



Dear participant,

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

Country:	Ecuador
Number of participating centers:	12
Number of participating units:	20
Number of patients:	365
Number of patients who gave consent:	362

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 113 [85-218] 296 [140-581]

2. Total number of admissions in the hospital last year 5000 [3500-5467] 15484 [4482-34465]

3. Total number of staff in the hospital

Total medical doctors 179 [54-200] 226 [80-422]

Medical specialists 125 [50-160] 124 [37-273]

Medical non-specialists 54 [23-155] 56 [9-138]

Nurses 74 [37-256] 315 [128-726]

Dieticians 2 [1-9] 3 [1-9]

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

Pharmacists 10 [1-16] 7 [3-18]

Kitchen staff 12 [10-16] 24 [9-44]

Full time equivalent

Total medical doctors 143 [42-394] 144 [48-275]

Medical specialists 90 [30-339] 89 [34-215]

Medical non-specialists 128 [54-249] 46 [7-115]

Nurses 197 [37-446] 305 [98-562]

Dieticians 9 [1-14] 2 [1-8]

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

Pharmacists 15 [2-29] 5 [2-15]

Kitchen staff 18 [18-18] 24 [9-42]

4. Does the hospital have a nutrition care strategy? 6 (60%) 190 (40%) Yes

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

Nutrition training is available 4 (33.3%) 157 (33.1%) Yes

Nutrition steering committee is available 2 (16.7%) 125 (26.3%) Yes

Quality indicators are recorded and reported to national or regional level 2 (16.7%) 77 (16.2%) Yes

Quality indicators are used for internal benchmarking	6 (50%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (75%)	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 (8.3%)	32 (6.7%) Yes
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Codes available

Nutrition Support	1 (8.3%)	64 (13.5%) Yes
Oral nutrition supplements	3 (25%)	118 (24.8%) Yes
Parenteral nutrition	3 (25%)	157 (33.1%) Yes
Enteral nutrition	3 (25%)	156 (32.8%) Yes
Dietary counseling	2 (16.7%)	99 (20.8%) Yes
Specific dietary interventions	4 (33.3%)	90 (18.9%) Yes
Screening for malnutrition	1 (8.3%)	98 (20.6%) Yes
Risk of malnutrition	4 (33.3%)	71 (14.9%) Yes
Malnutrition (in general)	7 (58.3%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	6 (50%)	97 (20.4%) Yes

Codes routinely used

Nutrition Support	4 (33.3%)	60 (12.6%) Yes
Oral nutrition supplements	5 (41.7%)	110 (23.2%) Yes
Parenteral nutrition	5 (41.7%)	138 (29.1%) Yes
Enteral nutrition	6 (50%)	137 (28.8%) Yes
Dietary counseling	4 (33.3%)	82 (17.3%) Yes
Specific dietary interventions	6 (50%)	77 (16.2%) Yes
Screening for malnutrition	4 (33.3%)	82 (17.3%) Yes
Risk of malnutrition	5 (41.7%)	63 (13.3%) Yes
Malnutrition (in general)	7 (58.3%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	6 (50%)	88 (18.5%) Yes

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty

Internal Medicine / General	10 (50%)	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	1 (5%)	114 (6.6%)
Internal Medicine / Geriatrics	-	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	-	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	-	215 (12.5%)
Surgery / General	3 (15%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	-	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	-	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	-	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	-	27 (1.6%)
Gynecology / Obstetrics	-	28 (1.6%)
Neurology	-	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	1 (5%)	13 (0.8%)
Interdisciplinary	1 (5%)	59 (3.4%)
Long term care	-	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	4 (20%)	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	3 (15%)	181 (11%) Yes
Do you have a ERAS protocol?	3 (15%)	131 (8%) Yes
Do you have an ERAS team?	2 (10%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes

2. Number of registered inpatients at noon	23 [15-30]	22 [16-29]
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3. Total bed capacity of the unit	31 [20-50]	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	4 [3-19]	3 [2-6]
Medical students	-	
Nurses	4 [2-20]	4 [3-6]
Nursing aides	4 [2-5]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	3 [1-3]	1 [1-2]
Other staff involved in patient care	4 [2-4]	1 [0-3]

In training		
Medical doctors	9 [4-20]	2 [0-3]
Medical students	12 [3.5-20]	1 [0-3]
Nurses	25 [10-25]	1 [0-2]
Nursing aides	3 [3-3]	0 [0-1]
Dieticians	2 [2-3]	0 [0-0]
Nutritionists	-	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	-	0 [0-0]

5. Is there a nutrition support team in your hospital available?	13 (65%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	12 (60%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	17 (85%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	18 (90%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	7 (35%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	1 (5%)	151 (8.8%) Yes
No fixed criteria	-	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	1 (5%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	11 (55%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (10%)	78 (4.5%) Yes
Malnutrition Screening tool (MST)	-	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	2 (10%)	170 (9.9%) Yes
I do not know	1 (5%)	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	6 (30%)	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?	14 (70%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	11 (55%)	403 (23.5%) Yes
National guidelines	1 (5%)	180 (10.5%) Yes
Standards on hospital level	2 (10%)	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	1 (5%)	136 (7.9%) Yes
Others	1 (5%)	20 (1.2%) Yes

12. What is routinely done in your unit for given patient groups?		
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At risk		
Watchful waiting	9 (45%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	10 (50%)	574 (33.5%) Yes
Develop an individual nutrition care plan	11 (55%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	8 (40%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (40%)	693 (40.4%) Yes
Consult a medical professional	5 (25%)	417 (24.3%) Yes
Calculate energy requirements	8 (40%)	622 (36.3%) Yes
Calculate protein requirements	9 (45%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	8 (40%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	10 (50%)	666 (38.8%) Yes
Develop an individual nutrition care plan	9 (45%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	9 (45%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (45%)	794 (46.3%) Yes
Consult a medical professional	8 (40%)	514 (30%) Yes
Calculate energy requirements	10 (50%)	813 (47.4%) Yes
Calculate protein requirements	11 (55%)	801 (46.7%) Yes

Every patient

Watchful waiting	6 (30%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	3 (15%)	452 (26.4%) Yes
Develop an individual nutrition care plan	3 (15%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	6 (30%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (15%)	371 (21.6%) Yes
Consult a medical professional	6 (30%)	428 (25%) Yes
Calculate energy requirements	4 (20%)	250 (14.6%) Yes
Calculate protein requirements	3 (15%)	240 (14%) Yes

None

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

13. When do you routinely weigh your patients?

At admission	14 (70%)	927 (54.1%) Yes
Within 24 hours	1 (5%)	173 (10.1%) Yes
Within 48 hours	2 (10%)	94 (5.5%) Yes
Within 72 hours	-	44 (2.6%) Yes
Every week	7 (35%)	603 (35.2%) Yes
Occasionally	1 (5%)	196 (11.4%) Yes
When requested	11 (55%)	819 (47.8%) Yes
At discharge	2 (10%)	68 (4%) Yes
Never	-	24 (1.4%) Yes

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

Offer additional meals or in between snacks	12 (60%)	1164 (67.9%) Yes
Offer meal choices	5 (25%)	1029 (60%) Yes
Offer different portion sizes	4 (20%)	837 (48.8%) Yes
Consider food presentation	5 (25%)	484 (28.2%) Yes
Change food texture/consistency as needed	17 (85%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	18 (90%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	371 (21.6%) Yes
Promote positive eating environment	1 (5%)	413 (24.1%) Yes
Consider cultural/religious preferences	8 (40%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	13 (65%)	1315 (76.7%) Yes
Other	4 (20%)	99 (5.8%) Yes

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

Nutrition training is available	10 (50%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	5 (25%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	2 (10%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	12 (60%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	10 (50%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	13 (65%)	1150 (67.1%) Yes
Eating habits/difficulties	15 (75%)	1025 (59.8%) Yes
Nutrition before admission	8 (40%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	8 (40%)	1008 (58.8%) Yes
nutrition treatment	10 (50%)	786 (45.8%) Yes
I do not know	5 (25%)	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	4 (20%)	728 (42.4%) Yes
makes future nutrition-related recommendations	11 (55%)	855 (49.9%) Yes
I do not know	6 (30%)	166 (9.7%) Yes

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

4 (20%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	3 (15%)	375 (21.9%) Yes
Dietician	10 (50%)	707 (41.2%) Yes
Nurse	-	328 (19.1%) Yes
Physician	4 (20%)	181 (10.6%) Yes
Administrative staff	-	28 (1.6%) Yes
Others	3 (15%)	132 (7.7%) Yes

ABOUT YOUR PATIENT

Sheet 2a/2b/2c

Your Results Reference Results

TOTAL Patients:	365 (100%)	31895
Number of patients who gave consent	362 (99.2%)	31895 (100%)

Female	163 (45%)	15478 (48.5%)
Male	198 (54.7%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	46 [26.5-66]	63 [46-76]
Weight	62.8±21.3	70.9±19.4
Height	157±16	166±11
BMI (female)	26.1±7.2	26±6.9
BMI (male)	24.9±6.4	25.3±5.9
BMI	25.4±6.8	25.6±6.5

This hospital admission was

planned	87 (24%)	11384 (35.7%)
an emergency	247 (68.2%)	18596 (58.3%)
I do not know	28 (7.7%)	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	36 (9.9%)	2861 (9%)
0500 Mental health	10 (2.8%)	1240 (3.9%)
0700 Eye and adnexa	2 (0.6%)	271 (0.8%)
0800 Ear and mastoid process	2 (0.6%)	183 (0.6%)
0900 Circulatory system	29 (8%)	5336 (16.7%)
1000 Respiratory system	53 (14.6%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	26 (7.2%)	3860 (12.1%)
1100 Digestive system	77 (21.3%)	6965 (21.8%)
1400 Genitourinary system	44 (12.2%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	16 (4.4%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	28 (7.7%)	1418 (4.4%)
0100 Infectious and parasitic diseases	17 (4.7%)	3123 (9.8%)
0200 Neoplasms	21 (5.8%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	22 (6.1%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (1.4%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	11 (3%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	12 (3.3%)	412 (1.3%)
1600 Conditions originating in the perinatal period	2 (0.6%)	30 (0.1%)
1700 Congenital/chromosomal abnormalities	-	84 (0.3%)
1900 Injury, poisoning	8 (2.2%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	-	1288 (4%)

2. Main reason for admission

0600 Nervous system	27 (7.5%)	1964 (6.2%)
0500 Mental health	4 (1.1%)	1431 (4.5%)

0700 Eye and adnexa	2 (0.6%)	515 (1.6%)
0800 Ear and mastoid process	1 (0.3%)	1888 (5.9%)
0900 Circulatory system	22 (6.1%)	2437 (7.6%)
1000 Respiratory system	44 (12.2%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	19 (5.2%)	959 (3%)
1100 Digestive system	63 (17.4%)	3440 (10.8%)
1400 Genitourinary system	33 (9.1%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	10 (2.8%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	22 (6.1%)	940 (2.9%)
0100 Infectious and parasitic diseases	9 (2.5%)	2024 (6.3%)
0200 Neoplasms	21 (5.8%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	19 (5.2%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (0.8%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	11 (3%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	11 (3%)	520 (1.6%)
1600 Conditions originating in the perinatal period	2 (0.6%)	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	6 (1.7%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	-	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	19 (5.2%)	551 (1.7%)
Dementia	6 (1.7%)	319 (1%)
Major depressive disorder	1 (0.3%)	297 (0.9%)
Other chronic mental disorder	1 (0.3%)	202 (0.6%)
Myocardial infarction	1 (0.3%)	267 (0.8%)
Cardiac insufficiency	14 (3.9%)	981 (3.1%)
Chronic lung disease	15 (4.1%)	728 (2.3%)
Chronic liver disease	6 (1.7%)	366 (1.1%)
Chronic kidney disease	18 (5%)	983 (3.1%)



GI disease/problems	18 (5%)	941 (3%)
Urological disease/problems	9 (2.5%)	378 (1.2%)
Muscle-skeletal disease	9 (2.5%)	535 (1.7%)
Arthritis	5 (1.4%)	194 (0.6%)
Skin problems	7 (1.9%)	240 (0.8%)
Peripheral vascular disease	-	412 (1.3%)

GENERAL COMORBIDITIES

Pain	67 (18.5%)	1247 (3.9%)
Fatigue	39 (10.8%)	724 (2.3%)
Infection	33 (9.1%)	676 (2.1%)
Diabetes	58 (16%)	2176 (6.8%)
Hypertension	74 (20.4%)	3234 (10.1%)
Hyperlipidaemia	4 (1.1%)	1040 (3.3%)
Endocrinal disease	7 (1.9%)	528 (1.7%)
Cancer	27 (7.5%)	1440 (4.5%)
History of cancer	12 (3.3%)	511 (1.6%)
Other chronic disease	13 (3.6%)	806 (2.5%)

NO COMORBIDITIES	35 (9.7%)	5868 (18.4%)
OTHER COMORBIDITIES	128 (35.4%)	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	40 (11%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	4 (1.1%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	299 (82.6%)	24553 (77%)
Overloaded	4 (1.1%)	1548 (4.9%)
Dehydrated	31 (8.6%)	2223 (7%)
I do not know	28 (7.7%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

oral	3 [2-4]	4 [2-8]
other	3 [2-5]	2 [1-4]

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

Malnourished	45 (12.4%)	5142 (16.1%)
At risk	71 (19.6%)	7052 (22.1%)
No	204 (56.4%)	17552 (55%)
I do not know	42 (11.6%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	246 (68%)	11676 (36.6%)
5% Glucose solution	34 (9.4%)	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	157 (43.4%)	18876 (59.2%)
Fortified/enriched hospital food	56 (15.5%)	4517 (14.2%)
Special diet	158 (43.6%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	35 (9.7%)	6147 (19.3%)
Enteral nutrition	23 (6.4%)	1791 (5.6%)
Parenteral nutrition	5 (1.4%)	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	28 (7.7%)	3714 (11.6%)
Peripheral venous access	180 (49.7%)	15651 (49.1%)
Nasogastric	8 (2.2%)	756 (2.4%)
Nasojejunal	1 (0.3%)	91 (0.3%)
Nasoduodenal	1 (0.3%)	82 (0.3%)
Enterostoma	1 (0.3%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	8 (2.2%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	1 (0.3%)	105 (0.3%)
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12b. Were there complications with lines and tubes since admission? (infections /obstructions)

Yes, previously	4 (1.1%)	565 (1.8%)
Yes, ongoing	1 (0.3%)	255 (0.8%)
No	276 (76.2%)	23467 (73.6%)
I do not know	32 (8.8%)	2406 (7.5%)

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

Energy requirements were determined	91 (25.1%)	11605 (36.4%)
Protein requirements were determined	93 (25.7%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	122 (33.7%)	12508 (39.2%)
Nutrition treatment plan was developed	2 (0.6%)	11785 (36.9%)
Nutrition expert was consulted	107 (29.6%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	99 (27.3%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	2 (0.6%)	281 (0.9%)
500-999 kcal	3 (0.8%)	286 (0.9%)
1000-1499 kcal	30 (8.3%)	2076 (6.5%)
1500-1999 kcal	55 (15.2%)	8530 (26.7%)
>=2000 kcal	24 (6.6%)	5796 (18.2%)
Not determined	139 (38.4%)	7876 (24.7%)
I do not know	73 (20.2%)	1851 (5.8%)
kcal/kg	1800 [1400-2000]	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	7 (1.9%)	1190 (3.7%)
500-999 kcal	12 (3.3%)	1814 (5.7%)
1000-1499 kcal	25 (6.9%)	3863 (12.1%)
1500-1999 kcal	42 (11.6%)	6134 (19.2%)
>=2000 kcal	20 (5.5%)	3438 (10.8%)

Not determined	136 (37.6%)	7653 (24%)
I do not know	84 (23.2%)	2676 (8.4%)
kcal/kg	1800 [1400-2000]	25 [21-30]

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

Improved	251 (69.3%)	14998 (47%)
Deteriorated	5 (1.4%)	1844 (5.8%)
Remained the same	46 (12.7%)	6773 (21.2%)
This patient has just been admitted	17 (4.7%)	1954 (6.1%)
I do not know	13 (3.6%)	2168 (6.8%)

16a. Previous operation during this hospital stay

Yes, planned	34 (9.4%)	4745 (14.9%)
Yes, acute	29 (8%)	2272 (7.1%)
No	59 (16.3%)	14399 (45.1%)
days since operation	16 [1-11]	4 [1-15]

16b. Planned operation during this hospital stay

Yes, today or tomorrow	38 (10.5%)	2955 (9.3%)
Yes, later	13 (3.6%)	1925 (6%)
No	73 (20.2%)	15926 (49.9%)

17. Surgery type (single choice)

Operated right after admission (acute)	38 (10.5%)	615 (1.9%)
Planned after unscheduled admission	24 (6.6%)	780 (2.4%)
Planned after scheduled admission	48 (13.3%)	1386 (4.3%)
None of the above	4 (1.1%)	103 (0.3%)
I don't know	3 (0.8%)	195 (0.6%)
Non-applicable (NA)	4 (1.1%)	550 (1.7%)

18. Surgical approach

Open surgery including converted	55 (15.2%)	1792 (5.6%)
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Minimal invasive surgery (laparoscopy, robotics etc.)	57 (15.7%)	1064 (3.3%)
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19. Duration of operation

Minor surgery	27 (7.5%)	834 (6.3%)
Major surgery	91 (25.1%)	2001 (6.3%)

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

Oesophagus	1 (0.3%)	48 (0.2%)
Gastric	7 (1.9%)	215 (0.7%)
Liver	-	113 (0.4%)
Pancreas	-	85 (0.3%)
Colorectal	7 (1.9%)	304 (1%)
Gynecology	10 (2.8%)	123 (0.4%)
Gynaecologic oncology	1 (0.3%)	53 (0.2%)
Urology	7 (1.9%)	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	-	22 (0.1%)
Bariatric	1 (0.3%)	13 (0%)
Hip replacement	1 (0.3%)	128 (0.4%)
Knee replacement	1 (0.3%)	86 (0.3%)
Lung	2 (0.6%)	85 (0.3%)
Cardiac	7 (1.9%)	45 (0.1%)
Vascular	3 (0.8%)	77 (0.2%)
other	67 (18.5%)	1469 (4.6%)
I don't know	5 (1.4%)	188 (0.6%)

21. Indication to use of nutritional therapy

No indication	62 (17.1%)	2012 (6.3%)
Expected prolonged postoperative fasting	17 (4.7%)	212 (0.7%)
Preoperative malnutrition	8 (2.2%)	218 (0.7%)
Ongoing surgical complication	1 (0.3%)	111 (0.3%)
Patient does not eat enough	5 (1.4%)	295 (0.9%)

other	12 (3.3%)	232 (0.7%)
I don't know	22 (6.1%)	332 (1%)

22. Days since nutritional therapy		
	4 [1.5-13]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	5 (1.4%)	2475 (7.8%)
2 Transferred to another hospital	3 (0.8%)	585 (1.8%)
3 Transferred to long term care	2 (0.6%)	766 (2.4%)
4 Rehabilitation	-	552 (1.7%)
5 Discharged home	296 (81.8%)	20087 (63%)
6 Death	11 (3%)	1059 (3.3%)
7 Others	2 (0.6%)	402 (1.3%)

Readmission Code

1 No	240 (66.3%)	18836 (59.1%)
2 Yes, same hospital planned	25 (6.9%)	1940 (6.1%)
3 Yes, same hospital unplanned	8 (2.2%)	1360 (4.3%)
4 Yes, different hospital planned	3 (0.8%)	170 (0.5%)
5 Yes, different hospital unplanned	2 (0.6%)	105 (0.3%)
6 Unknown	16 (4.4%)	707 (2.2%)
Admitted to ICU	4 (1.1%)	43 (0.1%)
Re-operated after nDay	15 (4.1%)	128 (0.4%)
How many days after nDay	13 [4.5-37]	15 [6-30]

PATIENT Sheet 3a/3b

Your Results

Reference Results

1. What are your typical dietary habits?

I have dietary restrictions	82 (22.7%)	1391 (4.4%)
No special dietary habits	162 (44.8%)	18087 (56.7%)
I am vegetarian	3 (0.8%)	492 (1.5%)
I eat a vegan diet	2 (0.6%)	90 (0.3%)
I eat a gluten-free diet	9 (2.5%)	299 (0.9%)
I avoid added sugars	74 (20.4%)	4543 (14.2%)
I avoid carbohydrates	52 (14.4%)	1583 (5%)
I eat a low fat-diet	29 (8%)	2741 (8.6%)
I am lactose intolerant	38 (10.5%)	1150 (3.6%)
Other special diet due to intolerances/allergies	7 (1.9%)	504 (1.6%)
other	30 (8.3%)	1888 (5.9%)

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

At home	334 (92.3%)	23600 (74%)
In a nursing home or other live-in facility	4 (1.1%)	734 (2.3%)
I was transferred from another hospital	31 (8.6%)	1856 (5.8%)
Other	28 (7.7%)	466 (1.5%)

3. In general, are you able to walk?

Yes	228 (63%)	16629 (52.1%)
Yes, with someone's help	57 (15.7%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	24 (6.6%)	3474 (10.9%)
No, I have a wheelchair	6 (1.7%)	1077 (3.4%)
No, I am bedridden	33 (9.1%)	2317 (7.3%)

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

Very good	44 (12.2%)	2269 (7.1%)
Good	160 (44.2%)	9974 (31.3%)
Fair	141 (39%)	9994 (31.3%)
Poor	23 (6.4%)	3598 (11.3%)
Very poor	2 (0.6%)	674 (2.1%)

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

... how many times have you seen a doctor?	5 [2-6]	4 [2-9]
... 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?	10 [2-10]	5 [0-15]

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

1-2	127 (35.1%)	6274 (19.7%)
3-5	92 (25.4%)	6835 (21.4%)
More than 5	26 (7.2%)	7302 (22.9%)
None	71 (19.6%)	5209 (2.9%)
I do not know	38 (10.5%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	44 (12.2%)	4393 (13.8%)
Yes, public insurance only	160 (44.2%)	12754 (40%)
Yes, both	21 (5.8%)	2697 (8.5%)
No	107 (29.6%)	5488 (17.2%)
I prefer not to answer	10 (2.8%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	73 [62-84]	74 [63-85]
----	------------	------------

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

Yes, intentionally	47 (13%)	2317 (7.3%)
Yes, unintentionally	148 (40.9%)	13997 (43.9%)
No, my weight stayed the same	64 (17.7%)	7967 (25%)
No, I gained weight	45 (12.4%)	3144 (9.9%)
I do not know	62 (17.1%)	2573 (8.1%)

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

kg	10 [3-13]	6 [4-10]
----	-----------	----------

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

Yes	107 (29.6%)	9759 (30.6%)
No	221 (61%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	203 (56.1%)	13167 (41.3%)
No	131 (36.2%)	12017 (37.7%)

... were informed about your nutrition status

Yes	130 (35.9%)	9376 (29.4%)
No	209 (57.7%)	15480 (48.5%)

... were informed about nutrition care options

Yes	79 (21.8%)	9168 (28.7%)
No	252 (69.6%)	15535 (48.7%)

... received special nutrition care

Yes	69 (19.1%)	9435 (29.6%)
No	257 (71%)	15419 (48.3%)

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

More than normal	27 (7.5%)	1467 (4.6%)
Normal	229 (63.3%)	17330 (54.3%)
About 3/4 of normal	37 (10.2%)	2866 (9%)
About half of normal	45 (12.4%)	3891 (12.2%)
About a quarter to nearly nothing	13 (3.6%)	3069 (9.6%)

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

about all	200 (55.2%)	14097 (44.2%)
1/2	87 (24%)	8045 (25.2%)
1/4	33 (9.1%)	4218 (13.2%)
nothing	31 (8.6%)	3510 (11%)

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

standard	209 (57.7%)	17603 (55.2%)
smaller	51 (14.1%)	2606 (8.2%)
larger	13 (3.6%)	1200 (3.8%)
I do not know	37 (10.2%)	2968 (9.3%)

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

Very satisfied	143 (39.5%)	7031 (22%)
Somewhat satisfied	98 (27.1%)	8669 (27.2%)
Dissatisfied	21 (5.8%)	4516 (14.2%)
Very dissatisfied	33 (9.1%)	2185 (6.9%)
Neutral	32 (8.8%)	1836 (5.8%)
I do not know	20 (5.5%)	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	90 (24.9%)	3294 (10.3%)
Yes, from hospital staff	23 (6.4%)	1635 (5.1%)
No	227 (62.7%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	247 (68.2%)	18317 (57.4%)
No	87 (24%)	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	50 (13.8%)	3237 (10.1%)
I did not like the smell of the food	11 (3%)	524 (1.6%)
I did not like the taste of the food	25 (6.9%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	2 (0.6%)	180 (0.6%)
The food was too hot	-	83 (0.3%)
The food was too cold	25 (6.9%)	670 (2.1%)
Due to food allergy/intolerance	-	178 (0.6%)
I was not hungry at that time	9 (2.5%)	2438 (7.6%)
I do not have my usual appetite	30 (8.3%)	5371 (16.8%)
I have problems chewing/swallowing	10 (2.8%)	1164 (3.6%)
I normally eat less than what was served	12 (3.3%)	1837 (5.8%)
I had nausea/vomiting	23 (6.4%)	1538 (4.8%)
I was too tired	3 (0.8%)	972 (3%)
I cannot eat without help	-	278 (0.9%)
I was not allowed to eat	14 (3.9%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	22 (6.1%)	1156 (3.6%)
I did not get requested food	2 (0.6%)	208 (0.7%)

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

Water	4 [2-5]	4 [2-6]
Coffee	1 [1-1]	1 [0-2]
Fruit juice	2 [1-3]	1 [0-2]
Nutrition drink	2 [1-2]	0 [0-1]
Tea	2 [1-2]	1 [0-2]
Milk	1 [1-1]	0 [0-1]
Soft drinks	2 [1.5-3]	0 [0-0]
Other	1 [1-2]	0 [0-0]

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

Yes	75 (20.7%)	6892 (21.6%)
No	248 (68.5%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	19 (5.2%)	2178 (6.8%)
Sweet snacks	11 (3%)	1075 (3.4%)
Homemade food	23 (6.4%)	1721 (5.4%)
Fruits	33 (9.1%)	2699 (8.5%)
Dairy products	1 (0.3%)	769 (2.4%)
Food delivered/restaurant	2 (0.6%)	288 (0.9%)
Sandwich	8 (2.2%)	458 (1.4%)
Other	23 (6.4%)	1217 (3.8%)

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

More	41 (11.3%)	4573 (14.3%)
Less	170 (47%)	9505 (29.8%)
Same	116 (32%)	10264 (32.2%)
I do not know	11 (3%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	202 (55.8%)	14268 (44.7%)
Weaker	42 (11.6%)	5687 (17.8%)
Same	105 (29%)	8252 (25.9%)
I was admitted today	3 (0.8%)	813 (2.5%)
I do not know	15 (4.1%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	240 (66.3%)	17585 (55.1%)
No, only with assistance	76 (21%)	8015 (25.1%)
No, I stay in bed	53 (14.6%)	4540 (14.2%)



23. Did anyone help you complete this questionnaire?

Yes	220 (60.8%)	18864 (59.1%)
No	129 (35.6%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Ecuador
Number of patients who gave consent:	362
Number of participating centers:	12
Filled out oncology unit sheet 1:	3
Filled out oncology sheet 2 and sheet 3:	14

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	2 (66.7%)	317 (67.2%) Yes
no	-	13 (2.8%) Yes
I do not know	1 (33.3%)	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	1 (33.3%)	322 (68.2%) Yes
no	-	6 (1.3%) Yes
I do not know	2 (66.7%)	3 (0.6%) Yes
If yes, in what way is it part of the comprehensive approach?		
Routinely considered	-	234 (49.6%) Yes
When a patient asks	1 (33.3%)	126 (26.7%) Yes
When weight loss > 10%	1 (33.3%)	126 (26.7%) Yes
During the palliative phase	-	76 (16.1%) Yes
Other, please comment	-	45 (9.5%) Yes

If not, because...

Lack of evidence	-	1 (0.2%) Yes
No knowledge of the field	2 (66.7%)	4 (0.8%) Yes
No reimbursement	1 (33.3%)	1 (0.2%) Yes
It feeds the tumor	-	1 (0.2%) Yes
Other	1 (33.3%)	21 (4.4%) Yes

Which nutritional therapy is used for oncology patients?

Nutrition according to nutrition plan	1 (33.3%)	252 (53.4%) Yes
Calculation of energy needs	2 (66.7%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	-	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	1 (33.3%)	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 (33.3%)	1 (0.2%) Yes
Lack of dietitians	1 (33.3%)	2 (0.4%) Yes
Lack of other experts	-	1 (0.2%) Yes
Other	1 (33.3%)	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 (66.7%)	240 (50.8%) Yes
At every chemotherapy	-	53 (11.2%) Yes
When necessary	1 (33.3%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)

Regularly	2 (66.7%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	-	92 (19.5%) Yes
Never	-	161 (34.1%) Yes
I do not know	1 (33.3%)	10 (2.1%) Yes

BIA

Regularly	-	19 (4%) Yes
At every chemotherapy	1 (33.3%)	4 (0.8%) Yes
When necessary	-	119 (25.2%) Yes
Never	1 (33.3%)	169 (35.8%) Yes
I do not know	1 (33.3%)	13 (2.8%) Yes

CT Scan

Regularly	-	9 (1.9%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	2 (66.7%)	80 (16.9%) Yes
Never	-	202 (42.8%) Yes
I do not know	-	28 (5.9%) Yes

DEXA

Regularly	-	1 (0.2%) Yes
At every chemotherapy	1 (33.3%)	3 (0.6%) Yes
When necessary	-	67 (14.2%) Yes
Never	2 (66.7%)	228 (48.3%) Yes
I do not know	-	22 (4.7%) Yes

Other

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	42 (8.9%) Yes
Never	2 (66.7%)	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
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Body function

Handgrip

Regularly	-	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	-	142 (30.1%) Yes
Never	1 (33.3%)	119 (25.2%) Yes
I do not know	1 (33.3%)	10 (2.1%) Yes

6-minutes walking test

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	-	66 (14%) Yes
Never	1 (33.3%)	211 (44.7%) Yes
I do not know	1 (33.3%)	21 (4.4%) Yes

Other

Regularly	1 (33.3%)	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	-	54 (11.4%) Yes
Never	1 (33.3%)	132 (28%) Yes
I do not know	1 (33.3%)	46 (9.7%) Yes

Nutritional requirements, calculated

Regularly	1 (33.3%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	2 (66.7%)	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake

Every meal

Regularly	-	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	137 (29%) Yes
Never	-	57 (12.1%) Yes
I do not know	2 (66.7%)	22 (4.7%) Yes

1 meal per day

Regularly	-	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	-	94 (19.9%) Yes
Never	-	72 (15.3%) Yes
I do not know	2 (66.7%)	35 (7.4%) Yes

2 meals per day

Regularly	1 (33.3%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	103 (21.8%) Yes
Never	-	78 (16.5%) Yes
I do not know	2 (66.7%)	33 (7%) Yes

24h recall

Regularly	-	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	1 (33.3%)	147 (31.1%) Yes
Never	-	26 (5.5%) Yes
I do not know	1 (33.3%)	17 (3.6%) Yes

Other

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

	-	52 (11%) Yes
Never	-	63 (13.3%) Yes
I do not know	2 (66.7%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	1 (33.3%)	144 (30.5%) Yes
Nurse	-	65 (13.8%) Yes
Physician	1 (33.3%)	50 (10.6%) Yes
Nutritional scientist	-	55 (11.7%) Yes
Other	1 (33.3%)	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	-	210 (4.7%)
Ward (w)	13 (92.9%)	3840 (86%)
I do not know	1 (7.1%)	59 (1.3%)
Goal of Therapy		
c= curative	14 (100%)	2516 (56.4%)
p= palliative	-	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	8 (57.1%)	584 (13.1%)
Therapy	4 (28.6%)	1888 (42.3%)
Surgery related	-	635 (14.2%)
Treatment complications	3 (21.4%)	470 (10.5%)
Poor health status	1 (7.1%)	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)

Breast	-	358 (8%)
Colon, rectum	2 (14.3%)	496 (11.1%)
Prostate	1 (7.1%)	97 (2.2%)
Lung	-	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	3 (21.4%)	130 (2.9%)
Gastric/oesophageal	-	309 (6.9%)
Pancreas	-	228 (5.1%)
Lymphoma	-	378 (8.5%)
ENT	-	222 (5%)
Leukemia	1 (7.1%)	408 (9.1%)
Genital tract	3 (21.4%)	213 (4.8%)
Liver	1 (7.1%)	115 (2.6%)
Sarcoma	1 (7.1%)	141 (3.2%)
Brain	2 (14.3%)	70 (1.6%)
Testicular	-	47 (1.1%)
Other	-	515 (11.5%)

Time since cancer diagnosis

0-2 months	-	1025 (23%)
3-5 months	3 (21.4%)	767 (17.2%)
6-12 months	2 (14.3%)	701 (15.7%)
1-2 years	4 (28.6%)	556 (12.5%)
2-4 years	2 (14.3%)	374 (8.4%)
> 4 years	-	469 (10.5%)
I do not know	3 (21.4%)	69 (1.5%)

Cancer Staging

Carcinoma in situ	1 (7.1%)	278 (6.2%)
Localized	11 (78.6%)	828 (18.6%)
Early locally advanced	2 (14.3%)	521 (11.7%)

Late locally advanced	-	468 (10.5%)
Metastasised	-	1490 (33.4%)

Time since first therapy start		
No therapy	-	278 (6.2%)
Tumor staging/Diagnosis	8 (57.1%)	433 (9.7%)
0-2 months	-	1094 (24.5%)
3-5 months	1 (7.1%)	632 (14.2%)
6-12 months	2 (14.3%)	525 (11.8%)
1-2 years	2 (14.3%)	435 (9.7%)
2-4 years	-	298 (6.7%)
> 4 years	-	391 (8.8%)
I do not know	7 (50%)	93 (2.1%)

Therapy situation		
Diagnosis	4 (28.6%)	417 (9.3%)
Chemotherapy 1st line	5 (35.7%)	1047 (23.5%)
Chemotherapy > 1st line	-	780 (17.5%)
Radiotherapy	-	358 (8%)
Target therapy	-	199 (4.5%)
Hormone therapy	-	50 (1.1%)
Palliative	-	423 (9.5%)
Surgery	-	656 (14.7%)
Cancer related complications	3 (21.4%)	281 (6.3%)
Therapy related complications	-	164 (3.7%)

Infections		
None	14 (100%)	2885 (64.6%)
Local	-	540 (12.1%)
General	-	442 (9.9%)

Lab. Parameter (CRP)	-	20 [4-67]
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Lab. Parameter (Albumin)	-	31 [18-38]
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Nutrition treatment		
No special diet	2 (14.3%)	1680 (37.6%)
Individualized diet plan	8 (57.1%)	1141 (25.6%)
Energy rich/protein rich ONS	1 (7.1%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	-	248 (5.6%)
Parenteral nutrition	-	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	-	434 (9.7%)
Counselling	2 (14.3%)	694 (15.6%)
Other	1 (7.1%)	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	-	75 [64-86]
I do not know	14 (100%)	396 (8.9%)
Your actual weight		
kg	70 [71-73]	67 [58-80]
I do not know	3 (21.4%)	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	-	224 (5%)
Unintentionally	7 (50%)	2825 (63.3%)
Weight is stable	1 (7.1%)	537 (12%)
I do not know	6 (42.9%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?

Not at all	-	1260 (28.2%)
A little	-	1058 (23.7%)
Quite a bit	-	855 (19.2%)
Very much	-	675 (15.1%)
I do not know	14 (100%)	40 (0.9%)

Did you need to rest?

Not at all	-	721 (16.2%)
A little	-	1040 (23.3%)
Quite a bit	-	1046 (23.4%)
Very much	-	1008 (22.6%)
I do not know	14 (100%)	53 (1.2%)

Have you felt weak?

Not at all	-	807 (18.1%)
A little	-	1070 (24%)
Quite a bit	-	1036 (23.2%)
Very much	-	908 (20.3%)
I do not know	14 (100%)	46 (1%)

Did you feel depressed?

Not at all	-	1478 (33.1%)
A little	-	1202 (26.9%)
Quite a bit	-	663 (14.9%)
Very much	-	462 (10.4%)
I do not know	14 (100%)	61 (1.4%)

Were you tired?

Not at all	-	719 (16.1%)
A little	-	1192 (26.7%)
Quite a bit	-	1063 (23.8%)
Very much	-	837 (18.8%)

I do not know	14 (100%)	60 (1.3%)
---------------	-----------	-----------

Did pain interfere with your daily activities?

Not at all	-	1420 (31.8%)
A little	-	906 (20.3%)
Quite a bit	-	752 (16.8%)
Very much	-	714 (16%)
I do not know	14 (100%)	58 (1.3%)

Have you lacked appetite?

Not at all	-	1338 (30%)
A little	-	921 (20.6%)
Quite a bit	-	851 (19.1%)
Very much	-	706 (15.8%)
I do not know	14 (100%)	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	-	1727 (38.7%)
A little	-	1241 (27.8%)
Quite a bit	-	567 (12.7%)
Very much	-	303 (6.8%)
I do not know	14 (100%)	45 (1%)

Do you need to rest?

Not at all	-	843 (18.9%)
A little	-	1440 (32.3%)
Quite a bit	-	989 (22.2%)
Very much	-	557 (12.5%)
I do not know	14 (100%)	53 (1.2%)

Do you feel weak?

Not at all	-	1079 (24.2%)
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A little	-	1274 (28.5%)
Quite a bit	-	861 (19.3%)
Very much	-	603 (13.5%)
I do not know	14 (100%)	54 (1.2%)

Do you feel depressed?

Not at all	-	1837 (41.2%)
A little	-	1099 (24.6%)
Quite a bit	-	539 (12.1%)
Very much	-	328 (7.3%)
I do not know	14 (100%)	62 (1.4%)

Are you tired?

Not at all	-	1009 (22.6%)
A little	-	1426 (32%)
Quite a bit	-	890 (19.9%)
Very much	-	463 (10.4%)
I do not know	14 (100%)	68 (%)

Does pain interfere with your daily activities?

Not at all	-	1694 (38%)
A little	-	965 (21.6%)
Quite a bit	-	647 (14.5%)
Very much	-	488 (10.9%)
I do not know	14 (100%)	63 (1.4%)

Do you lack appetite?

Not at all	-	1478 (33.1%)
A little	-	1176 (26.3%)
Quite a bit	-	688 (15.4%)
Very much	-	453 (10.2%)
I do not know	13 (92.9%)	59 (1.3%)

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

Nausea/vomiting	6 (42.9%)	855 (19.2%)
Inflammation in mouth	-	249 (5.6%)
Pain	1 (7.1%)	621 (13.9%)
Constipation	-	427 (9.6%)
Diarrhea	-	291 (6.5%)
Change in taste/smell	-	608 (13.6%)
Early satiation/loss of appetite	-	1097 (24.6%)
Other	6 (42.9%)	666 (14.9%)

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

Able to do sports	-	183 (4.1%)
Fully active	-	498 (11.2%)
Able to carry out light activities	-	954 (21.4%)
Able to carry out self care	-	1011 (22.7%)
Able to carry out limited self care	-	656 (14.7%)
Confined to bed or chair	-	519 (11.6%)
I do not know	14 (100%)	45 (1%)

What do you take without prescription from a doctor?

Nothing	14 (100%)	2585 (57.9%)
Herbal tea	-	429 (9.6%)
Nutritional supplements	-	383 (8.6%)
Multivitamines	-	263 (5.9%)
Other medication	-	137 (3.1%)
Other	-	171 (3.8%)

Which of the following activities do you perform?

Nothing	14 (100%)	2699 (60.5%)
Psychotherapy	-	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	-	158 (3.5%)
Progressive muscle relaxation	-	111 (2.5%)

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

Is it difficult to comply with your treatment?

Yes	7 (50%)	997 (22.3%)
No	6 (42.9%)	2400 (53.8%)
I do not know	1 (7.1%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	8 (57.1%)	2346 (52.6%)
No	5 (35.7%)	1481 (33.2%)
I do not know	1 (7.1%)	56 (1.3%)

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

Yes	9 (64.3%)	2653 (59.4%)
No	-	519 (11.6%)
I do not know	5 (35.7%)	715 (16%)