



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
India

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2016 and for your effort. We are now able to present you your country report of the following sample size:

Number of centers on nutritionDay:	9
Number of units on nutritionDay:	21
Number of patients on nutritionDay:	403
Number of patients who gave consent:	398
Number of patients completing Sheet 3a:	393
Number of patients completing Sheet 3b:	393
Number of patients with 30-day outcome assessment:	282

This report compares your country data to international reference database based on data from nutritionDay 2016.

The report consists of 4 parts:

Part I reflects capacity and staffing of your hospitals.

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

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

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

Next year's nutritionDay will take place in November 2017. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	191 [130-281]	305 [180-526]
2. Total number of admissions in the hospital last year	5325 [3964-9930]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	68 [54-121]	162 [65-328]
Medical specialists	37 [31-108]	108 [44-210]
Medical non-specialists	24 [12-27]	35 [12-81]
Nurses	244 [125-313]	346 [124-710]
Dieticians	4 [3-7]	4 [1-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	28 [21-32]	6 [3-14]
Kitchen staff	35 [27-62]	28 [11-55]
Full time equivalent		
Total medical doctors	58 [53-77]	126 [56-296]
Medical specialists	31 [28-31]	88 [44-210]
Medical non-specialists	25 [22-27]	33 [11-83]
Nurses	311 [257-516]	317 [123-726]
Dieticians	4 [3-8]	4 [1-7]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	18 [15-28]	5 [2-11]
Kitchen staff	27 [17-34]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	6 (100%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	5 (83.3%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	2 (33.3%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	3 (50.0%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	5 (83.3%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	6 (100%) Yes	250 (70.6%) Yes
None	-	30 (8.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	3 (50.0%) Yes	175 (49.4%) Yes
Oral nutrition supplements	3 (50.0%) Yes	141 (39.8%) Yes

Parenteral nutrition	3 (50.0%) Yes	202 (57.1%) Yes
Enteral nutrition	3 (50.0%) Yes	167 (47.2%) Yes
Dietary counseling	5 (83.3%) Yes	120 (33.9%) Yes
Specific dietary interventions	1 (16.7%) Yes	104 (29.4%) Yes
Screening for malnutrition	1 (16.7%) Yes	88 (24.9%) Yes
Risk of malnutrition	-	90 (25.4%) Yes
Malnutrition (in general)	-	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (16.7%) Yes	154 (43.5%) Yes
No information available from billing/finance/controlling	1 (16.7%) Yes	55 (15.5%) Yes
No answer given	-	28 (7.9%)

Codes routinely used

Nutrition Support	3 (50.0%) Yes	139 (39.3%) Yes
Oral nutrition supplements	3 (50.0%) Yes	111 (31.4%) Yes
Parenteral nutrition	3 (50.0%) Yes	177 (50.0%) Yes
Enteral nutrition	2 (33.3%) Yes	145 (41.0%) Yes
Dietary counseling	5 (83.3%) Yes	88 (24.9%) Yes
Specific dietary interventions	1 (16.7%) Yes	84 (23.7%) Yes
Screening for malnutrition	1 (16.7%) Yes	68 (19.2%) Yes
Risk of malnutrition	-	61 (17.2%) Yes
Malnutrition (in general)	-	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	126 (35.6%) Yes
No information available from billing/finance/controlling	1 (16.7%) Yes	68 (19.2%) Yes
No answer given	-	42 (11.9%)

II. Unit organisation and structures ("Sheet 1a/1b"):

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	3 (14.3%)	92 (20.0%)
Internal Medicine / Cardiology	1 (4.8%)	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	-	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	1 (4.8%)	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (9.5%)	35 (7.6%)
Interdisciplinary	2 (9.5%)	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	-	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (4.8%)	6 (1.3%)
Surgery / Neurosurgery	1 (4.8%)	4 (0.9%)
Surgery / Orthopedic	1 (4.8%)	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	-	7 (1.5%)
Gynecology / Obstetrics	-	10 (2.2%)
Pediatrics	1 (4.8%)	-
Psychiatry	-	3 (0.7%)
Others	8 (38.1%)	48 (10.5%)
2. Number of registered inpatients at noon	22 [11-29]	24 [17-35]
3. Total bed capacity of the unit	31 [21-42]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	4 [2-12]	4 [2-8]
Nurses	8 [5-10]	5 [4-8]
Nursing aides	2 [1-2]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	2 [1-3]	1 [0-2]
Other staff involved in patient care	4 [2-6]	1 [0-3]
In training		
Medical doctors	3 [2-9]	1 [0-3]
Medical students	1 [0-2]	1 [0-2]
Nurses	4 [2-5]	1 [0-3]

Nursing aides	2 [0-2]	0 [0-0]
Dieticians	1 [0-1]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-4]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 13 (92.9%) Yes 323 (73.6%) Yes

6. Does the unit have a nutrition care strategy? 14 (100%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 14 (100%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 14 (100%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 13 (92.9%) Yes 268 (61.0%) Yes

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

At admission

No routine screening	-	45 (9.8%) Yes
No fixed criteria	-	10 (2.2%) Yes
Experience / visual assessment only	-	43 (9.4%) Yes
Weighing / BMI only	1 (4.8%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	4 (19.0%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (9.5%) Yes	28 (6.1%) Yes
Malnutrition Screening tool (MST)	1 (4.8%) Yes	42 (9.2%) Yes
SNAQ	-	2 (0.44%) Yes
Other formal tool	6 (28.6%) Yes	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	7 (33.3%)	20 (4.4%)

During hospital stay

No routine monitoring	-	43 (9.4%) Yes
No fixed criteria	-	44 (9.6%) Yes
Experience / visual assessment only	1 (4.8%) Yes	90 (19.6%) Yes
Weighing / BMI only	-	132 (28.8%) Yes
Other formal tool	13 (61.9%) Yes	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	7 (33.3%)	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 14 (100%) Yes 343 (78.7%) Yes

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

International guidelines	11 (78.6%) Yes	86 (25.1%) Yes
National guidelines	-	56 (16.3%) Yes
Standards on hospital level	1 (7.1%) Yes	115 (33.5%) Yes
Standards on unit level	-	23 (6.7%) Yes
Individual patient nutrition care plans	1 (7.1%) Yes	56 (16.3%) Yes
Other	-	4 (1.2%) Yes
Missing	1 (7.1%)	3 (0.87%)

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

Watchful waiting	3 (14.3%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	1 (4.8%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	1 (4.8%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	4 (19.0%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (4.8%) Yes	285 (62.1%) Yes
Consult a medical professional	6 (28.6%) Yes	172 (37.5%) Yes
Calculate energy requirements	7 (33.3%) Yes	232 (50.5%) Yes
Calculate protein requirements	7 (33.3%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	2 (9.5%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	1 (4.8%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	2 (9.5%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	4 (19.0%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (4.8%) Yes	284 (61.9%) Yes
Consult a medical professional	6 (28.6%) Yes	183 (39.9%) Yes
Calculate energy requirements	8 (38.1%) Yes	261 (56.9%) Yes
Calculate protein requirements	8 (38.1%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	9 (42.9%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	13 (61.9%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	13 (61.9%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	12 (57.1%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	14 (66.7%) Yes	73 (15.9%) Yes
Consult a medical professional	8 (38.1%) Yes	101 (22.0%) Yes
Calculate energy requirements	6 (28.6%) Yes	50 (10.9%) Yes
Calculate protein requirements	6 (28.6%) Yes	44 (9.6%) Yes

Never

Watchful waiting	2 (9.5%) Yes	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	-	38 (8.3%) Yes

Develop an individual nutrition care plan	-	31 (6.8%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	-	49 (10.7%) Yes
Calculate energy requirements	-	50 (10.9%) Yes
Calculate protein requirements	-	54 (11.8%) Yes

I do not know

Watchful waiting	-	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	-	10 (2.2%) Yes
Develop an individual nutrition care plan	-	5 (1.1%) Yes
Initiate treatment / nutrition intervention	-	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	-	18 (3.9%) Yes
Calculate energy requirements	-	11 (2.4%) Yes
Calculate protein requirements	-	13 (2.8%) Yes

13. When do you routinely weigh your patients?

at admission	13 (61.9%) Yes	291 (63.4%) Yes
Within 24 hours	2 (9.5%) Yes	64 (13.9%) Yes
Within 48 hours	-	20 (4.4%) Yes
Within 72 hours	1 (4.8%) Yes	13 (2.8%) Yes
Every week	3 (14.3%) Yes	152 (33.1%) Yes
Occasionally	-	59 (12.9%) Yes
When requested	10 (47.6%) Yes	207 (45.1%) Yes
At discharge	4 (19.0%) Yes	20 (4.4%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	1 (0.22%) Yes
No answer given	3 (5.0%)	22 (4.8%)

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

Offer additional meals or in between snacks	13 (61.9%) Yes	338 (73.6%) Yes
Offer meal choices	13 (61.9%) Yes	336 (73.2%) Yes
Offer different portion sizes	12 (57.1%) Yes	282 (61.4%) Yes
Consider food presentation	10 (47.6%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	12 (57.1%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	11 (52.4%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (19.0%) Yes	51 (11.1%) Yes
Promote positive eating environment	9 (42.9%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	10 (47.6%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	10 (47.6%) Yes	214 (46.6%) Yes
Other	5 (23.8%) Yes	29 (6.3%) Yes
I do not know	-	6 (1.3%) Yes
No answer given	7 (33.3%)	20 (4.4%)

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

Nutrition training is available	12 (57.1%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	9 (42.9%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	8 (38.1%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	11 (52.4%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	12 (57.1%) Yes	291 (63.4%) Yes
None	1 (4.8%) Yes	21 (4.6%) Yes
I do not know	1 (4.8%) Yes	11 (2.4%) Yes
No answer given	7 (33.3%)	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	13 (61.9%) Yes	358 (78.0%) Yes
Eating habits/difficulties	13 (61.9%) Yes	336 (73.2%) Yes
Nutrition before admission	12 (57.1%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	7 (33.3%)	38 (8.3%)

17. On what forms is there a specific part about eating, nutrition or malnutrition?**a. Patient Record has a section for ...**

indicating if the patient is malnourished or at risk of malnutrition	14 (66.7%) Yes	323 (70.4%) Yes
nutrition treatment	13 (61.9%) Yes	270 (58.8%) Yes
None	-	30 (6.5%) Yes
I do not know	13 (61.9%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	11 (52.4%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	10 (47.6%) Yes	258 (56.2%) Yes
None	1 (4.8%) Yes	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	7 (50.0%) Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	-	117 (25.5%) Yes
Dietician	14 (66.7%) Yes	236 (51.4%) Yes
Nurse	-	124 (27.0%) Yes
Physician	-	72 (15.7%) Yes
Administrative staff	-	4 (0.87%) Yes

Other	-	7 (1.5%) Yes
None	-	-
I do not know	-	3 (0.65%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	398	8743
Age	56 [37-64]	67 [53-78]
Female	172 (43.2%)	4410 (50.4%)
Weight	67.4±22.9	69.1±18.8
Height	161±9	164±10
BMI	25.1±5.2	25.5±6.0

1. This hospital admission was...

planned	263 (66.1%)	3052 (34.9%)
an emergency	122 (30.7%)	5037 (57.6%)
I do not know	13 (3.3%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	27 (6.8%)	801 (9.2%)
0200 Neoplasms	13 (3.3%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	12 (3.0%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	42 (10.6%)	1043 (11.9%)
0500 Mental health	2 (0.50%)	333 (3.8%)
0600 Nervous system	45 (11.3%)	762 (8.7%)
0700 Eye and adnexa	1 (0.25%)	131 (1.5%)
0800 Ear and mastoid process	2 (0.50%)	70 (0.80%)
0900 Circulatory system	70 (17.6%)	1723 (19.7%)
1000 Respiratory system	21 (5.3%)	1358 (15.5%)
1100 Digestive system	44 (11.1%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	12 (3.0%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	46 (11.6%)	1276 (14.6%)
1400 Genitourinary system	30 (7.5%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	17 (4.3%)	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	30 (7.5%)	391 (4.5%)
1900 Injury, poisoning	17 (4.3%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	9 (2.3%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	6 (1.5%)	210 (2.4%)
No answer given	1 (0.25%)	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	85 (27.9%)	1569 (22.2%)
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Myocardial infarction	13 (4.7%)	394 (5.8%)
Chronic lung disease	11 (4.0%)	1080 (15.5%)
Cerebral vascular disease	8 (2.9%)	745 (10.9%)
Peripheral vascular disease	5 (1.8%)	869 (12.6%)
Chronic liver disease	5 (1.8%)	441 (6.5%)
Chronic kidney disease	17 (6.0%)	821 (11.9%)
Diabetes	95 (31.8%)	1899 (26.8%)
Cancer	119 (42.8%)	1733 (24.8%)
Infection	25 (8.9%)	1103 (15.8%)
Dementia	-	374 (5.5%)
Major depressive disorder	1 (0.36%)	377 (5.6%)
Other chronic mental disorder	-	378 (5.6%)
Other chronic disease	27 (9.6%)	1968 (27.8%)
None	64 (16.1%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	116 (29.1%)	1743 (19.9%)
Yes, acute	10 (2.5%)	539 (6.2%)
No	261 (65.6%)	6145 (70.3%)
I do not know	5 (1.3%)	126 (1.4%)
Missing	6 (1.5%)	190 (2.2%)

Days since operation	4 [2-8]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	46 (11.6%)	738 (8.4%)
Yes, later	34 (8.5%)	513 (5.9%)
No	283 (71.1%)	6496 (74.3%)
I do not know	14 (3.5%)	414 (4.7%)
Missing	21 (5.3%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	84 (21.4%)	934 (10.7%)
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6. Is this patient terminally ill?	53 (13.5%)	630 (7.2%)
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7. Fluid status

Normal	365 (91.7%)	6866 (78.5%)
Overloaded	15 (3.8%)	500 (5.7%)
Dehydrated	14 (3.5%)	450 (5.1%)
I do not know	1 (0.25%)	927 (10.6%)
Missing	3 (0.75%)	-

8. Number of different medications planned

Oral	4 [3-7]	5 [2-8]
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Other	2 [1-3]	2 [1-4]
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9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	36 (9.0%)	871 (10.0%)
At risk	81 (20.4%)	1543 (17.6%)
No	279 (70.1%)	5642 (64.5%)
I do not know	2 (0.50%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	137 (34.4%)	3469 (39.7%)
5% Glucose solution	19 (4.8%)	860 (9.8%)

11. Number of ONS drinks planned	0 [0-2]	0 [0-0]
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12. Nutrition intake

Regular hospital food	284 (71.4%)	4849 (55.5%)
Fortified/enriched hospital food	65 (16.3%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	68 (17.1%)	998 (11.4%)
Enteral nutrition	23 (5.8%)	485 (5.5%)
Parenteral nutrition	-	479 (5.5%)
Special diet	122 (30.7%)	3072 (35.1%)
None	25 (6.3%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	33 (8.3%)	734 (8.4%)
Peripheral venous access	180 (45.3%)	4122 (47.1%)
Nasogastric	24 (6.1%)	258 (3.0%)
Nasojejunal	-	38 (0.43%)
Nasoduodenal	-	22 (0.25%)
Enterostoma	-	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	-	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	27 (0.31%)
None	185 (46.5%)	3894 (44.5%)

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

Yes, previously	2 (0.50%)	87 (1.00%)
Yes, ongoing	16 (4.0%)	80 (0.92%)
No	334 (83.9%)	7278 (83.2%)
I do not know	7 (1.8%)	846 (9.7%)
Missing	39 (9.8%)	452 (5.2%)

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

Energy requirements were determined	306 (76.9%)	3103 (35.5%)
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Protein requirements were determined	282 (70.9%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	236 (59.4%)	3893 (44.5%)
Nutrition treatment plan was developed	344 (86.6%)	3013 (34.5%)
Nutrition expert was consulted	385 (97.0%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	320 (80.6%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	4 (1.0%)	268 (3.1%)
500-999 kcal	3 (0.75%)	93 (1.1%)
1000-1499 kcal	62 (15.6%)	884 (10.1%)
1500-1999 kcal	275 (69.1%)	2574 (29.4%)
>=2000 kcal	34 (8.5%)	958 (11.0%)
Not determined	19 (4.8%)	3200 (36.6%)
I do not know	1 (0.25%)	730 (8.3%)
Missing	-	36 (0.41%)

15b. Energy intake

< 500 kcal	10 (2.5%)	530 (6.1%)
500-999 kcal	30 (7.5%)	483 (5.5%)
1000-1499 kcal	134 (33.7%)	1101 (12.6%)
1500-1999 kcal	193 (48.5%)	1928 (22.1%)
>=2000 kcal	11 (2.8%)	584 (6.7%)
Not determined	19 (4.8%)	2964 (33.9%)
I do not know	1 (0.25%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	241 (60.6%)	4436 (50.7%)
Deteriorated	16 (4.0%)	485 (5.5%)
Remained the same	103 (25.9%)	2411 (27.6%)
This patient has just been admitted	31 (7.8%)	555 (6.3%)
I do not know	6 (1.5%)	856 (9.8%)
Missing	1 (0.25%)	-

Length of hospital stay (days)	8 [4-13]	12 [6-24]
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Outcome Code

1= Still in the hospital	16 (4.0%)	748 (8.6%)
2= Transferred to another hospital	1 (0.25%)	211 (2.4%)
3= Transferred to long term care	-	360 (4.1%)
4= Rehabilitation	3 (0.75%)	486 (5.6%)
5= Discharged home	261 (65.6%)	6417 (73.4%)
6= Death	-	260 (3.0%)

7= Others	1 (0.25%)	173 (2.0%)
Missing	116 (29.1%)	88 (1.0%)

Readmitted since ND

1= No	222 (83.8%)	6055 (78.3%)
2= Yes, same hospital planned	15 (5.7%)	457 (5.9%)
3= Yes, same hospital unplanned	15 (5.7%)	454 (5.9%)
4= Yes, different hospital planned	-	44 (0.57%)
5= Yes, different hospital unplanned	-	44 (0.57%)
6= Unknown	12 (4.5%)	299 (3.9%)
Missing	1 (0.38%)	386 (5.0%)

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

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	256 (65.1%)	5885 (69.8%)
I am vegetarian	86 (21.9%)	142 (1.7%)
I adhere to a vegan diet	1 (0.25%)	50 (0.59%)
I eat gluten-free diet	-	73 (0.87%)
I avoid added sugars	35 (8.9%)	1290 (15.3%)
I avoid carbohydrates	17 (4.3%)	477 (5.7%)
I eat a low fat-diet	34 (8.7%)	972 (11.5%)
I am lactose intolerant	2 (0.51%)	328 (3.9%)
Other special diet due to intolerances/allergies	3 (0.76%)	171 (2.0%)
Other	45 (11.5%)	603 (7.2%)
No answer given	-	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	374 (95.2%)	7497 (89.0%)
In a nursing home or other live-in facility	-	287 (3.4%)
I was transferred from another hospital	16 (4.1%)	418 (5.0%)
Other	2 (0.51%)	139 (1.6%)
Missing	1 (0.25%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	309 (78.6%)	5392 (64.0%)
Yes, with someone's help	69 (17.6%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	1 (0.25%)	1107 (13.1%)
No, I have a wheelchair	1 (0.25%)	355 (4.2%)
No, I am bedridden	12 (3.1%)	548 (6.5%)
Missing	1 (0.25%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	17 (4.3%)	615 (7.3%)
Good	249 (63.4%)	3078 (36.5%)
Fair	116 (29.5%)	3196 (37.9%)
Poor	9 (2.3%)	1144 (13.6%)
Very poor	-	254 (3.0%)
Missing	2 (0.51%)	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [2-5]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-3]	1 [0-2]
... how many nights in total have you spent in hospital?	3 [0-6]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	97 (24.7%)	1638 (19.4%)
3-5	126 (32.1%)	2272 (27.0%)
More than 5	89 (22.6%)	2608 (30.9%)
None	61 (15.5%)	1375 (16.3%)
I do not know	10 (2.5%)	429 (5.1%)
Missing	10 (2.5%)	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	157 (39.9%)	1250 (14.8%)
Yes, public insurance only	47 (12.0%)	4213 (50.0%)
Yes, both	9 (2.3%)	1101 (13.1%)
None	161 (41.0%)	1114 (13.2%)
I prefer not to answer	14 (3.6%)	483 (5.7%)
Missing	5 (1.3%)	267 (3.2%)

8. What was your weight 5 years ago?	65 [60-73]	70 [60-83]
I do not know	237 (60.3%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	8 (2.0%)	795 (9.4%)
Yes, unintentionally	83 (21.1%)	3179 (37.7%)
No, my weight stayed the same	152 (38.7%)	2488 (29.5%)
No, I gained weight	39 (9.9%)	911 (10.8%)
I do not know	99 (25.2%)	856 (10.2%)
Missing	12 (3.1%)	199 (2.4%)

9b. If yes, how many kg did you lose?	5 [3-6]	6 [3-10]
I do not know	14 (15.4%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	241 (63.1%)	3142 (39.1%)
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11. Please indicate if you ...		
... were weighed at admission	334 (85.2%)	4710 (56.2%)
... were informed about your nutrition status	387 (99.0%)	2651 (32.0%)
... were informed about nutrition care options	382 (97.7%)	2341 (28.3%)
... received special nutrition care	303 (77.5%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	26 (6.6%)	366 (4.4%)
Normal	253 (64.4%)	5184 (62.0%)
About 3/4 of normal	79 (20.1%)	801 (9.6%)
About half of normal	23 (5.9%)	1028 (12.3%)

About a quarter to nearly nothing	5 (1.3%)	750 (9.0%)
I do not know	1 (0.25%)	82 (0.98%)
Missing	6 (1.5%)	157 (1.9%)

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

Very satisfied	92 (23.4%)	2303 (27.5%)
Somewhat satisfied	175 (44.5%)	2525 (30.2%)
Neutral	99 (25.2%)	1669 (19.9%)
Dissatisfied	5 (1.3%)	652 (7.8%)
Very dissatisfied	-	252 (3.0%)
I do not know	13 (3.3%)	712 (8.5%)
Missing	9 (2.3%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	122 (31.0%)	910 (10.9%)
Yes, from hospital staff	35 (8.9%)	544 (6.5%)
No	218 (55.5%)	6450 (77.1%)
I do not know	2 (0.51%)	107 (1.3%)
Missing	16 (4.1%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)	262 (70.8%)	5869 (74.5%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	181 (46.1%)	4051 (48.4%)
1/2	145 (36.9%)	1966 (23.5%)
1/4	23 (5.9%)	1005 (12.0%)
Nothing	34 (8.7%)	975 (11.7%)
Missing	10 (2.5%)	371 (4.4%)

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

Standard	286 (72.8%)	5388 (64.4%)
Smaller	30 (7.6%)	778 (9.3%)
Larger	8 (2.0%)	328 (3.9%)
I do not know	31 (7.9%)	848 (10.1%)
Missing	38 (9.7%)	1026 (12.3%)

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

I did not like the type of food offered	26 (12.9%)	570 (14.4%)
I did not like the smell/taste of the food	42 (20.8%)	443 (11.2%)
The food did not fit my cultural/religious preferences	3 (1.5%)	47 (1.2%)
The food was too hot	-	14 (0.35%)
The food was too cold	5 (2.5%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	22 (10.9%)	672 (17.0%)

I do not have my usual appetite	65 (32.2%)	1114 (28.2%)
I have problems chewing/swallowing	5 (2.5%)	225 (5.7%)
I normally eat less than what was served	9 (4.5%)	428 (10.8%)
I had nausea/vomiting	33 (16.3%)	327 (8.3%)
I was too tired	9 (4.5%)	219 (5.5%)
I cannot eat without help	2 (0.99%)	68 (1.7%)
I was not allowed to eat	22 (10.9%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	16 (7.9%)	234 (5.9%)
I did not get requested food	-	53 (1.3%)
No answer given	28 (13.9%)	481 (12.2%)

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

Water	5 [3-7]	3 [2-5]
Tea	1 [1-2]	1 [0-2]
Coffee	2 [1-2]	1 [0-2]
Milk	1 [1-2]	1 [0-1]
Fruit juice	1 [1-2]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-2]	0 [0-1]
Other	1 [0-1]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 46 (13.5%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	2 (4.3%)	501 (24.5%)
Salty snacks	2 (4.3%)	273 (13.3%)
Homemade food	15 (32.6%)	302 (14.7%)
Fruits	20 (43.5%)	724 (35.4%)
Dairy products	2 (4.3%)	212 (10.4%)
Food delivered/restaurant	1 (2.2%)	84 (4.1%)
Sandwich	3 (6.5%)	139 (6.8%)
Other	3 (6.5%)	400 (19.5%)

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

Increased	115 (29.3%)	1138 (13.6%)
Decreased	73 (18.6%)	2694 (32.2%)
Stayed the same	165 (42.0%)	3504 (41.9%)
I do not know	29 (7.4%)	582 (7.0%)
Missing	11 (2.8%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	163 (41.5%)	3635 (43.4%)
Weaker than at admission	68 (17.3%)	1458 (17.4%)
Same as at admission	116 (29.5%)	2363 (28.2%)

I was admitted today	22 (5.6%)	236 (2.8%)
I do not know	16 (4.1%)	454 (5.4%)
Missing	8 (2.0%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	249 (63.4%)	4925 (58.9%)
No, only with assistance	117 (29.8%)	2067 (24.7%)
No, I stay in bed	24 (6.1%)	929 (11.1%)
Missing	3 (0.76%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	311 (79.5%)	5634 (69.0%)
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