



Dear participant,

Thank you for participating to nutritionDay worldwide in 2025.
Your country report consists of the following sample size:

Country:	Austria
Number of participating centers:	3
Number of participating units:	19
Number of patients:	356
Number of patients who gave consent:	287

This report compares your center to the international reference database based on data from nutritionDay 2021-2024.

In the National Report are included only centers who filled out the hospital and the unit sheet.

Participate again at the upcoming nutritionDay in November 2026!
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

Hospital Sheet

Your Results Reference Results

1. Total number of beds in hospital 321 [147-1713] 296 [140-581]

2. Total number of admissions in the hospital last year 26795 [7294-71645] 15484 [4482-34465]

3. Total number of staff in the hospital

Total medical doctors 354 [65-956] 226 [80-422]

Medical specialists 219 [40-548] 124 [37-273]

Medical non-specialists 78 [25-408] 56 [9-138]

Nurses 612 [141-2581] 315 [128-726]

Dieticians 8 [1-22] 3 [1-9]

Nutritionists 2 [2-2] 2 [1-5]

Pharmacists 12 [4-18] 7 [3-18]

Kitchen staff 113 [37-113] 24 [9-44]

Full time equivalent

Total medical doctors 322 [58-825] 144 [48-275]

Medical specialists 196 [36-446] 89 [34-215]

Medical non-specialists 68 [22-378] 46 [7-115]

Nurses 501 [116-2025] 305 [98-562]

Dieticians 6 [1-17] 2 [1-8]

Nutritionists 1 [1-1] 1 [0-3]

Pharmacists 8 [4-16] 5 [2-15]

Kitchen staff 107 [33-107] 24 [9-42]

4. Does the hospital have a nutrition care strategy? 3 (100%) 190 (40%) Yes

5. Which nutrition-related standards or routine activities exist in your hospital?

Nutrition training is available 3 (100%) 157 (33.1%) Yes

Nutrition steering committee is available 3 (100%) 125 (26.3%) Yes

Quality indicators are recorded and reported to national or regional level - 77 (16.2%) Yes

Quality indicators are used for internal benchmarking	3 (100%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.7%)	161 (33.9%) Yes

6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?

No information available from billing/finance/controlling	1 (33.3%)	32 (6.7%) Yes
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Codes available

Nutrition Support	1 (33.3%)	64 (13.5%) Yes
Oral nutrition supplements	-	118 (24.8%) Yes
Parenteral nutrition	-	157 (33.1%) Yes
Enteral nutrition	-	156 (32.8%) Yes
Dietary counseling	2 (66.7%)	99 (20.8%) Yes
Specific dietary interventions	-	90 (18.9%) Yes
Screening for malnutrition	-	98 (20.6%) Yes
Risk of malnutrition	-	71 (14.9%) Yes
Malnutrition (in general)	1 (33.3%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%)	97 (20.4%) Yes

Codes routinely used

Nutrition Support	2 (66.7%)	60 (12.6%) Yes
Oral nutrition supplements	1 (33.3%)	110 (23.2%) Yes
Parenteral nutrition	2 (66.7%)	138 (29.1%) Yes
Enteral nutrition	1 (33.3%)	137 (28.8%) Yes
Dietary counseling	2 (66.7%)	82 (17.3%) Yes
Specific dietary interventions	1 (33.3%)	77 (16.2%) Yes
Screening for malnutrition	1 (33.3%)	82 (17.3%) Yes
Risk of malnutrition	1 (33.3%)	63 (13.3%) Yes
Malnutrition (in general)	1 (33.3%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	88 (18.5%) Yes

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty

Internal Medicine / General	2 (10.5%)	295 (17.2%)
Internal Medicine / Cardiology	1 (5.3%)	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	-	114 (6.6%)
Internal Medicine / Geriatrics	1 (5.3%)	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	-	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	4 (21.1%)	215 (12.5%)
Surgery / General	2 (10.5%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	1 (5.3%)	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	1 (5.3%)	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	1 (5.3%)	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	1 (5.3%)	27 (1.6%)
Gynecology / Obstetrics	1 (5.3%)	105 (1.6%)
Neurology	1 (5.3%)	34 (2%)
Psychiatry	2 (10.5%)	21 (2%)
Pediatrics	-	13 (0.8%)
Interdisciplinary	1 (5.3%)	59 (3.4%)
Long term care	-	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	-	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	-	181 (11%) Yes
Do you have a ERAS protocol?	-	131 (8%) Yes
Do you have an ERAS team?	-	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes

2. Number of registered inpatients at noon	20 [15-24]	22 [16-29]
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3. Total bed capacity of the unit	25 [22-30]	28 [22-36]
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4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)

Fully trained		
Medical doctors	2 [2-3]	3 [2-6]
Medical students	-	
Nurses	4 [3-4]	4 [3-6]
Nursing aides	2 [2-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	-	0 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	2 [1-2]	1 [0-3]

In training		
Medical doctors	1 [1-2]	2 [0-3]
Medical students	2 [1-2]	1 [0-3]
Nurses	1 [1-1]	1 [0-2]
Nursing aides	1 [1-1]	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	1 [1-1]	0 [0-0]

5. Is there a nutrition support team in your hospital available?	19 (100%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	13 (68.4%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	18 (94.7%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	18 (94.7%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	15 (78.9%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	5 (26.3%)	151 (8.8%) Yes
No fixed criteria	2 (10.5%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	7 (36.8%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	3 (15.8%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	78 (4.5%) Yes
Malnutrition Screening tool (MST)	1 (5.3%)	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	1 (5.3%)	170 (9.9%) Yes
I do not know	-	196 (11.4%) Yes
During hospital stay		
No routine monitoring	-	180 (10.5%) Yes
No fixed criteria	-	110 (6.4%) Yes
Experience / visual assessment only	-	178 (10.4%) Yes
Weighing / BMI only	10 (52.6%)	571 (33.3%) Yes
Other formal tool	-	450 (26.2%) Yes
I do not know	-	196 (11.4%) Yes

11a. Do you routinely use guidelines or standards for nutrition care?	16 (84.2%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	4 (21.1%)	403 (23.5%) Yes
National guidelines	2 (10.5%)	180 (10.5%) Yes
Standards on hospital level	6 (31.6%)	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	3 (15.8%)	136 (7.9%) Yes
Others	-	20 (1.2%) Yes

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

At risk		
Watchful waiting	10 (52.6%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	10 (52.6%)	574 (33.5%) Yes
Develop an individual nutrition care plan	8 (42.1%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	14 (73.7%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	15 (78.9%)	693 (40.4%) Yes
Consult a medical professional	8 (42.1%)	417 (24.3%) Yes
Calculate energy requirements	9 (47.4%)	622 (36.3%) Yes
Calculate protein requirements	8 (42.1%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	5 (26.3%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	14 (73.7%)	666 (38.8%) Yes
Develop an individual nutrition care plan	14 (73.7%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	17 (89.5%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	19 (100%)	794 (46.3%) Yes
Consult a medical professional	12 (63.2%)	514 (30%) Yes
Calculate energy requirements	15 (78.9%)	813 (47.4%) Yes
Calculate protein requirements	15 (78.9%)	801 (46.7%) Yes

Every patient

Watchful waiting	7 (36.8%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	4 (21.1%)	452 (26.4%) Yes
Develop an individual nutrition care plan	-	295 (17.2%) Yes
Initiate treatment / nutrition intervention	-	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	371 (21.6%) Yes
Consult a medical professional	-	428 (25%) Yes
Calculate energy requirements	-	250 (14.6%) Yes
Calculate protein requirements	-	240 (14%) Yes

None

Watchful waiting	2 (10.5%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	1 (5.3%)	90 (5.2%) Yes
Develop an individual nutrition care plan	4 (21.1%)	87 (5.1%) Yes
Initiate treatment / nutrition intervention	1 (5.3%)	33 (1.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	34 (2%) Yes
Consult a medical professional	4 (21.1%)	177 (10.3%) Yes
Calculate energy requirements	2 (10.5%)	131 (7.6%) Yes
Calculate protein requirements	1 (5.3%)	138 (8%) Yes

13. When do you routinely weigh your patients?

At admission	11 (57.9%)	927 (54.1%) Yes
Within 24 hours	2 (10.5%)	173 (10.1%) Yes
Within 48 hours	1 (5.3%)	94 (5.5%) Yes
Within 72 hours	-	44 (2.6%) Yes
Every week	6 (31.6%)	603 (35.2%) Yes
Occasionally	1 (5.3%)	196 (11.4%) Yes
When requested	13 (68.4%)	819 (47.8%) Yes
At discharge	-	68 (4%) Yes
Never	1 (5.3%)	24 (1.4%) Yes

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

Offer additional meals or in between snacks	15 (78.9%)	1164 (67.9%) Yes
Offer meal choices	19 (100%)	1029 (60%) Yes
Offer different portion sizes	18 (94.7%)	837 (48.8%) Yes
Consider food presentation	7 (36.8%)	484 (28.2%) Yes
Change food texture/consistency as needed	15 (78.9%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	18 (94.7%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	9 (47.4%)	371 (21.6%) Yes
Promote positive eating environment	10 (52.6%)	413 (24.1%) Yes
Consider cultural/religious preferences	17 (89.5%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	18 (94.7%)	1315 (76.7%) Yes
Other	-	99 (5.8%) Yes

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

Nutrition training is available	15 (78.9%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	7 (36.8%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	-	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	4 (21.1%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (57.9%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	17 (89.5%)	1150 (67.1%) Yes
Eating habits/difficulties	15 (78.9%)	1025 (59.8%) Yes
Nutrition before admission	10 (52.6%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	9 (47.4%)	1008 (58.8%) Yes
nutrition treatment	10 (52.6%)	786 (45.8%) Yes
I do not know	4 (21.1%)	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	7 (36.8%)	728 (42.4%) Yes
makes future nutrition-related recommendations	10 (52.6%)	855 (49.9%) Yes
I do not know	6 (31.6%)	166 (9.7%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?

13 (68.4%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	11 (57.9%)	375 (21.9%) Yes
Dietician	13 (68.4%)	707 (41.2%) Yes
Nurse	5 (26.3%)	328 (19.1%) Yes
Physician	6 (31.6%)	181 (10.6%) Yes
Administrative staff	1 (5.3%)	28 (1.6%) Yes
Others	-	132 (7.7%) Yes

ABOUT YOUR PATIENT Sheet 2a/2b/2c

Your Results Reference Results

TOTAL Patients:	356 (100%)	31895
Number of patients who gave consent	287 (80.6%)	31895 (100%)

Female	146 (50.9%)	15478 (48.5%)
Male	139 (48.4%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	63 [55-76]	63 [46-76]
Weight	77.9±19.7	70.9±19.4
Height	170±10.6	166±11
BMI (female)	26.8±6.5	26±6.9
BMI (male)	27.1±9.3	25.3±5.9
BMI	27±8	25.6±6.5

This hospital admission was

planned	160 (55.7%)	11384 (35.7%)
an emergency	100 (34.8%)	18596 (58.3%)
I do not know	8 (2.8%)	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	38 (13.2%)	2861 (9%)
0500 Mental health	34 (11.8%)	1240 (3.9%)
0700 Eye and adnexa	12 (4.2%)	271 (0.8%)
0800 Ear and mastoid process	11 (3.8%)	183 (0.6%)
0900 Circulatory system	122 (42.5%)	5336 (16.7%)
1000 Respiratory system	53 (18.5%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	82 (28.6%)	3860 (12.1%)
1100 Digestive system	71 (24.7%)	6965 (21.8%)
1400 Genitourinary system	36 (12.5%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	70 (24.4%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	22 (7.7%)	1418 (4.4%)
0100 Infectious and parasitic diseases	15 (5.2%)	3123 (9.8%)
0200 Neoplasms	70 (24.4%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	54 (18.8%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	12 (4.2%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	6 (2.1%)	412 (1.3%)
1600 Conditions originating in the perinatal period	-	30 (0.1%)
1700 Congenital/chromosomal abnormalities	1 (0.3%)	84 (0.3%)
1900 Injury, poisoning	1 (0.3%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	10 (3.5%)	1288 (4%)

2. Main reason for admission

0600 Nervous system	9 (3.1%)	1964 (6.2%)
0500 Mental health	24 (8.4%)	1431 (4.5%)

0700 Eye and adnexa	-	515 (1.6%)
0800 Ear and mastoid process	6 (2.1%)	1888 (5.9%)
0900 Circulatory system	38 (13.2%)	2437 (7.6%)
1000 Respiratory system	9 (3.1%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	7 (2.4%)	959 (3%)
1100 Digestive system	29 (10.1%)	3440 (10.8%)
1400 Genitourinary system	16 (5.6%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	40 (13.9%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	8 (2.8%)	940 (2.9%)
0100 Infectious and parasitic diseases	9 (3.1%)	2024 (6.3%)
0200 Neoplasms	33 (11.5%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	14 (4.9%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	18 (6.3%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	7 (2.4%)	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	-	570 (1.8%)
2100 Factors influencing health status and contact with health services	4 (1.4%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	20 (7%)	551 (1.7%)
Dementia	11 (3.8%)	319 (1%)
Major depressive disorder	16 (5.6%)	297 (0.9%)
Other chronic mental disorder	16 (5.6%)	202 (0.6%)
Myocardial infarction	17 (5.9%)	267 (0.8%)
Cardiac insufficiency	28 (9.8%)	981 (3.1%)
Chronic lung disease	35 (12.2%)	728 (2.3%)
Chronic liver disease	16 (5.6%)	366 (1.1%)
Chronic kidney disease	37 (12.9%)	983 (3.1%)

GI disease/problems	41 (14.3%)	941 (3%)
Urological disease/problems	31 (10.8%)	378 (1.2%)
Muscle-skeletal disease	47 (16.4%)	535 (1.7%)
Arthritis	13 (4.5%)	194 (0.6%)
Skin problems	20 (7%)	240 (0.8%)
Peripheral vascular disease	38 (4.2%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	72 (25.1%)	1247 (3.9%)
Fatigue	33 (11.5%)	724 (2.3%)
Infection	21 (7.3%)	676 (2.1%)
Diabetes	53 (18.5%)	2176 (6.8%)
Hypertension	102 (35.5%)	3234 (10.1%)
Hyperlipidaemia	50 (17.4%)	1040 (3.3%)
Endocrinal disease	32 (11.1%)	528 (1.7%)
Cancer	44 (15.3%)	1440 (4.5%)
History of cancer	6 (2.1%)	511 (1.6%)
Other chronic disease	10 (3.5%)	806 (2.5%)
NO COMORBIDITIES	54 (18.8%)	5868 (18.4%)
OTHER COMORBIDITIES	35 (12.2%)	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	14 (4.9%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	32 (11.1%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	178 (62%)	24553 (77%)
Overloaded	26 (9.1%)	1548 (4.9%)
Dehydrated	15 (5.2%)	2223 (7%)
I do not know	63 (22%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

oral	6 [3-8]	4 [2-8]
other	3 [1-4]	2 [1-4]

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

Malnourished	12 (4.2%)	5142 (16.1%)
At risk	28 (9.8%)	7052 (22.1%)
No	191 (66.6%)	17552 (55%)
I do not know	50 (17.4%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	71 (24.7%)	11676 (36.6%)
5% Glucose solution	3 (1%)	1963 (6.2%)

10. Number of ONS drinks planned (TODAY)	2 [1-2]	0 [0-1]
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11. Nutrition intake (TODAY)

Regular hospital food	204 (71.1%)	18876 (59.2%)
Fortified/enriched hospital food	18 (6.3%)	4517 (14.2%)
Special diet	68 (23.7%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	36 (12.5%)	6147 (19.3%)
Enteral nutrition	2 (0.7%)	1791 (5.6%)
Parenteral nutrition	4 (1.4%)	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	54 (18.8%)	3714 (11.6%)
Peripheral venous access	152 (53%)	15651 (49.1%)
Nasogastric	2 (0.7%)	756 (2.4%)
Nasojejunal	-	91 (0.3%)
Nasoduodenal	-	82 (0.3%)
Enterostoma	-	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.3%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	-	105 (0.3%)
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12b. Were there complications with lines and tubes since admission? (infections /obstructions)

Yes, previously	-	565 (1.8%)
Yes, ongoing	1 (0.3%)	255 (0.8%)
No	238 (82.9%)	23467 (73.6%)
I do not know	28 (9.8%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	33 (11.5%)	11605 (36.4%)
Protein requirements were determined	34 (11.8%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	42 (14.6%)	12508 (39.2%)
Nutrition treatment plan was developed	31 (10.8%)	11785 (36.9%)
Nutrition expert was consulted	46 (16%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	53 (18.5%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	7 (2.4%)	281 (0.9%)
500-999 kcal	1 (0.3%)	286 (0.9%)
1000-1499 kcal	7 (2.4%)	2076 (6.5%)
1500-1999 kcal	120 (41.8%)	8530 (26.7%)
>=2000 kcal	26 (9.1%)	5796 (18.2%)
Not determined	105 (36.6%)	7876 (24.7%)
I do not know	13 (4.5%)	1851 (5.8%)
kcal/kg	25 [24-30]	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	15 (5.2%)	1190 (3.7%)
500-999 kcal	18 (6.3%)	1814 (5.7%)
1000-1499 kcal	28 (9.8%)	3863 (12.1%)
1500-1999 kcal	42 (14.6%)	6134 (19.2%)
>=2000 kcal	5 (1.7%)	3438 (10.8%)

Not determined	151 (52.6%)	7653 (24%)
I do not know	19 (6.6%)	2676 (8.4%)
kcal/kg	30 [30-30]	25 [21-30]

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

Improved	94 (32.8%)	14998 (47%)
Deteriorated	20 (7%)	1844 (5.8%)
Remained the same	70 (24.4%)	6773 (21.2%)
This patient has just been admitted	36 (12.5%)	1954 (6.1%)
I do not know	60 (20.9%)	2168 (6.8%)

16a. Previous operation during this hospital stay

Yes, planned	60 (20.9%)	4745 (14.9%)
Yes, acute	9 (3.1%)	2272 (7.1%)
No	26 (9.1%)	14399 (45.1%)
days since operation	4.1 [1-6.5]	4 [1-15]

16b. Planned operation during this hospital stay

Yes, today or tomorrow	29 (10.1%)	2955 (9.3%)
Yes, later	6 (2.1%)	1925 (6%)
No	51 (17.8%)	15926 (49.9%)

17. Surgery type (single choice)

Operated right after admission (acute)	5 (1.7%)	615 (1.9%)
Planned after unscheduled admission	9 (3.1%)	780 (2.4%)
Planned after scheduled admission	68 (23.7%)	1386 (4.3%)
None of the above	1 (0.3%)	103 (0.3%)
I don't know	1 (0.3%)	195 (0.6%)
Non-applicable (NA)	11 (3.8%)	550 (1.7%)

18. Surgical approach

Open surgery including converted	43 (15%)	1792 (5.6%)
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Minimal invasive surgery (laparoscopy, robotics etc.)	38 (13.2%)	1064 (3.3%)
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19. Duration of operation

Minor surgery	24 (8.4%)	834 (6.3%)
Major surgery	58 (20.2%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done

Oesophagus	-	48 (0.2%)
Gastric	2 (0.7%)	215 (0.7%)
Liver	1 (0.3%)	113 (0.4%)
Pancreas	1 (0.3%)	85 (0.3%)
Colorectal	9 (3.1%)	304 (1%)
Gynecology	6 (2.1%)	123 (0.4%)
Gynaecologic oncology	2 (0.7%)	53 (0.2%)
Urology	11 (3.8%)	120 (0.4%)
Urology oncology	1 (0.3%)	8 (0%)
Cystectomy	1 (0.3%)	22 (0.1%)
Bariatric	-	13 (0%)
Hip replacement	5 (1.7%)	128 (0.4%)
Knee replacement	12 (4.2%)	86 (0.3%)
Lung	3 (1%)	85 (0.3%)
Cardiac	1 (0.3%)	45 (0.1%)
Vascular	9 (3.1%)	77 (0.2%)
other	20 (7%)	1469 (4.6%)
I don't know	-	188 (0.6%)

21. Indication to use of nutritional therapy

No indication	83 (28.9%)	2012 (6.3%)
Expected prolonged postoperative fasting	5 (1.7%)	212 (0.7%)
Preoperative malnutrition	3 (1%)	218 (0.7%)
Ongoing surgical complication	2 (0.7%)	111 (0.3%)
Patient does not eat enough	3 (1%)	295 (0.9%)

other	2 (0.7%)	232 (0.7%)
I don't know	5 (1.7%)	332 (1%)

22. Days since nutritional therapy		
	7 [3-18]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	19 (6.6%)	2475 (7.8%)
2 Transferred to another hospital	1 (0.3%)	585 (1.8%)
3 Transferred to long term care	3 (1%)	766 (2.4%)
4 Rehabilitation	5 (1.7%)	552 (1.7%)
5 Discharged home	242 (84.3%)	20087 (63%)
6 Death	8 (2.8%)	1059 (3.3%)
7 Others	7 (2.4%)	402 (1.3%)

Readmission Code

1 No	196 (68.3%)	18836 (59.1%)
2 Yes, same hospital planned	29 (10.1%)	1940 (6.1%)
3 Yes, same hospital unplanned	15 (5.2%)	1360 (4.3%)
4 Yes, different hospital planned	4 (1.4%)	170 (0.5%)
5 Yes, different hospital unplanned	3 (1%)	105 (0.3%)
6 Unknown	15 (5.2%)	707 (2.2%)
Admitted to ICU	3 (1%)	43 (0.1%)
Re-operated after nDay	7 (2.4%)	128 (0.4%)
How many days after nDay	19 [7-25]	15 [6-30]

PATIENT Sheet 3a/3b

Your Results

Reference Results

1. What are your typical dietary habits?

I have dietary restrictions	42 (14.6%)	1391 (4.4%)
No special dietary habits	187 (65.2%)	18087 (56.7%)
I am vegetarian	5 (1.7%)	492 (1.5%)
I eat a vegan diet	1 (0.3%)	90 (0.3%)
I eat a gluten-free diet	1 (0.3%)	299 (0.9%)
I avoid added sugars	42 (14.6%)	4543 (14.2%)
I avoid carbohydrates	7 (2.4%)	1583 (5%)
I eat a low fat-diet	21 (7.3%)	2741 (8.6%)
I am lactose intolerant	6 (2.1%)	1150 (3.6%)
Other special diet due to intolerances/allergies	11 (3.8%)	504 (1.6%)
other	12 (4.2%)	1888 (5.9%)

2. Where did you live before your current hospital admission?

At home	263 (91.6%)	23600 (74%)
In a nursing home or other live-in facility	26 (9.1%)	734 (2.3%)
I was transferred from another hospital	15 (5.2%)	1856 (5.8%)
Other	63 (22%)	466 (1.5%)

3. In general, are you able to walk?

Yes	188 (65.5%)	16629 (52.1%)
Yes, with someone's help	7 (2.4%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	65 (22.6%)	3474 (10.9%)
No, I have a wheelchair	4 (1.4%)	1077 (3.4%)
No, I am bedridden	7 (2.4%)	2317 (7.3%)

4. In general, how would you say your health is?

Very good	28 (9.8%)	2269 (7.1%)
Good	93 (32.4%)	9974 (31.3%)
Fair	99 (34.5%)	9994 (31.3%)
Poor	44 (15.3%)	3598 (11.3%)
Very poor	10 (3.5%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately...

... how many times have you seen a doctor?	9 [3-12]	4 [2-9]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	3 [1-3]	1 [0-2]
... how many nights in total have you spent in hospital?	20 [4-30]	5 [0-15]

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

1-2	64 (22.3%)	6274 (19.7%)
3-5	72 (25.1%)	6835 (21.4%)
More than 5	86 (30%)	7302 (22.9%)
None	39 (13.6%)	5209 (2.9%)
I do not know	7 (2.4%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	12 (4.2%)	4393 (13.8%)
Yes, public insurance only	213 (74.2%)	12754 (40%)
Yes, both	37 (12.9%)	2697 (8.5%)
No	3 (1%)	5488 (17.2%)
I prefer not to answer	1 (0.3%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	80 [66-90]	74 [63-85]
----	------------	------------

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

Yes, intentionally	25 (8.7%)	2317 (7.3%)
Yes, unintentionally	87 (30.3%)	13997 (43.9%)
No, my weight stayed the same	109 (38%)	7967 (25%)
No, I gained weight	39 (13.6%)	3144 (9.9%)
I do not know	10 (3.5%)	2573 (8.1%)

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

kg	9 [4-13]	6 [4-10]
----	----------	----------

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

Yes	169 (58.9%)	9759 (30.6%)
No	99 (34.5%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	132 (46%)	13167 (41.3%)
No	129 (44.9%)	12017 (37.7%)

... were informed about your nutrition status

Yes	88 (30.7%)	9376 (29.4%)
No	157 (54.7%)	15480 (48.5%)

... were informed about nutrition care options

Yes	80 (27.9%)	9168 (28.7%)
No	164 (57.1%)	15535 (48.7%)

... received special nutrition care

Yes	63 (22%)	9435 (29.6%)
No	188 (65.5%)	15419 (48.3%)

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

More than normal	9 (3.1%)	1467 (4.6%)
Normal	188 (65.5%)	17330 (54.3%)
About 3/4 of normal	23 (8%)	2866 (9%)
About half of normal	31 (10.8%)	3891 (12.2%)
About a quarter to nearly nothing	19 (6.6%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

about all	126 (43.9%)	14097 (44.2%)
1/2	85 (29.6%)	8045 (25.2%)
1/4	36 (12.5%)	4218 (13.2%)
nothing	24 (8.4%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was...

standard	210 (73.2%)	17603 (55.2%)
smaller	23 (8%)	2606 (8.2%)
larger	4 (1.4%)	1200 (3.8%)
I do not know	23 (8%)	2968 (9.3%)

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

Very satisfied	100 (34.8%)	7031 (22%)
Somewhat satisfied	105 (36.6%)	8669 (27.2%)
Dissatisfied	10 (3.5%)	4516 (14.2%)
Very dissatisfied	4 (1.4%)	2185 (6.9%)
Neutral	42 (14.6%)	1836 (5.8%)
I do not know	11 (3.8%)	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	8 (2.8%)	3294 (10.3%)
Yes, from hospital staff	5 (1.7%)	1635 (5.1%)
No	248 (86.4%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	208 (72.5%)	18317 (57.4%)
No	47 (16.4%)	6345 (19.9%)

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

I did not like the type of food offered	23 (8%)	3237 (10.1%)
I did not like the smell of the food	2 (0.7%)	524 (1.6%)
I did not like the taste of the food	14 (4.9%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	1 (0.3%)	180 (0.6%)
The food was too hot	-	83 (0.3%)
The food was too cold	5 (1.7%)	670 (2.1%)
Due to food allergy/intolerance	1 (0.3%)	178 (0.6%)
I was not hungry at that time	25 (8.7%)	2438 (7.6%)
I do not have my usual appetite	48 (16.7%)	5371 (16.8%)
I have problems chewing/swallowing	4 (1.4%)	1164 (3.6%)
I normally eat less than what was served	35 (12.2%)	1837 (5.8%)
I had nausea/vomiting	13 (4.5%)	1538 (4.8%)
I was too tired	7 (2.4%)	972 (3%)
I cannot eat without help	-	278 (0.9%)
I was not allowed to eat	14 (4.9%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	8 (2.8%)	1156 (3.6%)
I did not get requested food	3 (1%)	208 (0.7%)

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

Water	9 [3-8]	4 [2-6]
Coffee	4 [1-2]	1 [0-2]
Fruit juice	11 [2-7]	1 [0-2]
Nutrition drink	1 [1-1]	0 [0-1]
Tea	4 [1-4]	1 [0-2]
Milk	1 [1-1]	0 [0-1]
Soft drinks	2 [1-2]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?

Yes	59 (20.6%)	6892 (21.6%)
No	202 (70.4%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	8 (2.8%)	2178 (6.8%)
Sweet snacks	23 (8%)	1075 (3.4%)
Homemade food	5 (1.7%)	1721 (5.4%)
Fruits	31 (10.8%)	2699 (8.5%)
Dairy products	10 (3.5%)	769 (2.4%)
Food delivered/restaurant	2 (0.7%)	288 (0.9%)
Sandwich	8 (2.8%)	458 (1.4%)
Other	7 (2.4%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?

More	39 (13.6%)	4573 (14.3%)
Less	97 (33.8%)	9505 (29.8%)
Same	119 (41.5%)	10264 (32.2%)
I do not know	15 (5.2%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	69 (24%)	14268 (44.7%)
Weaker	63 (22%)	5687 (17.8%)
Same	121 (42.2%)	8252 (25.9%)
I was admitted today	14 (4.9%)	813 (2.5%)
I do not know	5 (1.7%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	201 (70%)	17585 (55.1%)
No, only with assistance	51 (17.8%)	8015 (25.1%)
No, I stay in bed	18 (6.3%)	4540 (14.2%)



23. Did anyone help you complete this questionnaire?

Yes	153 (53.3%)	18864 (59.1%)
No	119 (41.5%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Austria
Number of patients who gave consent:	287
Number of participating centers:	3
Filled out oncology unit sheet 1:	5
Filled out oncology sheet 2 and sheet 3:	55

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	5 (100%)	317 (67.2%) Yes
no	-	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	5 (100%)	322 (68.2%) Yes
no	-	6 (1.3%) Yes
I do not know	-	3 (0.6%) Yes
If yes, in what way is it part of the comprehensive approach?		
Routinely considered	2 (40%)	234 (49.6%) Yes
When a patient asks	5 (100%)	126 (26.7%) Yes
When weight loss > 10%	5 (100%)	126 (26.7%) Yes
During the palliative phase	3 (60%)	76 (16.1%) Yes
Other, please comment	1 (20%)	45 (9.5%) Yes

If not, because...

Lack of evidence	-	1 (0.2%) Yes
No knowledge of the field	-	4 (0.8%) Yes
No reimbursement	-	1 (0.2%) Yes
It feeds the tumor	-	1 (0.2%) Yes
Other	-	21 (4.4%) Yes

Which nutritional therapy is used for oncology patients?

Nutrition according to nutrition plan	5 (100%)	252 (53.4%) Yes
Calculation of energy needs	5 (100%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	4 (80%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	1 (20%)	37 (7.8%) Yes

If not, please indicate main reasons

Lack of evidence	-	1 (0.2%) Yes
Lack of experience	-	3 (0.6%) Yes
No reimbursement	-	1 (0.2%) Yes
Lack of dietitians	-	2 (0.4%) Yes
Lack of other experts	-	1 (0.2%) Yes
Other	-	13 (2.8%) Yes

How often do you assess the following parameters in cancer patients and which methods do you use?

Anthropometry (circumference)

Body weight

Regularly	2 (40%)	240 (50.8%) Yes
At every chemotherapy	2 (40%)	53 (11.2%) Yes
When necessary	1 (20%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)

Regularly	-	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	3 (60%)	92 (19.5%) Yes
Never	2 (40%)	161 (34.1%) Yes
I do not know	-	10 (2.1%) Yes

BIA

Regularly	-	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	3 (60%)	119 (25.2%) Yes
Never	2 (40%)	169 (35.8%) Yes
I do not know	-	13 (2.8%) Yes

CT Scan

Regularly	-	9 (1.9%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	80 (16.9%) Yes
Never	4 (80%)	202 (42.8%) Yes
I do not know	1 (20%)	28 (5.9%) Yes

DEXA

Regularly	-	1 (0.2%) Yes
At every chemotherapy	-	3 (0.6%) Yes
When necessary	-	67 (14.2%) Yes
Never	4 (80%)	228 (48.3%) Yes
I do not know	1 (20%)	22 (4.7%) Yes

Other

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	1 (20%)	42 (8.9%) Yes
Never	1 (20%)	103 (21.8%) Yes

I do not know	1 (20%)	61 (12.9%) Yes
Body function		
Handgrip		
Regularly	-	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	3 (60%)	142 (30.1%) Yes
Never	2 (40%)	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes
6-minutes walking test		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	2 (40%)	66 (14%) Yes
Never	2 (40%)	211 (44.7%) Yes
I do not know	1 (20%)	21 (4.4%) Yes
Other		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	2 (40%)	54 (11.4%) Yes
Never	-	132 (28%) Yes
I do not know	3 (60%)	46 (9.7%) Yes
Nutritional requirements, calculated		
Regularly	2 (40%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	3 (60%)	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake

Every meal

Regularly	2 (40%)	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	2 (40%)	137 (29%) Yes
Never	-	57 (12.1%) Yes
I do not know	1 (20%)	22 (4.7%) Yes

1 meal per day

Regularly	2 (40%)	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	-	94 (19.9%) Yes
Never	2 (40%)	72 (15.3%) Yes
I do not know	1 (20%)	35 (7.4%) Yes

2 meals per day

Regularly	2 (40%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	103 (21.8%) Yes
Never	2 (40%)	78 (16.5%) Yes
I do not know	1 (20%)	33 (7%) Yes

24h recall

Regularly	1 (20%)	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	2 (40%)	147 (31.1%) Yes
Never	1 (20%)	26 (5.5%) Yes
I do not know	-	17 (3.6%) Yes

Other

Regularly	-	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	1 (20%)	63 (13.3%) Yes
I do not know	1 (20%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	3 (60%)	144 (30.5%) Yes
Nurse	1 (20%)	65 (13.8%) Yes
Physician	1 (20%)	50 (10.6%) Yes
Nutritional scientist	-	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	-	210 (4.7%)
Ward (w)	53 (96.4%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	24 (43.6%)	2516 (56.4%)
p= palliative	23 (41.8%)	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	7 (12.7%)	584 (13.1%)
Therapy	31 (56.4%)	1888 (42.3%)
Surgery related	6 (10.9%)	635 (14.2%)
Treatment complications	4 (7.3%)	470 (10.5%)
Poor health status	8 (14.5%)	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)		
Breast	3 (5.5%)	358 (8%)
Colon, rectum	7 (12.7%)	496 (11.1%)
Prostate	1 (1.8%)	97 (2.2%)
Lung	-	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	4 (7.3%)	130 (2.9%)
Gastric/oesophageal	3 (5.5%)	309 (6.9%)
Pancreas	1 (1.8%)	228 (5.1%)
Lymphoma	24 (43.6%)	378 (8.5%)
ENT	-	222 (5%)
Leukemia	7 (12.7%)	408 (9.1%)
Genital tract	-	213 (4.8%)
Liver	-	115 (2.6%)
Sarcoma	-	141 (3.2%)
Brain	-	70 (1.6%)
Testicular	-	47 (1.1%)
Other	4 (7.3%)	515 (11.5%)
Time since cancer diagnosis		
0-2 months	13 (23.6%)	1025 (23%)
3-5 months	11 (20%)	767 (17.2%)
6-12 months	6 (10.9%)	701 (15.7%)
1-2 years	5 (9.1%)	556 (12.5%)
2-4 years	8 (14.5%)	374 (8.4%)
> 4 years	7 (12.7%)	469 (10.5%)
I do not know	4 (7.3%)	69 (1.5%)
Cancer Staging		
Carcinoma in situ	2 (3.6%)	278 (6.2%)
Localized	4 (7.3%)	828 (18.6%)
Early locally advanced	-	521 (11.7%)

Late locally advanced	3 (5.5%)	468 (10.5%)
Metastasised	9 (16.4%)	1490 (8.4%)
Time since first therapy start		
No therapy	2 (3.6%)	278 (6.2%)
Tumor staging/Diagnosis	4 (7.3%)	433 (9.7%)
0-2 months	17 (30.9%)	1094 (24.5%)
3-5 months	9 (16.4%)	632 (14.2%)
6-12 months	-	525 (11.8%)
1-2 years	7 (12.7%)	435 (9.7%)
2-4 years	6 (10.9%)	298 (6.7%)
> 4 years	6 (10.9%)	391 (8.8%)
I do not know	2 (3.6%)	93 (2.1%)
Therapy situation		
Diagnosis	8 (14.5%)	417 (9.3%)
Chemotherapy 1st line	18 (32.7%)	1047 (23.5%)
Chemotherapy > 1st line	5 (9.1%)	780 (17.5%)
Radiotherapy	-	358 (8%)
Target therapy	8 (14.5%)	199 (4.5%)
Hormone therapy	2 (3.6%)	50 (1.1%)
Palliative	4 (7.3%)	423 (9.5%)
Surgery	6 (10.9%)	656 (14.7%)
Cancer related complications	4 (7.3%)	281 (6.3%)
Therapy related complications	-	164 (3.7%)
Infections		
None	32 (58.2%)	2885 (64.6%)
Local	2 (3.6%)	540 (12.1%)
General	10 (18.2%)	442 (9.9%)
Lab. Parameter (CRP)	8.5 [3-42.5]	20 [4-67]
Lab. Parameter (Albumin)	4.5 [1-19]	31 [18-38]

Nutrition treatment		
No special diet	31 (56.4%)	1680 (37.6%)
Individualized diet plan	16 (29.1%)	1141 (25.6%)
Energy rich/protein rich ONS	11 (20%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	1 (1.8%)	248 (5.6%)
Parenteral nutrition	2 (3.6%)	347 (7.8%)
ONS enriched with special nutrients	-	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	65 (1.5%)
Personal preferences	18 (32.7%)	434 (9.7%)
Counselling	5 (9.1%)	694 (15.6%)
Other	6 (10.9%)	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	83[69-95.5]	75 [64-86]
I do not know	3 (5.5%)	396 (8.9%)
Your actual weight		
kg	80 [63-92]	67 [58-80]
I do not know	1 (1.8%)	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	4 (7.3%)	224 (5%)
Unintentionally	33 (60%)	2825 (63.3%)
Weight is stable	10 (18.2%)	537 (12%)
I do not know	4 (7.3%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?

Not at all	27 (49.1%)	1260 (28.2%)
A little	12 (21.8%)	1058 (23.7%)
Quite a bit	10 (18.2%)	855 (19.2%)
Very much	8 (14.5%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?

Not at all	8 (14.5%)	721 (16.2%)
A little	12 (21.8%)	1040 (23.3%)
Quite a bit	20 (36.4%)	1046 (23.4%)
Very much	16 (29.1%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?

Not at all	14 (25.5%)	807 (18.1%)
A little	11 (20%)	1070 (24%)
Quite a bit	16 (29.1%)	1036 (23.2%)
Very much	16 (29.1%)	908 (20.3%)
I do not know	-	46 (1%)

Did you feel depressed?

Not at all	19 (34.5%)	1478 (33.1%)
A little	13 (23.6%)	1202 (26.9%)
Quite a bit	16 (29.1%)	663 (14.9%)
Very much	9 (16.4%)	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?

Not at all	7 (12.7%)	719 (16.1%)
A little	13 (23.6%)	1192 (26.7%)
Quite a bit	22 (40%)	1063 (23.8%)
Very much	15 (27.3%)	837 (18.8%)

I do not know	-	60 (1.3%)
---------------	---	-----------

Did pain interfere with your daily activities?

Not at all	28 (50.9%)	1420 (31.8%)
A little	10 (18.2%)	906 (20.3%)
Quite a bit	6 (10.9%)	752 (16.8%)
Very much	11 (20%)	714 (16%)
I do not know	2 (3.6%)	58 (1.3%)

Have you lacked appetite?

Not at all	26 (47.3%)	1338 (30%)
A little	6 (10.9%)	921 (20.6%)
Quite a bit	14 (25.5%)	851 (19.1%)
Very much	9 (16.4%)	706 (15.8%)
I do not know	1 (1.8%)	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	33 (60%)	1727 (38.7%)
A little	12 (21.8%)	1241 (27.8%)
Quite a bit	7 (12.7%)	567 (12.7%)
Very much	5 (9.1%)	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	6 (10.9%)	843 (18.9%)
A little	22 (40%)	1440 (32.3%)
Quite a bit	20 (36.4%)	989 (22.2%)
Very much	8 (14.5%)	557 (12.5%)
I do not know	1 (1.8%)	53 (1.2%)

Do you feel weak?

Not at all	12 (21.8%)	1079 (24.2%)
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A little	16 (29.1%)	1274 (28.5%)
Quite a bit	13 (23.6%)	861 (19.3%)
Very much	15 (27.3%)	603 (13.5%)
I do not know	1 (1.8%)	54 (1.2%)

Do you feel depressed?

Not at all	21 (38.2%)	1837 (41.2%)
A little	11 (20%)	1099 (24.6%)
Quite a bit	15 (27.3%)	539 (12.1%)
Very much	7 (12.7%)	328 (7.3%)
I do not know	1 (1.8%)	62 (1.4%)

Are you tired?

Not at all	11 (20%)	1009 (22.6%)
A little	22 (40%)	1426 (32%)
Quite a bit	16 (29.1%)	890 (19.9%)
Very much	8 (14.5%)	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	30 (54.5%)	1694 (38%)
A little	8 (14.5%)	965 (21.6%)
Quite a bit	9 (16.4%)	647 (14.5%)
Very much	8 (14.5%)	488 (10.9%)
I do not know	2 (3.6%)	63 (1.4%)

Do you lack appetite?

Not at all	23 (41.8%)	1478 (33.1%)
A little	13 (23.6%)	1176 (26.3%)
Quite a bit	8 (14.5%)	688 (15.4%)
Very much	11 (20%)	453 (10.2%)
I do not know	1 (1.8%)	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?

Nausea/vomiting	7 (12.7%)	855 (19.2%)
Inflammation in mouth	3 (5.5%)	249 (5.6%)
Pain	7 (12.7%)	621 (13.9%)
Constipation	4 (7.3%)	427 (9.6%)
Diarrhea	1 (1.8%)	291 (6.5%)
Change in taste/smell	8 (14.5%)	608 (13.6%)
Early satiation/loss of appetite	15 (27.3%)	1097 (24.6%)
Other	8 (14.5%)	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)

Able to do sports	2 (3.6%)	183 (4.1%)
Fully active	17 (30.9%)	498 (11.2%)
Able to carry out light activities	13 (23.6%)	954 (21.4%)
Able to carry out self care	11 (20%)	1011 (22.7%)
Able to carry out limited self care	5 (9.1%)	656 (14.7%)
Confined to bed or chair	6 (10.9%)	519 (11.6%)
I do not know	2 (3.6%)	45 (1%)

What do you take without prescription from a doctor?

Nothing	31 (56.4%)	2585 (57.9%)
Herbal tea	8 (14.5%)	429 (9.6%)
Nutritional supplements	7 (12.7%)	383 (8.6%)
Multivitamines	8 (14.5%)	263 (5.9%)
Other medication	6 (10.9%)	137 (3.1%)
Other	3 (5.5%)	171 (3.8%)

Which of the following activities do you perform?

Nothing	33 (60%)	2699 (60.5%)
Psychotherapy	10 (18.2%)	188 (4.2%)
Yoga	2 (3.6%)	71 (1.6%)
Meditation	3 (5.5%)	158 (3.5%)
Progressive muscle relaxation	3 (5.5%)	111 (2.5%)

Qigong	-	15 (0.3%)
Other	10 (18.2%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	10 (18.2%)	997 (22.3%)
No	45 (81.8%)	2400 (53.8%)
I do not know	1 (1.8%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	22 (40%)	2346 (52.6%)
No	35 (63.6%)	1481 (33.2%)
I do not know	-	56 (1.3%)

Do you believe that including nutrition in the therapeutic approach to your cancer could provide relevant benefit to you?

Yes	30 (54.5%)	2653 (59.4%)
No	19 (34.5%)	519 (11.6%)
I do not know	8 (14.5%)	715 (16%)