28. July 2026

Dear participant,

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

Country:	**Portugal**
Number of participating centers:	**10**
Number of participating units:	**13**
Number of patients:	**495**
Number of patients who gave consent:	**440**

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	358 [69-684]	296 [140-581]
2. Total number of admissions in the hospital last year	14914 [962-35000]	15484 [4482-34465]
3. Total number of staff in the hospital		
Total medical doctors	964 [203-1549]	226 [80-422]
Medical specialists	465 [6-464.5]	124 [37-273]
Medical non-specialists	605 [605-605]	56 [9-138]
Nurses	1367 [345-2817]	315 [128-726]
Dieticians	1 [1-1]	3 [1-9]
Nutritionists	11 [1-41]	2 [1-5]
Pharmacists	31 [2-30]	7 [3-18]
Kitchen staff	40 [12-110]	24 [9-44]
Full time equivalent		
Total medical doctors	6 [6-6]	144 [48-275]
Medical specialists	6 [6-6]	89 [34-215]
Medical non-specialists	-	46 [7-115]
Nurses	91 [91-91]	305 [98-562]
Dieticians	1 [1-1]	2 [1-8]
Nutritionists	6 [1-6]	1 [0-3]
Pharmacists	2 [2-2]	5 [2-15]
Kitchen staff	26 [12-26]	24 [9-42]
4. Does the hospital have a nutrition care strategy?	4 (44.4%)	190 (40%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	4 (40%)	157 (33.1%) Yes
Nutrition steering committee is available	4 (40%)	125 (26.3%) Yes
Quality indicators are recorded and reported to national or regional level	2 (20%)	77 (16.2%) Yes

Quality indicators are used for internal benchmarking	3 (30%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (30%)	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 (10%)	32 (6.7%) Yes

Codes available		
Nutrition Support	1 (10%)	64 (13.5%) Yes
Oral nutrition supplements	-	118 (24.8%) Yes
Parenteral nutrition	1 (10%)	157 (33.1%) Yes
Enteral nutrition	1 (10%)	156 (32.8%) Yes
Dietary counseling	-	99 (20.8%) Yes
Specific dietary interventions	-	90 (18.9%) Yes
Screening for malnutrition	-	98 (20.6%) Yes
Risk of malnutrition	2 (20%)	71 (14.9%) Yes
Malnutrition (in general)	2 (20%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (10%)	97 (20.4%) Yes

Codes routinely used		
Nutrition Support	2 (20%)	60 (12.6%) Yes
Oral nutrition supplements	1 (10%)	110 (23.2%) Yes
Parenteral nutrition	2 (20%)	138 (29.1%) Yes
Enteral nutrition	2 (20%)	137 (28.8%) Yes
Dietary counseling	1 (10%)	82 (17.3%) Yes
Specific dietary interventions	1 (10%)	77 (16.2%) Yes
Screening for malnutrition	1 (10%)	82 (17.3%) Yes
Risk of malnutrition	1 (10%)	63 (13.3%) Yes
Malnutrition (in general)	2 (20%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (10%)	88 (18.5%) Yes

Unit Sheet 1a/1b

	Your Results	Reference Results
1a. Main specialty		
Internal Medicine / General	4 (30.8%)	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	-	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	1 (7.7%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	1 (7.7%)	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	2 (15.4%)	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	-	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	1 (7.7%)	27 (1.6%)
Gynecology / Obstetrics	1 (7.7%)	105 (1.6%)
Neurology	-	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	-	13 (0.8%)
Interdisciplinary	-	59 (3.4%)
Long term care	1 (7.7%)	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	2 (15.4%)	288 (16.8%)

1b. For surgical units only		
Do you do ERAS?	1 (7.7%)	181 (11%) Yes
Do you have a ERAS protocol?	1 (7.7%)	131 (8%) Yes
Do you have an ERAS team?	1 (7.7%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes
2. Number of registered inpatients at noon	26 [14-39]	22 [16-29]
3. Total bed capacity of the unit	28 [21-39]	28 [22-36]
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 [3-8]	3 [2-6]
Medical students	-	
Nurses	7 [4-15]	4 [3-6]
Nursing aides	3 [3-3]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	2 [2-3]	1 [1-2]
Other staff involved in patient care	2 [1-2]	1 [0-3]
In training		
Medical doctors	5 [2-5]	2 [0-3]
Medical students	-	1 [0-3]
Nurses	2 [1-2]	1 [0-2]
Nursing aides	-	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	1 [1-1]	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?	7 (53.8%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	8 (61.5%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	8 (61.5%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	13 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	7 (53.8%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	1 (7.7%)	151 (8.8%) Yes
No fixed criteria	1 (7.7%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	-	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	9 (69.2%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	1 (7.7%)	78 (4.5%) Yes
Malnutrition Screening tool (MST)	-	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	-	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	6 (46.2%)	110 (6.4%) Yes
Experience / visual assessment only	-	178 (10.4%) Yes
Weighing / BMI only	-	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?	5 (38.5%)	1092 (63.7%) Yes
11b. If yes, which one is mainly used?		
International guidelines	3 (23.1%)	403 (23.5%) Yes
National guidelines	1 (7.7%)	180 (10.5%) Yes
Standards on hospital level	-	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	1 (7.7%)	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	-	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	1 (7.7%)	574 (33.5%) Yes
Develop an individual nutrition care plan	2 (15.4%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	3 (23.1%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (15.4%)	693 (40.4%) Yes
Consult a medical professional	-	417 (24.3%) Yes
Calculate energy requirements	3 (23.1%)	622 (36.3%) Yes
Calculate protein requirements	3 (23.1%)	619 (36.1%) Yes
Malnourished		
Watchful waiting	-	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	2 (15.4%)	666 (38.8%) Yes
Develop an individual nutrition care plan	3 (23.1%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	2 (15.4%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (23.1%)	794 (46.3%) Yes
Consult a medical professional	-	514 (30%) Yes
Calculate energy requirements	4 (30.8%)	813 (47.4%) Yes
Calculate protein requirements	4 (30.8%)	801 (46.7%) Yes

Every patient		
Watchful waiting	5 (38.5%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	3 (23.1%)	452 (26.4%) Yes
Develop an individual nutrition care plan	3 (23.1%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	3 (23.1%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (23.1%)	371 (21.6%) Yes
Consult a medical professional	2 (15.4%)	428 (25%) Yes
Calculate energy requirements	1 (7.7%)	250 (14.6%) Yes
Calculate protein requirements	1 (7.7%)	240 (14%) Yes
None		
Watchful waiting	1 (7.7%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	1 (7.7%)	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	3 (23.1%)	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	4 (30.8%)	927 (54.1%) Yes
Within 24 hours	-	173 (10.1%) Yes
Within 48 hours	4 (30.8%)	94 (5.5%) Yes
Within 72 hours	1 (7.7%)	44 (2.6%) Yes
Every week	2 (15.4%)	603 (35.2%) Yes
Occasionally	6 (46.2%)	196 (11.4%) Yes
When requested	5 (38.5%)	819 (47.8%) Yes
At discharge	2 (15.4%)	68 (4%) Yes
Never	1 (7.7%)	24 (1.4%) Yes

14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	9 (69.2%)	1164 (67.9%) Yes
Offer meal choices	10 (76.9%)	1029 (60%) Yes
Offer different portion sizes	8 (61.5%)	837 (48.8%) Yes
Consider food presentation	5 (38.5%)	484 (28.2%) Yes
Change food texture/consistency as needed	11 (84.6%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	11 (84.6%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (30.8%)	371 (21.6%) Yes
Promote positive eating environment	2 (15.4%)	413 (24.1%) Yes
Consider cultural/religious preferences	11 (84.6%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	12 (92.3%)	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	5 (38.5%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	4 (30.8%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	3 (23.1%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	4 (30.8%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (23.1%)	789 (46%) Yes

16. At admission what is asked and documented?		
Change in weight	6 (46.2%)	1150 (67.1%) Yes
Eating habits/difficulties	4 (30.8%)	1025 (59.8%) Yes
Nutrition before admission	5 (38.5%)	770 (44.9%) Yes

17a. Patient record has a section indicating		
if the patient is malnourished/ at risk	4 (30.8%)	1008 (58.8%) Yes
nutrition treatment	6 (46.2%)	786 (45.8%) Yes
I do not know	1 (7.7%)	141 (8.2%) Yes

17b. Discharge letter includes		
nutrition treatment received during stay	1 (7.7%)	728 (42.4%) Yes
makes future nutrition-related recommendations	5 (38.5%)	855 (49.9%) Yes
I do not know	2 (15.4%)	166 (9.7%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	-	569 (33.2%) Yes

19. Who filled in this sheet?		
Head staff	1 (7.7%)	375 (21.9%) Yes
Dietician	5 (38.5%)	707 (41.2%) Yes
Nurse	-	328 (19.1%) Yes
Physician	2 (15.4%)	181 (10.6%) Yes
Administrative staff	-	28 (1.6%) Yes
Others	-	132 (7.7%) Yes

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

	Your Results	Reference Results
TOTAL Patients:	495 (100%)	31895
Number of patients who gave consent	440 (88.9%)	31895 (100%)
Female	249 (56.6%)	15478 (48.5%)
Male	190 (43.2%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	73 [64-85]	63 [46-76]
Weight	70.3±18.6	70.9±19.4
Height	163±9.7	166±11
BMI (female)	26.9±6.5	26±6.9
BMI (male)	25.5±5.9	25.3±5.9
BMI	26.4±6.4	25.6±6.5

This hospital admission was		
planned	124 (28.2%)	11384 (35.7%)
an emergency	309 (70.2%)	18596 (58.3%)
I do not know	7 (1.6%)	1609 (5%)

1. Diagnosis at admission		
0600 Nervous system	68 (15.5%)	2861 (9%)
0500 Mental health	18 (4.1%)	1240 (3.9%)
0700 Eye and adnexa	7 (1.6%)	271 (0.8%)
0800 Ear and mastoid process	3 (0.7%)	183 (0.6%)
0900 Circulatory system	97 (22%)	5336 (16.7%)
1000 Respiratory system	100 (22.7%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	33 (7.5%)	3860 (12.1%)
1100 Digestive system	34 (7.7%)	6965 (21.8%)
1400 Genitourinary system	65 (14.8%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	58 (13.2%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	17 (3.9%)	1418 (4.4%)
0100 Infectious and parasitic diseases	39 (8.9%)	3123 (9.8%)
0200 Neoplasms	20 (4.5%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	25 (5.7%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	21 (4.8%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	7 (1.6%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	-	412 (1.3%)
1600 Conditions originating in the perinatal period	-	30 (0.1%)
1700 Congenital/chromosomal abnormalities	1 (0.2%)	84 (0.3%)
1900 Injury, poisoning	16 (3.6%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	16 (3.6%)	1288 (4%)

2. Main reason for admission		
0600 Nervous system	50 (11.4%)	1964 (6.2%)
0500 Mental health	6 (1.4%)	1431 (4.5%)

0700 Eye and adnexa	3 (0.7%)	515 (1.6%)
0800 Ear and mastoid process	2 (0.5%)	1888 (5.9%)
0900 Circulatory system	53 (12%)	2437 (7.6%)
1000 Respiratory system	72 (16.4%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	8 (1.8%)	959 (3%)
1100 Digestive system	18 (4.1%)	3440 (10.8%)
1400 Genitourinary system	33 (7.5%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	52 (11.8%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	10 (2.3%)	940 (2.9%)
0100 Infectious and parasitic diseases	22 (5%)	2024 (6.3%)
0200 Neoplasms	11 (2.5%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	14 (3.2%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (0.9%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	7 (1.6%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	14 (3.2%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	10 (2.3%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES		
Cerebral vascular disease	32 (7.3%)	551 (1.7%)
Dementia	48 (10.9%)	319 (1%)
Major depressive disorder	26 (5.9%)	297 (0.9%)
Other chronic mental disorder	21 (4.8%)	202 (0.6%)
Myocardial infarction	10 (2.3%)	267 (0.8%)
Cardiac insufficiency	74 (16.8%)	981 (3.1%)
Chronic lung disease	46 (10.5%)	728 (2.3%)
Chronic liver disease	18 (4.1%)	366 (1.1%)
Chronic kidney disease	35 (8%)	983 (3.1%)

GI disease/problems	29 (6.6%)	941 (3%)
Urological disease/problems	16 (3.6%)	378 (1.2%)
Muskle-skeletal disease	26 (5.9%)	535 (1.7%)
Arthritis	10 (2.3%)	194 (0.6%)
Skin problems	12 (2.7%)	240 (0.8%)
Peripheral vascular disease	34 (4.8%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	17 (3.9%)	1247 (3.9%)
Fatigue	19 (4.3%)	724 (2.3%)
Infection	25 (5.7%)	676 (2.1%)
Diabetes	72 (16.4%)	2176 (6.8%)
Hypertension	85 (19.3%)	3234 (10.1%)
Hyperlipidaemia	59 (13.4%)	1040 (3.3%)
Endocrinal disease	18 (4.1%)	528 (1.7%)
Cancer	25 (5.7%)	1440 (4.5%)
History of cancer	20 (4.5%)	511 (1.6%)
Other chronic disease	76 (17.3%)	806 (2.5%)
NO COMORBIDITIES	42 (9.5%)	5868 (18.4%)
OTHER COMORBIDITIES	32 (7.3%)	971 (3%)
4. Previous ICU admission during this hospital stay?		
Yes	27 (6.1%)	3305 (10.4%)
5. Is this patient terminally ill?		
Yes	8 (1.8%)	2109 (6.6%)
6. Fluid status (TODAY)		
Normal	259 (58.9%)	24553 (77%)
Overloaded	18 (4.1%)	1548 (4.9%)
Dehydrated	41 (9.3%)	2223 (7%)
I do not know	122 (27.7%)	3465 (10.9%)

7. Number of different medications planned (TODAY)		
oral	8 [4-10]	4 [2-8]
other	4 [2-5]	2 [1-4]

8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	20 (4.5%)	5142 (16.1%)
At risk	51 (11.6%)	7052 (22.1%)
No	289 (65.7%)	17552 (55%)
I do not know	80 (18.2%)	2073 (6.5%)

9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	29 (6.6%)	11676 (36.6%)
5% Glucose solution	12 (2.7%)	1963 (6.2%)

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

11. Nutrition intake (TODAY)		
Regular hospital food	206 (46.8%)	18876 (59.2%)
Fortified/enriched hospital food	52 (11.8%)	4517 (14.2%)
Special diet	135 (30.7%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	75 (17%)	6147 (19.3%)
Enteral nutrition	18 (4.1%)	1791 (5.6%)
Parenteral nutrition	2 (0.5%)	1271 (4%)

12a. All lines and tubes (TODAY)		
Central Venous	23 (5.2%)	3714 (11.6%)
Peripheral venous access	63 (14.3%)	15651 (49.1%)
Nasogastric	2 (0.5%)	756 (2.4%)
Nasojejunal	-	91 (0.3%)
Nasoduadenal	-	82 (0.3%)
Enterostoma	1 (0.2%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.2%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	-	105 (0.3%)

12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	6 (1.4%)	565 (1.8%)
Yes, ongoing	1 (0.2%)	255 (0.8%)
No	74 (16.8%)	23467 (73.6%)
I do not know	60 (13.6%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	28 (6.4%)	11605 (36.4%)
Protein requirements were determined	29 (6.6%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	35 (8%)	12508 (39.2%)
Nutrition treatment plan was developed	2 (0.5%)	11785 (36.9%)
Nutrition expert was consulted	39 (8.9%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	36 (8.2%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)		
< 500 kcal	-	281 (0.9%)
500-999 kcal	-	286 (0.9%)
1000-1499 kcal	-	2076 (6.5%)
1500-1999 kcal	19 (4.3%)	8530 (26.7%)
>=2000 kcal	17 (3.9%)	5796 (18.2%)
Not determined	46 (10.5%)	7876 (24.7%)
I do not know	58 (13.2%)	1851 (5.8%)
kcal/kg	-	30 [25-30]

14b. Energy intake (YESTERDAY)		
< 500 kcal	3 (0.7%)	1190 (3.7%)
500-999 kcal	2 (0.5%)	1814 (5.7%)
1000-1499 kcal	5 (1.1%)	3863 (12.1%)
1500-1999 kcal	20 (4.5%)	6134 (19.2%)
>=2000 kcal	10 (2.3%)	3438 (10.8%)

Not determined	39 (8.9%)	7653 (24%)
I do not know	61 (13.9%)	2676 (8.4%)
kcal/kg	-	25 [21-30]

15. Since admission, this patient's health status has…		
Improved	64 (14.5%)	14998 (47%)
Deteriorated	10 (2.3%)	1844 (5.8%)
Remained the same	20 (4.5%)	6773 (21.2%)
This patient has just been admitted	4 (0.9%)	1954 (6.1%)
I do not know	62 (14.1%)	2168 (6.8%)

16a. Previous operation during this hospital stay		
Yes, planned	26 (5.9%)	4745 (14.9%)
Yes, acute	15 (3.4%)	2272 (7.1%)
No	12 (2.7%)	14399 (45.1%)
days since operation	37.6 [1.5-41]	4 [1-15]

16b. Planned operation during this hospital stay		
Yes, today or tomorrow	1 (0.2%)	2955 (9.3%)
Yes, later	2 (0.5%)	1925 (6%)
No	45 (10.2%)	15926 (49.9%)

17. Surgery type (single choice)		
Operated right after admission (acute)	13 (3%)	615 (1.9%)
Planned after unscheduled admission	6 (1.4%)	780 (2.4%)
Planned after scheduled admission	13 (3%)	1386 (4.3%)
None of the above	10 (2.3%)	103 (0.3%)
I don't know	6 (1.4%)	195 (0.6%)
Non-applicable (NA)	2 (0.5%)	550 (1.7%)

18. Surgical approch		
Open surgery including converted	30 (6.8%)	1792 (5.6%)

Minimal invasive surgery (laparoscory, robotics etc.)	12 (2.7%)	1064 (3.3%)

19. Duration of operation		
Minor surgery	5 (1.1%)	834 (6.3%)
Major surgery	37 (8.4%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done		
Oesophagus	-	48 (0.2%)
Gastric	1 (0.2%)	215 (0.7%)
Liver	-	113 (0.4%)
Pancreas	1 (0.2%)	85 (0.3%)
Colorectal	2 (0.5%)	304 (1%)
Gynecology	10 (2.3%)	123 (0.4%)
Gynaecologic oncology	6 (1.4%)	53 (0.2%)
Urology	-	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	-	22 (0.1%)
Bariatric	-	13 (0%)
Hip replacement	-	128 (0.4%)
Knee replacement	-	86 (0.3%)
Lung	1 (0.2%)	85 (0.3%)
Cardiac	10 (2.3%)	45 (0.1%)
Vascular	-	77 (0.2%)
other	11 (2.5%)	1469 (4.6%)
I don’t know	3 (0.7%)	188 (0.6%)

21. Indication to use of nutritional therapy		
No indication	28 (6.4%)	2012 (6.3%)
Expected prolonged postoperative fasting	3 (0.7%)	212 (0.7%)
Preoperative malnutrition	2 (0.5%)	218 (0.7%)
Ongoing surgical complication	2 (0.5%)	111 (0.3%)
Patient does not eat enough	3 (0.7%)	295 (0.9%)

other	6 (1.4%)	232 (0.7%)
I don't know	10 (2.3%)	332 (1%)

22. Days since nutritional therapy		
	6 [1-36]	7 [2-18]

30 Days after nutritionDay

Outcome code		
1 Still in the hospital	115 (26.1%)	2475 (7.8%)
2 Transferred to another hospital	6 (1.4%)	585 (1.8%)
3 Transferred to long term care	22 (5%)	766 (2.4%)
4 Rehabilitation	13 (3%)	552 (1.7%)
5 Discharged home	237 (53.9%)	20087 (63%)
6 Death	39 (8.9%)	1059 (3.3%)
7 Others	5 (1.1%)	402 (1.3%)

Readmission Code		
1 No	355 (80.7%)	18836 (59.1%)
2 Yes, same hospital planned	5 (1.1%)	1940 (6.1%)
3 Yes, same hospital unplanned	11 (2.5%)	1360 (4.3%)
4 Yes, different hospital planned	2 (0.5%)	170 (0.5%)
5 Yes, different hospital unplanned	-	105 (0.3%)
6 Unknown	-	707 (2.2%)

Admitted to ICU	1 (0.2%)	43 (0.1%)
Re-operated after nDay	3 (0.7%)	128 (0.4%)
How many days after nDay	30 [12-30]	15 [6-30]

PATIENT Sheet 3a/3b

	Your Results	Reference Results
1. What are your typical dietary habits?		
I have dietary restrictions	15 (3.4%)	1391 (4.4%)
No special dietary habits	101 (23%)	18087 (56.7%)
I am vegetarian	2 (0.5%)	492 (1.5%)
I eat a vegan diet	-	90 (0.3%)
I eat a gluten-free diet	2 (0.5%)	299 (0.9%)
I avoid added sugars	13 (3%)	4543 (14.2%)
I avoid carbohydrates	3 (0.7%)	1583 (5%)
I eat a low fat-diet	8 (1.8%)	2741 (8.6%)
I am lactose intolerant	9 (2%)	1150 (3.6%)
Other special diet due to intolerances/allergies	1 (0.2%)	504 (1.6%)
other	7 (1.6%)	1888 (5.9%)
2. Where did you live before your current hospital admission?		
At home	128 (29.1%)	23600 (74%)
In a nursing home or other live-in facility	18 (4.1%)	734 (2.3%)
I was transferred from another hospital	41 (9.3%)	1856 (5.8%)
Other	122 (27.7%)	466 (1.5%)
3. In general, are you able to walk?		
Yes	96 (21.8%)	16629 (52.1%)
Yes, with someone's help	18 (4.1%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	16 (3.6%)	3474 (10.9%)
No, I have a wheelchair	5 (1.1%)	1077 (3.4%)
No, I am bedridden	13 (3%)	2317 (7.3%)

4. In general, how would you say your health is?		
Very good	14 (3.2%)	2269 (7.1%)
Good	89 (20.2%)	9974 (31.3%)
Fair	97 (22%)	9994 (31.3%)
Poor	53 (12%)	3598 (11.3%)
Very poor	11 (2.5%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately…		
… how many times have you seen a doctor?	8 [2-10]	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?	27 [3 months-30]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	15 (3.4%)	6274 (19.7%)
3-5	34 (7.7%)	6835 (21.4%)
More than 5	58 (13.2%)	7302 (22.9%)
None	19 (4.3%)	5209 (2.9%)
I do not know	20 (4.5%)	938 (2.9%)

7. Do you have health insurance?		
Yes, private insurance only	13 (3%)	4393 (13.8%)
Yes, public insurance only	43 (9.8%)	12754 (40%)
Yes, both	6 (1.4%)	2697 (8.5%)
No	63 (14.3%)	5488 (17.2%)
I prefer not to answer	22 (5%)	933 (2.9%)

8. What was your weight 5 years ago?		
kg	77 [65-80]	74 [63-85]

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	16 (3.6%)	2317 (7.3%)
Yes, unintentionally	161 (36.6%)	13997 (43.9%)
No, my weight stayed the same	106 (24.1%)	7967 (25%)
No, I gained weight	22 (5%)	3144 (9.9%)
I do not know	91 (20.7%)	2573 (8.1%)

9b. If yes, how many kg did you lose?		
kg	9 [4-10]	6 [4-10]

10. Did you know about your hospitalisation two days before admission?		
Yes	39 (8.9%)	9759 (30.6%)
No	71 (16.1%)	15387 (48.2%)

11. Please indicate if you …		
... were weighed at admission		
Yes	45 (10.2%)	13167 (41.3%)
No	46 (10.5%)	12017 (37.7%)
... were informed about your nutrition status		
Yes	30 (6.8%)	9376 (29.4%)
No	65 (14.8%)	15480 (48.5%)
... were informed about nutrition care options		
Yes	46 (10.5%)	9168 (28.7%)
No	46 (10.5%)	15535 (48.7%)
... received special nutrition care		
Yes	44 (10%)	9435 (29.6%)
No	53 (12%)	15419 (48.3%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	4 (0.9%)	1467 (4.6%)
Normal	114 (25.9%)	17330 (54.3%)
About 3/4 of normal	21 (4.8%)	2866 (9%)
About half of normal	28 (6.4%)	3891 (12.2%)
About a quarter to nearly nothing	8 (1.8%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	175 (39.8%)	14097 (44.2%)
1/2	127 (28.9%)	8045 (25.2%)
1/4	60 (13.6%)	4218 (13.2%)
nothing	33 (7.5%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was…		
standard	79 (18%)	17603 (55.2%)
smaller	21 (4.8%)	2606 (8.2%)
larger	8 (1.8%)	1200 (3.8%)
I do not know	33 (7.5%)	2968 (9.3%)

14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	18 (4.1%)	7031 (22%)
Somewhat satisfied	52 (11.8%)	8669 (27.2%)
Dissatisfied	25 (5.7%)	4516 (14.2%)
Very dissatisfied	11 (2.5%)	2185 (6.9%)
Neutral	13 (3%)	1836 (5.8%)
I do not know	22 (5%)	1826 (5.7%)

15. Did you get any help with eating TODAY?		
Yes, from family or friends	2 (0.5%)	3294 (10.3%)
Yes, from hospital staff	16 (3.6%)	1635 (5.1%)
No	97 (22%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?		
Yes	86 (19.5%)	18317 (57.4%)
No	18 (4.1%)	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	39 (8.9%)	3237 (10.1%)
I did not like the smell of the food	14 (3.2%)	524 (1.6%)
I did not like the taste of the food	36 (8.2%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	-	180 (0.6%)
The food was too hot	1 (0.2%)	83 (0.3%)
The food was too cold	3 (0.7%)	670 (2.1%)
Due to food allergy/intolerance	-	178 (0.6%)
I was not hungry at that time	20 (4.5%)	2438 (7.6%)
I do not have my usual appetite	48 (10.9%)	5371 (16.8%)
I have problems chewing/swallowing	8 (1.8%)	1164 (3.6%)
I normally eat less than what was served	21 (4.8%)	1837 (5.8%)
I had nausea/vomiting	7 (1.6%)	1538 (4.8%)
I was too tired	11 (2.5%)	972 (3%)
I cannot eat without help	9 (2%)	278 (0.9%)
I was not allowed to eat	3 (0.7%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	12 (2.7%)	1156 (3.6%)
I did not get requested food	1 (0.2%)	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	3 [2-4]	1 [0-2]
Nutrition drink	1 [1-1.5]	0 [0-1]
Tea	2 [1-2]	1 [0-2]
Milk	2 [1-2]	0 [0-1]
Soft drinks	1 [1-2]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?		
Yes	14 (3.2%)	6892 (21.6%)
No	99 (22.5%)	18027 (56.5%)

19b. If yes, what did you eat?		
Salty snacks	3 (0.7%)	2178 (6.8%)
Sweet snacks	5 (1.1%)	1075 (3.4%)
Homemade food	3 (0.7%)	1721 (5.4%)
Fruits	13 (3%)	2699 (8.5%)
Dairy products	1 (0.2%)	769 (2.4%)
Food delivered/restaurant	-	288 (0.9%)
Sandwich	-	458 (1.4%)
Other	12 (2.7%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?		
More	8 (1.8%)	4573 (14.3%)
Less	53 (12%)	9505 (29.8%)
Same	46 (10.5%)	10264 (32.2%)
I do not know	33 (7.5%)	1452 (4.6%)

21. TODAY, compared to admission I feel		
Stronger	174 (39.5%)	14268 (44.7%)
Weaker	63 (14.3%)	5687 (17.8%)
Same	99 (22.5%)	8252 (25.9%)
I was admitted today	3 (0.7%)	813 (2.5%)
I do not know	58 (13.2%)	1336 (4.2%)

22. Can you walk without assistance TODAY?		
Yes	131 (29.8%)	17585 (55.1%)
No, only with assistance	146 (33.2%)	8015 (25.1%)
No, I stay in bed	118 (26.8%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?		
Yes	115 (26.1%)	18864 (59.1%)
No	53 (12%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	**Portugal**
Number of patients who gave consent:	**440**
Number of participating centers:	**10**
Filled out oncology unit sheet 1:	**4**
Filled out oncology sheet 2 and sheet 3:	**44**

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	4 (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	3 (75%)	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	3 (75%)	234 (49.6%) Yes
When a patient asks	3 (75%)	126 (26.7%) Yes
When weight loss > 10%	3 (75%)	126 (26.7%) Yes
During the palliative phase	3 (75%)	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	-	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	3 (75%)	252 (53.4%) Yes
Calculation of energy needs	4 (100%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	4 (100%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	-	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	3 (75%)	240 (50.8%) Yes
At every chemotherapy	-	53 (11.2%) Yes
When necessary	1 (25%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)		
Regularly	2 (50%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	1 (25%)	92 (19.5%) Yes
Never	1 (25%)	161 (34.1%) Yes
I do not know	-	10 (2.1%) Yes
BIA		
Regularly	2 (50%)	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	-	119 (25.2%) Yes
Never	2 (50%)	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 (100%)	202 (42.8%) Yes
I do not know	-	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 (100%)	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	4 (100%)	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
Body function		
Handgrip		
Regularly	1 (25%)	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	2 (50%)	142 (30.1%) Yes
Never	1 (25%)	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes
6-minutes walking test		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	1 (25%)	7 (1.5%) Yes
When necessary	1 (25%)	66 (14%) Yes
Never	2 (50%)	211 (44.7%) Yes
I do not know	-	21 (4.4%) Yes
Other		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	1 (25%)	54 (11.4%) Yes
Never	3 (75%)	132 (28%) Yes
I do not know	-	46 (9.7%) Yes
Nutritional requirements, calculated		
Regularly	1 (25%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	3 (75%)	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake		
Every meal		
Regularly	1 (25%)	71 (15%) Yes
At every chemotherapy	1 (25%)	5 (1.1%) Yes
When necessary	2 (50%)	137 (29%) Yes
Never	-	57 (12.1%) Yes
I do not know	-	22 (4.7%) Yes
1 meal per day		
Regularly	1 (25%)	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	2 (50%)	94 (19.9%) Yes
Never	-	72 (15.3%) Yes
I do not know	1 (25%)	35 (7.4%) Yes
2 meals per day		
Regularly	1 (25%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	2 (50%)	103 (21.8%) Yes
Never	-	78 (16.5%) Yes
I do not know	1 (25%)	33 (7%) Yes
24h recall		
Regularly	2 (50%)	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	1 (25%)	147 (31.1%) Yes
Never	-	26 (5.5%) Yes
I do not know	1 (25%)	17 (3.6%) Yes
Other		
Regularly	1 (25%)	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	2 (50%)	63 (13.3%) Yes
I do not know	1 (25%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	4 (100%)	144 (30.5%) Yes
Nurse	-	65 (13.8%) Yes
Physician	-	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)	19 (43.2%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	14 (31.8%)	2516 (56.4%)
p= palliative	1 (2.3%)	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	1 (2.3%)	584 (13.1%)
Therapy	8 (18.2%)	1888 (42.3%)
Surgery related	7 (15.9%)	635 (14.2%)
Treatment complications	4 (9.1%)	470 (10.5%)
Poor health status	-	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)		
Breast	3 (6.8%)	358 (8%)
Colon, rectum	1 (2.3%)	496 (11.1%)
Prostate	-	97 (2.2%)
Lung	-	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	-	130 (2.9%)
Gastric/oesophageal	-	309 (6.9%)
Pancreas	-	228 (5.1%)
Lymphoma	4 (9.1%)	378 (8.5%)
ENT	2 (4.5%)	222 (5%)
Leukemia	3 (6.8%)	408 (9.1%)
Genital tract	5 (11.4%)	213 (4.8%)
Liver	-	115 (2.6%)
Sarcoma	-	141 (3.2%)
Brain	-	70 (1.6%)
Testicular	1 (2.3%)	47 (1.1%)
Other	2 (4.5%)	515 (11.5%)

Time since cancer diagnosis		
0-2 months	1 (2.3%)	1025 (23%)
3-5 months	4 (9.1%)	767 (17.2%)
6-12 months	5 (11.4%)	701 (15.7%)
1-2 years	2 (4.5%)	556 (12.5%)
2-4 years	4 (9.1%)	374 (8.4%)
> 4 years	1 (2.3%)	469 (10.5%)
I do not know	1 (2.3%)	69 (1.5%)

Cancer Staging		
Carcinoma in situ	-	278 (6.2%)
Localized	-	828 (18.6%)
Early locally advanced	-	521 (11.7%)

Late locally advanced	1 (2.3%)	468 (10.5%)
Metastasised	1 (2.3%)	1490 (8.4%)
Time since first therapy start		
No therapy	1 (2.3%)	278 (6.2%)
Tumor staging/Diagnosis	-	433 (9.7%)
0-2 months	3 (6.8%)	1094 (24.5%)
3-5 months	1 (2.3%)	632 (14.2%)
6-12 months	5 (11.4%)	525 (11.8%)
1-2 years	3 (6.8%)	435 (9.7%)
2-4 years	3 (6.8%)	298 (6.7%)
> 4 years	1 (2.3%)	391 (8.8%)
I do not know	1 (2.3%)	93 (2.1%)
Therapy situation		
Diagnosis	-	417 (9.3%)
Chemotherapy 1st line	1 (2.3%)	1047 (23.5%)
Chemotherapy > 1st line	-	780 (17.5%)
Radiotherapy	1 (2.3%)	358 (8%)
Target therapy	9 (20.5%)	199 (4.5%)
Hormone therapy	-	50 (1.1%)
Palliative	1 (2.3%)	423 (9.5%)
Surgery	6 (13.6%)	656 (14.7%)
Cancer related complications	-	281 (6.3%)
Therapy related complications	-	164 (3.7%)
Infections		
None	5 (11.4%)	2885 (64.6%)
Local	7 (15.9%)	540 (12.1%)
General	2 (4.5%)	442 (9.9%)
Lab. Parameter (CRP)	4 [1-7]	20 [4-67]
Lab. Parameter (Albumin)	3.5 [3-4]	31 [18-38]

Nutrition treatment		
No special diet	2 (4.5%)	1680 (37.6%)
Individualized diet plan	7 (15.9%)	1141 (25.6%)
Energy rich/protein rich ONS	3 (6.8%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	2 (4.5%)	248 (5.6%)
Parenteral nutrition	1 (2.3%)	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	6 (13.6%)	434 (9.7%)
Counselling	5 (11.4%)	694 (15.6%)
Other	8 (18.2%)	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	-	396 (8.9%)
Your actual weight		
kg	72 [58-80]	67 [58-80]
I do not know	-	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	2 (4.5%)	224 (5%)
Unintentionally	10 (22.7%)	2825 (63.3%)
Weight is stable	1 (2.3%)	537 (12%)
I do not know	-	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?		
Not at all	9 (20.5%)	1260 (28.2%)
A little	6 (13.6%)	1058 (23.7%)
Quite a bit	-	855 (19.2%)
Very much	3 (6.8%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?		
Not at all	2 (4.5%)	721 (16.2%)
A little	7 (15.9%)	1040 (23.3%)
Quite a bit	2 (4.5%)	1046 (23.4%)
Very much	7 (15.9%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?		
Not at all	9 (20.5%)	807 (18.1%)
A little	4 (9.1%)	1070 (24%)
Quite a bit	-	1036 (23.2%)
Very much	6 (13.6%)	908 (20.3%)
I do not know	-	46 (1%)

Did you feel depressed?		
Not at all	10 (22.7%)	1478 (33.1%)
A little	4 (9.1%)	1202 (26.9%)
Quite a bit	-	663 (14.9%)
Very much	4 (9.1%)	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?		
Not at all	8 (18.2%)	719 (16.1%)
A little	4 (9.1%)	1192 (26.7%)
Quite a bit	2 (4.5%)	1063 (23.8%)
Very much	5 (11.4%)	837 (18.8%)

I do not know	-	60 (1.3%)

Did pain interfere with your daily activities?

Not at all	10 (22.7%)	1420 (31.8%)
A little	4 (9.1%)	906 (20.3%)
Quite a bit	-	752 (16.8%)
Very much	4 (9.1%)	714 (16%)
I do not know	-	58 (1.3%)

Have you lacked appetite?

Not at all	10 (22.7%)	1338 (30%)
A little	5 (11.4%)	921 (20.6%)
Quite a bit	3 (6.8%)	851 (19.1%)
Very much	1 (2.3%)	706 (15.8%)
I do not know	-	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	11 (25%)	1727 (38.7%)
A little	4 (9.1%)	1241 (27.8%)
Quite a bit	1 (2.3%)	567 (12.7%)
Very much	2 (4.5%)	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	3 (6.8%)	843 (18.9%)
A little	7 (15.9%)	1440 (32.3%)
Quite a bit	2 (4.5%)	989 (22.2%)
Very much	6 (13.6%)	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

Not at all	6 (13.6%)	1079 (24.2%)

A little	6 (13.6%)	1274 (28.5%)
Quite a bit	-	861 (19.3%)
Very much	6 (13.6%)	603 (13.5%)
I do not know	-	54 (1.2%)

Do you feel depressed?

Not at all	11 (25%)	1837 (41.2%)
A little	2 (4.5%)	1099 (24.6%)
Quite a bit	1 (2.3%)	539 (12.1%)
Very much	4 (9.1%)	328 (7.3%)
I do not know	-	62 (1.4%)

Are you tired?

Not at all	5 (11.4%)	1009 (22.6%)
A little	7 (15.9%)	1426 (32%)
Quite a bit	2 (4.5%)	890 (19.9%)
Very much	4 (9.1%)	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	10 (22.7%)	1694 (38%)
A little	4 (9.1%)	965 (21.6%)
Quite a bit	1 (2.3%)	647 (14.5%)
Very much	3 (6.8%)	488 (10.9%)
I do not know	-	63 (1.4%)

Do you lack appetite?

Not at all	9 (20.5%)	1478 (33.1%)
A little	5 (11.4%)	1176 (26.3%)
Quite a bit	2 (4.5%)	688 (15.4%)
Very much	2 (4.5%)	453 (10.2%)
I do not know	-	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?		
Nausea/vomiting	5 (11.4%)	855 (19.2%)
Inflammation in mouth	1 (2.3%)	249 (5.6%)
Pain	2 (4.5%)	621 (13.9%)
Constipation	1 (2.3%)	427 (9.6%)
Diarrhea	1 (2.3%)	291 (6.5%)
Change in taste/smell	2 (4.5%)	608 (13.6%)
Early satiation/loss of appetite	5 (11.4%)	1097 (24.6%)
Other	1 (2.3%)	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)		
Able to do sports	1 (2.3%)	183 (4.1%)
Fully active	1 (2.3%)	498 (11.2%)
Able to carry out light activities	4 (9.1%)	954 (21.4%)
Able to carry out self care	2 (4.5%)	1011 (22.7%)
Able to carry out limited self care	3 (6.8%)	656 (14.7%)
Confined to bed or chair	7 (15.9%)	519 (11.6%)
I do not know	-	45 (1%)

What do you take without prescription from a doctor?		
Nothing	10 (22.7%)	2585 (57.9%)
Herbal tea	2 (4.5%)	429 (9.6%)
Nutritional supplements	1 (2.3%)	383 (8.6%)
Multivitamines	1 (2.3%)	263 (5.9%)
Other medication	2 (4.5%)	137 (3.1%)
Other	-	171 (3.8%)

Which of the following activities do you perform?		
Nothing	13 (29.5%)	2699 (60.5%)
Psychotherapy	2 (4.5%)	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	-	158 (3.5%)
Progressive muscle relaxation	1 (2.3%)	111 (2.5%)

Qigong	-	15 (0.3%)
Other	1 (2.3%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	8 (18.2%)	997 (22.3%)
No	9 (20.5%)	2400 (53.8%)
I do not know	-	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	14 (31.8%)	2346 (52.6%)
No	3 (6.8%)	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	15 (34.1%)	2653 (59.4%)
No	-	519 (11.6%)
I do not know	2 (4.5%)	715 (16%)