7.8%) Yes
Calculate protein requirements	4 (10.0%) Yes	112 (8.8%) Yes

I do not know

Watchful waiting	4 (10.0%) Yes	61 (4.8%) Yes
Discuss nutrition care activities during ward rounds	4 (10.0%) Yes	32 (2.5%) Yes
Develop an individual nutrition care plan	2 (5.0%) Yes	38 (3.0%) Yes
Initiate treatment / nutrition intervention	2 (5.0%) Yes	29 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (5.0%) Yes	22 (1.7%) Yes
Consult a medical professional	6 (15.0%) Yes	62 (4.9%) Yes
Calculate energy requirements	3 (7.5%) Yes	45 (3.5%) Yes
Calculate protein requirements	3 (7.5%) Yes	50 (3.9%) Yes

13. When do you routinely weigh your patients?

at admission	6 (15.0%) Yes	727 (57.3%) Yes
Within 24 hours	4 (10.0%) Yes	142 (11.2%) Yes
Within 48 hours	6 (15.0%) Yes	102 (8.0%) Yes
Within 72 hours	3 (7.5%) Yes	33 (2.6%) Yes
Every week	8 (20.0%) Yes	450 (35.5%) Yes
Occasionally	6 (15.0%) Yes	149 (11.8%) Yes
When requested	15 (37.5%) Yes	655 (51.7%) Yes
At discharge	2 (5.0%) Yes	68 (5.4%) Yes
Never	6 (15.0%) Yes	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	25 (62.5%) Yes	925 (72.9%) Yes
Offer meal choices	18 (45.0%) Yes	784 (61.8%) Yes
Offer different portion sizes	15 (37.5%) Yes	687 (54.2%) Yes
Consider food presentation	10 (25.0%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	28 (70.0%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	21 (52.5%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	12 (30.0%) Yes	277 (21.8%) Yes
Promote positive eating environment	12 (30.0%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	28 (70.0%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	31 (77.5%) Yes	995 (78.5%) Yes

Other	4 (10.0%) Yes	78 (6.2%) Yes
I do not know	2 (5.0%) Yes	25 (2.0%) Yes
No answer given	5 (12.5%)	85 (6.7%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	8 (20.0%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	11 (27.5%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	8 (20.0%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	10 (25.0%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (27.5%) Yes	557 (43.9%) Yes
None	1 (2.5%) Yes	57 (4.5%) Yes
I do not know	4 (10.0%) Yes	37 (2.9%) Yes
No answer given	12 (30.0%)	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	21 (52.5%) Yes	804 (63.4%) Yes
Eating habits/difficulties	23 (57.5%) Yes	686 (54.1%) Yes
Nutrition before admission	15 (37.5%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	12 (30.0%)	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	25 (62.5%) Yes	747 (58.9%) Yes
nutrition treatment	19 (47.5%) Yes	525 (41.4%) Yes
None	-	78 (6.2%) Yes
I do not know	2 (5.0%) Yes	31 (2.4%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	12 (30.0%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	19 (47.5%) Yes	592 (46.7%) Yes
None	2 (5.0%) Yes	86 (6.8%) Yes
I do not know	5 (12.5%) Yes	82 (6.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (13.0%) Yes	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	8 (20.0%) Yes	276 (21.8%) Yes

Dietician	14 (35.0%) Yes	457 (36.0%) Yes
Nurse	5 (12.5%) Yes	234 (18.5%) Yes
Physician	6 (15.0%) Yes	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	846	24925
Age	75 [62-84]	64 [47-77]
Female	446 (52.7%)	11998 (48.1%)
Weight	69.9±15.9	71.0±18.5
Height	164±9	166±10
BMI	25.8±5.2	25.8±5.9

1. This hospital admission was...

planned	195 (23.0%)	8482 (34.0%)
an emergency	548 (64.8%)	15200 (61.0%)
I do not know	103 (12.2%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	71 (8.4%)	2684 (10.8%)
0200 Neoplasms	116 (13.7%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	56 (6.6%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	52 (6.1%)	3091 (12.4%)
0500 Mental health	33 (3.9%)	915 (3.7%)
0600 Nervous system	83 (9.8%)	2295 (9.2%)
0700 Eye and adnexa	6 (0.71%)	196 (0.79%)
0800 Ear and mastoid process	2 (0.24%)	136 (0.55%)
0900 Circulatory system	176 (20.8%)	4794 (19.2%)
1000 Respiratory system	180 (21.3%)	3073 (12.3%)
1100 Digestive system	123 (14.5%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	31 (3.7%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	78 (9.2%)	4061 (16.3%)
1400 Genitourinary system	125 (14.8%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.12%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	2 (0.24%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	57 (6.7%)	1481 (5.9%)
1900 Injury, poisoning	12 (1.4%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	15 (1.8%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	67 (7.9%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	190 (23.6%)	4157 (17.9%)
Myocardial infarction	25 (3.1%)	1170 (5.1%)
Chronic lung disease	109 (13.7%)	2384 (10.3%)
Cerebral vascular disease	98 (12.3%)	1781 (7.7%)
Peripheral vascular disease	150 (18.8%)	2332 (10.1%)
Chronic liver disease	47 (5.9%)	1354 (5.9%)
Chronic kidney disease	86 (10.8%)	2949 (12.8%)
Diabetes	221 (27.5%)	5896 (25.3%)
Cancer	162 (20.3%)	4775 (20.7%)
Infection	123 (15.4%)	3183 (13.8%)
Dementia	93 (11.7%)	888 (3.9%)
Major depressive disorder	80 (10.1%)	1000 (4.4%)
Other chronic mental disorder	58 (7.3%)	986 (4.3%)
Other chronic disease	408 (50.2%)	7288 (31.2%)
None	61 (7.2%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	86 (10.2%)	4133 (16.6%)
Yes, acute	52 (6.1%)	1929 (7.7%)
No	392 (46.3%)	13886 (55.7%)
I do not know	34 (4.0%)	164 (0.66%)
Missing	282 (33.3%)	4813 (19.3%)

Days since operation	6 [2-17]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	13 (1.5%)	2384 (9.6%)
Yes, later	29 (3.4%)	1452 (5.8%)
No	464 (54.8%)	15545 (62.4%)
I do not know	46 (5.4%)	333 (1.3%)
Missing	294 (34.8%)	5211 (20.9%)

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

38 (6.5%)	2361 (11.6%)
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6. Is this patient terminally ill?

21 (2.5%)	2137 (8.6%)
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7. Fluid status

Normal	643 (76.0%)	19805 (79.5%)
Overloaded	11 (1.3%)	975 (3.9%)
Dehydrated	59 (7.0%)	1471 (5.9%)
I do not know	133 (15.7%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-9]	4 [2-7]
Other	4 [2-6]	2 [1-4]

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

Malnourished	45 (5.3%)	3279 (13.2%)
At risk	161 (19.0%)	5283 (21.2%)
No	527 (62.3%)	14990 (60.1%)
I do not know	113 (13.4%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	157 (18.6%)	8543 (34.3%)
5% Glucose solution	33 (3.9%)	1473 (5.9%)

11. Number of ONS drinks planned

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

Regular hospital food	533 (63.0%)	15627 (62.7%)
Fortified/enriched hospital food	89 (10.5%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	144 (17.0%)	4305 (17.3%)
Enteral nutrition	96 (11.3%)	1259 (5.1%)
Parenteral nutrition	13 (1.5%)	785 (3.1%)
Special diet	210 (24.8%)	6593 (26.5%)
None	60 (7.1%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	52 (9.0%)	2145 (10.5%)
Peripheral venous access	388 (66.8%)	11975 (58.9%)
Nasogastric	29 (5.0%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	1 (0.17%)	40 (0.20%)
Enterostoma	2 (0.34%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.17%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.34%)	63 (0.31%)
None	414 (48.9%)	11051 (44.3%)

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

Yes, previously	45 (5.3%)	282 (1.1%)
Yes, ongoing	1 (0.12%)	180 (0.72%)
No	338 (40.0%)	17744 (71.2%)
I do not know	148 (17.5%)	1404 (5.6%)
Missing	314 (37.1%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	118 (20.3%)	7973 (39.2%)
Protein requirements were determined	102 (17.6%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	310 (53.4%)	9150 (45.0%)
Nutrition treatment plan was developed	128 (22.0%)	8137 (40.0%)
Nutrition expert was consulted	155 (26.7%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	203 (34.9%)	7308 (35.9%)
None	-	-

15a. Energy goal

< 500 kcal	34 (4.0%)	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	15 (1.8%)	1767 (7.1%)
1500-1999 kcal	70 (8.3%)	6430 (25.8%)
>=2000 kcal	51 (6.0%)	3687 (14.8%)
Not determined	146 (17.3%)	6548 (26.3%)
I do not know	265 (31.3%)	1248 (5.0%)
Missing	265 (31.3%)	4590 (18.4%)

15b. Energy intake

< 500 kcal	40 (4.7%)	1070 (4.3%)
500-999 kcal	4 (0.47%)	1366 (5.5%)
1000-1499 kcal	30 (3.5%)	2751 (11.0%)
1500-1999 kcal	60 (7.1%)	4599 (18.5%)
>=2000 kcal	29 (3.4%)	2469 (9.9%)
Not determined	150 (17.7%)	6254 (25.1%)
I do not know	268 (31.7%)	1824 (7.3%)
Missing	265 (31.3%)	4592 (18.4%)

16. Since admission, this patient's health status has...

Improved	253 (29.9%)	11134 (44.7%)
Deteriorated	47 (5.6%)	1331 (5.3%)
Remained the same	192 (22.7%)	5023 (20.2%)
This patient has just been admitted	15 (1.8%)	1445 (5.8%)
I do not know	74 (8.7%)	1402 (5.6%)
Missing	265 (31.3%)	4590 (18.4%)

Length of hospital stay (days)	15 [8-31]	13 [6-25]
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Outcome Code

1= Still in the hospital	106 (12.5%)	2848 (11.4%)
2= Transferred to another hospital	6 (0.71%)	526 (2.1%)

3= Transferred to long term care	12 (1.4%)	653 (2.6%)
4= Rehabilitation	9 (1.1%)	606 (2.4%)
5= Discharged home	283 (33.5%)	18641 (74.8%)
6= Death	34 (4.0%)	956 (3.8%)
7= Others	20 (2.4%)	536 (2.2%)
Missing	376 (44.4%)	159 (0.64%)

Readmitted since nutritionDay

1= No	253 (73.5%)	16520 (77.3%)
2= Yes, same hospital planned	3 (0.87%)	1353 (6.3%)
3= Yes, same hospital unplanned	19 (5.5%)	1110 (5.2%)
4= Yes, different hospital planned	2 (0.58%)	80 (0.37%)
5= Yes, different hospital unplanned	2 (0.58%)	80 (0.37%)
6= Unknown	14 (4.1%)	485 (2.3%)
Missing	53 (15.4%)	1675 (7.8%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	402 (48.7%)	14107 (57.7%)
I am vegetarian	2 (0.24%)	445 (1.8%)
I adhere to a vegan diet	1 (0.12%)	79 (0.32%)
I eat gluten-free diet	1 (0.12%)	210 (0.86%)
I avoid added sugars	63 (7.6%)	3287 (13.4%)
I avoid carbohydrates	24 (2.9%)	1220 (5.0%)
I eat a low fat-diet	52 (6.3%)	2101 (8.6%)
I am lactose intolerant	22 (2.7%)	816 (3.3%)
Other special diet due to intolerances/allergies	13 (1.6%)	421 (1.7%)
Other	15 (1.8%)	1522 (6.2%)
No answer given	301 (36.4%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	447 (54.1%)	17544 (71.7%)
In a nursing home or other live-in facility	56 (6.8%)	469 (1.9%)
I was transferred from another hospital	29 (3.5%)	1456 (6.0%)
Other	9 (1.1%)	339 (1.4%)
Missing	285 (34.5%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	285 (34.5%)	12349 (50.5%)
Yes, with someone's help	55 (6.7%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	69 (8.4%)	2560 (10.5%)
No, I have a wheelchair	34 (4.1%)	859 (3.5%)
No, I am bedridden	96 (11.6%)	1677 (6.9%)
Missing	287 (34.7%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	19 (2.3%)	1759 (7.2%)
Good	101 (12.2%)	7718 (31.6%)
Fair	211 (25.5%)	7368 (30.1%)
Poor	151 (18.3%)	2474 (10.1%)
Very poor	34 (4.1%)	414 (1.7%)
Missing	310 (37.5%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [2-7]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]

... how many nights in total have you spent in hospital?	5 [0-17]	4 [0-14]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	67 (8.1%)	4831 (19.8%)
3-5	130 (15.7%)	5143 (21.0%)
More than 5	257 (31.1%)	5425 (22.2%)
None	59 (7.1%)	3787 (15.5%)
I do not know	25 (3.0%)	617 (2.5%)
Missing	288 (34.9%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	64 (7.7%)	3701 (15.1%)
Yes, public insurance only	149 (18.0%)	9777 (40.0%)
Yes, both	19 (2.3%)	1908 (7.8%)
None	255 (30.9%)	3768 (15.4%)
I prefer not to answer	33 (4.0%)	461 (1.9%)
Missing	306 (37.0%)	4837 (19.8%)

8. What was your weight 5 years ago?

	73 [65-81]	74 [63-85]
I do not know	186 (22.5%)	6168 (25.2%)

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

Yes, intentionally	38 (4.6%)	1931 (7.9%)
Yes, unintentionally	332 (40.2%)	10653 (43.6%)
No, my weight stayed the same	200 (24.2%)	6738 (27.6%)
No, I gained weight	46 (5.6%)	2780 (11.4%)
I do not know	180 (21.8%)	2017 (8.2%)
Missing	30 (3.6%)	333 (1.4%)

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

	6 [4-10]	6 [4-10]
I do not know	136 (36.8%)	2421 (19.2%)

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

	118 (23.4%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	130 (24.5%)	10622 (53.6%)
... were informed about your nutrition status	73 (13.7%)	7345 (37.2%)
... were informed about nutrition care options	122 (23.1%)	6881 (34.9%)
... received special nutrition care	109 (20.6%)	6867 (34.9%)

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

More than normal	28 (3.4%)	1175 (4.8%)
Normal	502 (61.7%)	14950 (61.3%)

About 3/4 of normal	93 (11.4%)	2351 (9.6%)
About half of normal	74 (9.1%)	3047 (12.5%)
About a quarter to nearly nothing	78 (9.6%)	2386 (9.8%)
I do not know	11 (1.4%)	183 (0.75%)
Missing	28 (3.4%)	308 (1.3%)

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

Very satisfied	57 (7.0%)	5545 (22.7%)
Somewhat satisfied	170 (20.9%)	6058 (24.8%)
Neutral	123 (15.1%)	4069 (16.7%)
Dissatisfied	73 (9.0%)	1669 (6.8%)
Very dissatisfied	36 (4.4%)	733 (3.0%)
I do not know	51 (6.3%)	1404 (5.8%)
Missing	304 (37.3%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	14 (1.7%)	2402 (9.8%)
Yes, from hospital staff	115 (14.1%)	1324 (5.4%)
No	374 (45.9%)	15188 (62.2%)
I do not know	8 (0.98%)	275 (1.1%)
Missing	303 (37.2%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	385 (76.2%)	13701 (72.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	364 (44.7%)	11767 (48.2%)
1/2	225 (27.6%)	6068 (24.9%)
1/4	128 (15.7%)	3130 (12.8%)
Nothing	66 (8.1%)	2535 (10.4%)
Missing	31 (3.8%)	900 (3.7%)

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

Standard	403 (49.5%)	13049 (53.5%)
Smaller	27 (3.3%)	1824 (7.5%)
Larger	6 (0.74%)	960 (3.9%)
I do not know	36 (4.4%)	2121 (8.7%)
Missing	342 (42.0%)	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	73 (17.4%)	1924 (16.4%)
I did not like the smell/taste of the food	47 (11.2%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	2 (0.48%)	103 (0.88%)
The food was too hot	1 (0.24%)	29 (0.25%)

The food was too cold	8 (1.9%)	321 (2.7%)
Due to food allergy/intolerance	1 (0.24%)	151 (1.3%)
I was not hungry at that time	74 (17.7%)	1600 (13.6%)
I do not have my usual appetite	116 (27.7%)	3509 (29.9%)
I have problems chewing/swallowing	20 (4.8%)	683 (5.8%)
I normally eat less than what was served	45 (10.7%)	1218 (10.4%)
I had nausea/vomiting	26 (6.2%)	971 (8.3%)
I was too tired	26 (6.2%)	511 (4.4%)
I cannot eat without help	8 (1.9%)	146 (1.2%)
I was not allowed to eat	19 (4.5%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	27 (6.4%)	785 (6.7%)
I did not get requested food	-	123 (1.0%)
No answer given	88 (21.0%)	2067 (17.6%)

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

Water	4 [2-6]	3 [2-6]
Tea	1 [1-2]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	1 [1-2]	0 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-0]
Nutrition drink	0 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 121 (24.3%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	41 (33.9%)	1125 (25.5%)
Salty snacks	14 (11.6%)	609 (13.8%)
Homemade food	29 (24.0%)	943 (21.4%)
Fruits	43 (35.5%)	1520 (34.5%)
Dairy products	7 (5.8%)	516 (11.7%)
Food delivered/restaurant	5 (4.1%)	188 (4.3%)
Sandwich	5 (4.1%)	265 (6.0%)
Other	12 (9.9%)	659 (14.9%)

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

Increased	60 (7.4%)	3392 (13.9%)
Decreased	207 (25.4%)	6798 (27.9%)
Stayed the same	214 (26.3%)	7810 (32.0%)
I do not know	25 (3.1%)	1112 (4.6%)
Missing	308 (37.8%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	382 (46.9%)	11712 (48.0%)
Weaker than at admission	128 (15.7%)	4322 (17.7%)
Same as at admission	179 (22.0%)	6423 (26.3%)
I was admitted today	13 (1.6%)	740 (3.0%)
I do not know	86 (10.6%)	917 (3.8%)
Missing	26 (3.2%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	303 (37.2%)	13991 (57.3%)
No, only with assistance	232 (28.5%)	6345 (26.0%)
No, I stay in bed	231 (28.4%)	3449 (14.1%)
Missing	48 (5.9%)	615 (2.5%)

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

378 (70.8%) 14422 (73.8%)

1. Are you COVID-19 positive TODAY?

Yes	14 (1.7%)	565 (2.3%)
No	508 (60.0%)	19372 (77.7%)
I do not know	111 (13.1%)	2031 (8.1%)
Missing	213 (25.2%)	2957 (11.9%)

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

0-3 months	22 (2.6%)	1107 (4.4%)
3-6 months	11 (1.3%)	693 (2.8%)
6-12 months	19 (2.2%)	1353 (5.4%)
>1 year	94 (11.1%)	1899 (7.6%)
never	53 (6.3%)	9637 (38.7%)
I do not know	368 (43.5%)	3756 (15.1%)
Missing	279 (33.0%)	6480 (26.0%)

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

Yes	34 (4.0%)	1348 (5.4%)
No	232 (27.4%)	16395 (65.8%)
I do not know	322 (38.1%)	2695 (10.8%)
Missing	258 (30.5%)	4487 (18.0%)