



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2022  
Ecuador

Dear participant,

Thank you for participating to nutritionDay worldwide in 2022. Your country report consists of the following sample size:

<b>Number of participated center:</b>	<b>3</b>
<b>Number of participated units:</b>	<b>8</b>
<b>Number of patients:</b>	<b>194</b>
<b>Number of patients who gave consent:</b>	<b>194</b>
<b>Number of patients completing Sheet 3a:</b>	<b>194</b>
<b>Number of patients completing Sheet 3b:</b>	<b>194</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>141</b>

This report compares your country data to the international reference database based on data from nutritionDay 2018-2021.

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

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

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

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

Part V COVID-19

**Participate again to next year's nutritionDay in November 2023! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	114 [114-114]	355 [189-682]
<b>2. Total number of admissions in the hospital last year</b>	8118 [8118-8118]	18110 [8380-41842]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	44 [44-44]	179 [90-394]
Medical specialists	24 [24-24]	110 [39-253]
Medical non-specialists	20 [20-20]	47 [20-125]
Nurses	54 [54-54]	385 [172-874]
Dieticians	0 [0-0]	4 [1-9]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	1 [1-1]	9 [4-23]
Kitchen staff	9 [9-9]	29 [12-55]
<b>Full time equivalent</b>		
Total medical doctors	44 [44-44]	153 [62-360]
Medical specialists	24 [24-24]	92 [34-249]
Medical non-specialists	20 [20-20]	40 [17-118]
Nurses	54 [54-54]	328 [159-751]
Dieticians	0 [0-0]	4 [1-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	1 [1-1]	7 [3-16]
Kitchen staff	9 [9-9]	29 [11-56]
<b>4. Does the hospital have a nutrition care strategy?</b>	Yes	467 (80.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	-	407 (66.4%) Yes
Nutrition steering committee is available	-	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	-	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	-	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	409 (66.7%) Yes
None	Yes	62 (10.1%) Yes
No answer given	-	34 (5.5%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### Codes available

Nutrition Support	-	318 (51.9%)	Yes
Oral nutrition supplements	-	264 (43.1%)	Yes
Parenteral nutrition	-	373 (60.8%)	Yes
Enteral nutrition	-	350 (57.1%)	Yes
Dietary counseling	-	238 (38.8%)	Yes
Specific dietary interventions	-	207 (33.8%)	Yes
Screening for malnutrition	Yes	196 (32.0%)	Yes
Risk of malnutrition	Yes	176 (28.7%)	Yes
Malnutrition (in general)	Yes	269 (43.9%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	Yes	252 (41.1%)	Yes
No information available from billing/finance/controlling	-	124 (20.2%)	Yes
No answer given	-	34 (5.5%)	

### Codes routinely used

Nutrition Support	-	281 (45.8%)	Yes
Oral nutrition supplements	-	235 (38.3%)	Yes
Parenteral nutrition	-	340 (55.5%)	Yes
Enteral nutrition	-	327 (53.3%)	Yes
Dietary counseling	-	208 (33.9%)	Yes
Specific dietary interventions	-	187 (30.5%)	Yes
Screening for malnutrition	Yes	171 (27.9%)	Yes
Risk of malnutrition	Yes	158 (25.8%)	Yes
Malnutrition (in general)	Yes	247 (40.3%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	Yes	226 (36.9%)	Yes
No information available from billing/finance/controlling	-	134 (21.9%)	Yes
No answer given	-	34 (5.5%)	

## II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	-	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	2 (25.0%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	-	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	6 (75.0%)	13.2%
<b>2. Number of registered inpatients at noon</b>	11 [10-13]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	44 [41-47]	29 [23-40]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	2 [2-2]	3 [2-6]
Nurses	3 [2-3]	4 [3-7]
Nursing aides	6 [5-6]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]
<b>In training</b>		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-0]	1 [0-2]

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

**5. Is there a nutrition support team in your hospital available?** - 938 (81.3%) Yes

**6. Does the unit have a nutrition care strategy?** 2 (100%) Yes 913 (79.1%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 2 (100%) Yes 853 (73.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 2 (100%) Yes 1210 (89.6%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** - 659 (57.1%) Yes

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

**At admission**

No routine screening	-	116 (8.2%) Yes
No fixed criteria	-	16 (1.1%) Yes
Experience / visual assessment only	-	84 (5.9%) Yes
Weighing / BMI only	-	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	2 (25.0%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	-	102 (7.2%) Yes
Malnutrition Screening tool (MST)	-	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	-	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	6 (75.0%)	73 (5.1%)

**During hospital stay**

No routine monitoring	-	124 (8.7%) Yes
No fixed criteria	-	108 (7.6%) Yes
Experience / visual assessment only	-	211 (14.8%) Yes
Weighing / BMI only	2 (25.0%) Yes	458 (32.2%) Yes
Other formal tool	-	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	6 (75.0%)	73 (5.1%)

**11a. Do you routinely use guidelines or standards for nutrition care?** - 953 (85.2%) Yes

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

International guidelines	-	296 (31.1%)	Yes
National guidelines	-	141 (14.8%)	Yes
Standards on hospital level	-	344 (36.1%)	Yes
Standards on unit level	-	61 (6.4%)	Yes
Individual patient nutrition care plans	-	97 (10.2%)	Yes
Other	-	6 (0.63%)	Yes
Missing	-	8 (0.84%)	

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

Watchful waiting	2 (25.0%)	Yes	361 (25.4%)	Yes
Discuss nutrition care activities during ward rounds	2 (25.0%)	Yes	597 (42.0%)	Yes
Develop an individual nutrition care plan	2 (25.0%)	Yes	684 (48.1%)	Yes
Initiate treatment / nutrition intervention	2 (25.0%)	Yes	750 (52.7%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (25.0%)	Yes	725 (50.9%)	Yes
Consult a medical professional	2 (25.0%)	Yes	430 (30.2%)	Yes
Calculate energy requirements	2 (25.0%)	Yes	601 (42.2%)	Yes
Calculate protein requirements	2 (25.0%)	Yes	590 (41.5%)	Yes

**Malnourished**

Watchful waiting	-		264 (18.6%)	Yes
Discuss nutrition care activities during ward rounds	-		622 (43.7%)	Yes
Develop an individual nutrition care plan	-		757 (53.2%)	Yes
Initiate treatment / nutrition intervention	-		818 (57.5%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-		744 (52.3%)	Yes
Consult a medical professional	-		552 (38.8%)	Yes
Calculate energy requirements	-		710 (49.9%)	Yes
Calculate protein requirements	-		702 (49.3%)	Yes

**Every patient**

Watchful waiting	-		634 (44.6%)	Yes
Discuss nutrition care activities during ward rounds	-		328 (23.0%)	Yes
Develop an individual nutrition care plan	-		195 (13.7%)	Yes
Initiate treatment / nutrition intervention	-		166 (11.7%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-		254 (17.8%)	Yes
Consult a medical professional	-		298 (20.9%)	Yes
Calculate energy requirements	-		162 (11.4%)	Yes
Calculate protein requirements	-		143 (10.0%)	Yes

**Never**

Watchful waiting	-	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	-	65 (4.6%) Yes
Develop an individual nutrition care plan	-	52 (3.7%) Yes
Initiate treatment / nutrition intervention	-	25 (1.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.1%) Yes
Consult a medical professional	-	110 (7.7%) Yes
Calculate energy requirements	-	112 (7.9%) Yes
Calculate protein requirements	-	117 (8.2%) Yes

### I do not know

Watchful waiting	-	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	-	42 (3.0%) Yes
Develop an individual nutrition care plan	-	50 (3.5%) Yes
Initiate treatment / nutrition intervention	-	39 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	43 (3.0%) Yes
Consult a medical professional	-	99 (7.0%) Yes
Calculate energy requirements	-	69 (4.8%) Yes
Calculate protein requirements	-	75 (5.3%) Yes

### 13. When do you routinely weigh your patients?

at admission	2 (25.0%) Yes	919 (64.6%) Yes
Within 24 hours	-	194 (13.6%) Yes
Within 48 hours	-	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	-	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	2 (25.0%) Yes	728 (51.2%) Yes
At discharge	-	80 (5.6%) Yes
Never	-	13 (0.91%) Yes
I do not know	-	17 (1.2%) Yes
No answer given	-	73 (5.1%)

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

Offer additional meals or in between snacks	-	1096 (77.0%) Yes
Offer meal choices	-	985 (69.2%) Yes
Offer different portion sizes	-	895 (62.9%) Yes
Consider food presentation	-	479 (33.7%) Yes
Change food texture/consistency as needed	2 (25.0%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	1 (12.5%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	383 (26.9%) Yes
Promote positive eating environment	-	468 (32.9%) Yes
Consider cultural/religious preferences	2 (25.0%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	2 (25.0%) Yes	1198 (84.2%) Yes



Other	-	102 (7.2%)	Yes
I do not know	-	27 (1.9%)	Yes
No answer given	6 (75.0%)	73 (5.1%)	
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>			
Nutrition training is available	-	769 (54.0%)	Yes
Reporting of nutrition related information to hospital managers	-	549 (38.6%)	Yes
Quality indicators are recorded and reported to national or regional level	-	396 (27.8%)	Yes
Quality indicators are used for internal benchmarking	-	488 (34.3%)	Yes
Patient feedback about food and food service is collected using a questionnaire	-	803 (56.4%)	Yes
None	2 (25.0%)	51 (3.6%)	Yes
I do not know	-	65 (4.6%)	Yes
No answer given	6 (75.0%)	269 (18.9%)	
<b>16. At admission what is asked and documented?</b>			
Change in weight	-	977 (68.7%)	Yes
Eating habits/difficulties	-	893 (62.8%)	Yes
Nutrition before admission	-	698 (49.1%)	Yes
None	2 (25.0%)	30 (2.1%)	Yes
I do not know	-	45 (3.2%)	Yes
No answer given	6 (75.0%)	269 (18.9%)	
<b>17. On what forms is there a specific part about eating, nutrition or malnutrition?</b>			
<b>a. Patient Record has a section for ...</b>			
indicating if the patient is malnourished or at risk of malnutrition	-	963 (67.7%)	Yes
nutrition treatment	-	751 (52.8%)	Yes
None	2 (25.0%)	59 (4.1%)	Yes
I do not know	-	43 (3.0%)	Yes
<b>b. Discharge Letter ...</b>			
summarizes nutrition treatment received during stay	-	581 (40.8%)	Yes
makes future nutrition-related recommendations	-	780 (54.8%)	Yes
None	2 (25.0%)	90 (6.3%)	Yes
I do not know	-	150 (10.5%)	Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	-	498 (46.6%)	Yes
<b>19. Who filled in this sheet?</b>			
Head staff	2 (25.0%)	350 (24.6%)	Yes



Dietician	-	611 (42.9%) Yes
Nurse	-	327 (23.0%) Yes
Physician	-	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	-	106 (7.4%) Yes
None	-	2 (0.14%) Yes
I do not know	-	24 (1.7%) Yes

### III. Patient demographics, medical information & Outcome (“Sheet 2a/2b”)

	YOUR RESULTS	REFERENCE RESULTS
Total	194	26592
Age	58 [42-71]	66 [51-78]
Female	88 (45.4%)	13033 (49.0%)
Weight	66.4±17.6	70.4±18.6
Height	161±11	165±10
BMI	25.7±7.0	25.6±5.9

#### 1. This hospital admission was...

planned	37 (19.1%)	8843 (33.3%)
an emergency	134 (69.1%)	15921 (59.9%)
I do not know	23 (11.9%)	1828 (6.9%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	18 (9.3%)	2701 (10.2%)
0200 Neoplasms	9 (4.6%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	6 (3.1%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	41 (21.1%)	3356 (12.6%)
0500 Mental health	9 (4.6%)	1197 (4.5%)
0600 Nervous system	12 (6.2%)	2419 (9.1%)
0700 Eye and adnexa	1 (0.52%)	316 (1.2%)
0800 Ear and mastoid process	-	133 (0.50%)
0900 Circulatory system	25 (12.9%)	5507 (20.7%)
1000 Respiratory system	20 (10.3%)	4000 (15.0%)
1100 Digestive system	45 (23.2%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	18 (9.3%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	14 (7.2%)	4622 (17.4%)
1400 Genitourinary system	23 (11.9%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	1 (0.52%)	424 (1.6%)
1600 Conditions originating in the perinatal period	2 (1.0%)	71 (0.27%)
1700 Congenital/chromosomal abnormalities	1 (0.52%)	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (1.5%)	1441 (5.4%)
1900 Injury, poisoning	2 (1.0%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	4 (2.1%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	1 (0.52%)	1002 (3.8%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	26 (14.0%)	4789 (18.8%)
Myocardial infarction	8 (4.3%)	1373 (5.4%)
Chronic lung disease	13 (7.1%)	3146 (12.4%)
Cerebral vascular disease	13 (7.0%)	2107 (8.3%)
Peripheral vascular disease	6 (3.2%)	2764 (10.9%)
Chronic liver disease	9 (4.8%)	1399 (5.5%)
Chronic kidney disease	28 (15.1%)	3056 (12.1%)
Diabetes	67 (36.2%)	5929 (23.2%)
Cancer	5 (2.7%)	5496 (21.5%)
Infection	27 (14.6%)	3680 (14.5%)
Dementia	2 (1.1%)	1243 (4.9%)
Major depressive disorder	5 (2.7%)	1152 (4.5%)
Other chronic mental disorder	7 (3.8%)	1149 (4.5%)
Other chronic disease	41 (22.2%)	6868 (26.9%)
None	38 (19.6%)	5214 (19.6%)

#### 4a. Previous operation during this hospital stay

Yes, planned	37 (19.1%)	4741 (17.8%)
Yes, acute	16 (8.2%)	1848 (6.9%)
No	141 (72.7%)	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	-	3982 (15.0%)

Days since operation	6 [1-26]	5 [1-15]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	22 (11.3%)	2462 (9.3%)
Yes, later	16 (8.2%)	1594 (6.0%)
No	148 (76.3%)	17439 (65.6%)
I do not know	3 (1.5%)	642 (2.4%)
Missing	5 (2.6%)	4455 (16.8%)

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

24 (12.4%)	2641 (11.5%)
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#### 6. Is this patient terminally ill?

15 (7.7%)	1752 (6.6%)
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#### 7. Fluid status

Normal	144 (74.2%)	20786 (78.2%)
Overloaded	9 (4.6%)	1272 (4.8%)
Dehydrated	31 (16.0%)	1395 (5.2%)
I do not know	10 (5.2%)	3139 (11.8%)
Missing	-	-

## 8. Number of different medications planned

Oral	2 [1-3]	5 [2-8]
Other	0 [0-2]	2 [1-4]

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

Malnourished	17 (8.8%)	3439 (12.9%)
At risk	34 (17.5%)	5137 (19.3%)
No	122 (62.9%)	16313 (61.3%)
I do not know	21 (10.8%)	1703 (6.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	130 (67.0%)	8813 (33.1%)
5% Glucose solution	14 (7.2%)	1921 (7.2%)

## 11. Number of ONS drinks planned

0 [0-0] 0 [0-1]

## 12. Nutrition intake

Regular hospital food	81 (41.8%)	15963 (60.0%)
Fortified/enriched hospital food	22 (11.3%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	17 (8.8%)	4623 (17.4%)
Enteral nutrition	8 (4.1%)	1194 (4.5%)
Parenteral nutrition	7 (3.6%)	965 (3.6%)
Special diet	81 (41.8%)	7968 (30.0%)
None	6 (3.1%)	995 (3.7%)

## 13a. All lines and Tubes

Central Venous	19 (9.8%)	2276 (10.0%)
Peripheral venous access	103 (53.1%)	12226 (53.5%)
Nasogastric	7 (3.6%)	550 (2.4%)
Nasojejunal	2 (1.0%)	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.52%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.52%)	90 (0.39%)
None	75 (38.7%)	12214 (45.9%)

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

Yes, previously	11 (5.7%)	329 (1.2%)
Yes, ongoing	2 (1.0%)	192 (0.72%)
No	154 (79.4%)	19494 (73.3%)
I do not know	10 (5.2%)	1927 (7.2%)
Missing	17 (8.8%)	4650 (17.5%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	70 (36.1%)	9131 (39.9%)
Protein requirements were determined	58 (29.9%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	58 (29.9%)	10365 (45.3%)
Nutrition treatment plan was developed	72 (37.1%)	8802 (38.5%)
Nutrition expert was consulted	68 (35.1%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	47 (24.2%)	7837 (34.3%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	4 (2.1%)	691 (2.6%)
500-999 kcal	4 (2.1%)	245 (0.92%)
1000-1499 kcal	16 (8.2%)	2014 (7.6%)
1500-1999 kcal	72 (37.1%)	7614 (28.6%)
>=2000 kcal	26 (13.4%)	2877 (10.8%)
Not determined	56 (28.9%)	7476 (28.1%)
I do not know	16 (8.2%)	1955 (7.4%)
Missing	-	3720 (14.0%)

<b>15b. Energy intake</b>		
< 500 kcal	8 (4.1%)	1231 (4.6%)
500-999 kcal	8 (4.1%)	1085 (4.1%)
1000-1499 kcal	22 (11.3%)	2897 (10.9%)
1500-1999 kcal	68 (35.1%)	5852 (22.0%)
>=2000 kcal	18 (9.3%)	1702 (6.4%)
Not determined	53 (27.3%)	7294 (27.4%)
I do not know	17 (8.8%)	2811 (10.6%)
Missing	-	3720 (14.0%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	151 (77.8%)	12031 (45.2%)
Deteriorated	9 (4.6%)	1361 (5.1%)
Remained the same	24 (12.4%)	6081 (22.9%)
This patient has just been admitted	7 (3.6%)	1469 (5.5%)
I do not know	3 (1.5%)	1930 (7.3%)
Missing	-	3720 (14.0%)
Length of hospital stay (days)	15 [9-31]	13 [7-24]

<b>Outcome Code</b>		
1= Still in the hospital	10 (5.2%)	3018 (11.3%)
2= Transferred to another hospital	3 (1.5%)	595 (2.2%)

3= Transferred to long term care	-	1051 (4.0%)
4= Rehabilitation	-	875 (3.3%)
5= Discharged home	121 (62.4%)	19467 (73.2%)
6= Death	6 (3.1%)	934 (3.5%)
7= Others	1 (0.52%)	444 (1.7%)
Missing	53 (27.3%)	208 (0.78%)

### Readmitted since nutritionDay

1= No	118 (90.8%)	17749 (77.4%)
2= Yes, same hospital planned	4 (3.1%)	1486 (6.5%)
3= Yes, same hospital unplanned	5 (3.8%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	-	344 (1.5%)
Missing	-	1641 (7.2%)

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

**YOUR RESULTS      REFERENCE RESULTS**

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	102 (52.6%)	15608 (60.4%)
I am vegetarian	5 (2.6%)	404 (1.6%)
I adhere to a vegan diet	1 (0.52%)	134 (0.52%)
I eat gluten-free diet	6 (3.1%)	214 (0.83%)
I avoid added sugars	45 (23.2%)	3790 (14.7%)
I avoid carbohydrates	29 (14.9%)	1446 (5.6%)
I eat a low fat-diet	34 (17.5%)	2516 (9.7%)
I am lactose intolerant	20 (10.3%)	943 (3.6%)
Other special diet due to intolerances/allergies	8 (4.1%)	497 (1.9%)
Other	15 (7.7%)	1670 (6.5%)
No answer given	-	3877 (15.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	174 (89.7%)	19455 (75.3%)
In a nursing home or other live-in facility	1 (0.52%)	690 (2.7%)
I was transferred from another hospital	12 (6.2%)	1580 (6.1%)
Other	7 (3.6%)	346 (1.3%)
Missing	-	3778 (14.6%)
<b>3. In general, are you able to walk?</b>		
Yes	127 (65.5%)	13793 (53.4%)
Yes, with someone's help	27 (13.9%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	12 (6.2%)	3173 (12.3%)
No, I have a wheelchair	12 (6.2%)	923 (3.6%)
No, I am bedridden	12 (6.2%)	1606 (6.2%)
Missing	4 (2.1%)	3861 (14.9%)
<b>4. In general, how would you say your health is?</b>		
Very good	16 (8.2%)	1821 (7.0%)
Good	67 (34.5%)	8196 (31.7%)
Fair	92 (47.4%)	8359 (32.3%)
Poor	15 (7.7%)	2967 (11.5%)
Very poor	3 (1.5%)	643 (2.5%)
Missing	1 (0.52%)	3863 (14.9%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	3 [1-7]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-2]	1 [0-2]



... how many nights in total have you spent in hospital?	7 [2-14]	5 [0-15]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	69 (35.6%)	4777 (18.5%)
3-5	61 (31.4%)	5708 (22.1%)
More than 5	20 (10.3%)	6615 (25.6%)
None	36 (18.6%)	4090 (15.8%)
I do not know	7 (3.6%)	828 (3.2%)
Missing	1 (0.52%)	3831 (14.8%)

### 7. Do you have health insurance?

Yes, private insurance only	12 (6.2%)	3978 (15.4%)
Yes, public insurance only	73 (37.6%)	11614 (44.9%)
Yes, both	3 (1.5%)	2630 (10.2%)
None	100 (51.5%)	2739 (10.6%)
I prefer not to answer	3 (1.5%)	801 (3.1%)
Missing	3 (1.5%)	4087 (15.8%)

### 8. What was your weight 5 years ago?

	70 [60-83]	72 [62-85]
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I do not know	110 (56.7%)	6263 (24.2%)
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### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	19 (9.8%)	2152 (8.3%)
Yes, unintentionally	115 (59.3%)	10461 (40.5%)
No, my weight stayed the same	26 (13.4%)	7518 (29.1%)
No, I gained weight	15 (7.7%)	2979 (11.5%)
I do not know	17 (8.8%)	2317 (9.0%)
Missing	2 (1.0%)	422 (1.6%)

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

	6 [4-10]	6 [4-10]
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I do not know	63 (47.0%)	2244 (17.8%)
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### 10. Did you know about your hospitalisation two days before admission? (Yes)

	38 (21.1%)	8114 (38.2%)
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### 11. Please indicate if you ...

... were weighed at admission	90 (46.6%)	12850 (58.3%)
... were informed about your nutrition status	32 (16.7%)	8086 (36.9%)
... were informed about nutrition care options	23 (11.9%)	7149 (32.6%)
... received special nutrition care	44 (22.9%)	7225 (33.0%)

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

More than normal	14 (7.2%)	1206 (4.7%)
Normal	116 (59.8%)	15522 (60.2%)

About 3/4 of normal	16 (8.2%)	2695 (10.5%)
About half of normal	21 (10.8%)	3297 (12.8%)
About a quarter to nearly nothing	26 (13.4%)	2438 (9.5%)
I do not know	1 (0.52%)	237 (0.92%)
Missing	-	383 (1.5%)

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

Very satisfied	64 (33.0%)	5906 (22.9%)
Somewhat satisfied	32 (16.5%)	7223 (28.0%)
Neutral	49 (25.3%)	4265 (16.5%)
Dissatisfied	23 (11.9%)	1849 (7.2%)
Very dissatisfied	12 (6.2%)	707 (2.7%)
I do not know	14 (7.2%)	1619 (6.3%)
Missing	-	4209 (16.3%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	41 (21.1%)	2356 (9.1%)
Yes, from hospital staff	5 (2.6%)	1486 (5.8%)
No	145 (74.7%)	17167 (66.6%)
I do not know	3 (1.5%)	265 (1.0%)
Missing	-	4504 (17.5%)

### 15. Were you able to eat without interruption TODAY? (Yes)

139 (72.4%) 15756 (75.2%)

### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	114 (58.8%)	12282 (47.6%)
1/2	39 (20.1%)	6419 (24.9%)
1/4	22 (11.3%)	3259 (12.6%)
Nothing	17 (8.8%)	2785 (10.8%)
Missing	2 (1.0%)	1033 (4.0%)

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

Standard	123 (63.4%)	14046 (54.5%)
Smaller	35 (18.0%)	2165 (8.4%)
Larger	5 (2.6%)	1153 (4.5%)
I do not know	23 (11.9%)	2326 (9.0%)
Missing	8 (4.1%)	6088 (23.6%)

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

I did not like the type of food offered	23 (29.5%)	2085 (16.7%)
I did not like the smell/taste of the food	15 (19.2%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	3 (3.8%)	134 (1.1%)
The food was too hot	1 (1.3%)	42 (0.34%)

The food was too cold	15 (19.2%)	295 (2.4%)
Due to food allergy/intolerance	1 (1.3%)	130 (1.0%)
I was not hungry at that time	4 (5.1%)	1996 (16.0%)
I do not have my usual appetite	11 (14.1%)	3629 (29.1%)
I have problems chewing/swallowing	5 (6.4%)	781 (6.3%)
I normally eat less than what was served	7 (9.0%)	1474 (11.8%)
I had nausea/vomiting	4 (5.1%)	1076 (8.6%)
I was too tired	3 (3.8%)	733 (5.9%)
I cannot eat without help	3 (3.8%)	196 (1.6%)
I was not allowed to eat	11 (14.1%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	5 (6.4%)	801 (6.4%)
I did not get requested food	2 (2.6%)	143 (1.1%)
No answer given	11 (14.1%)	1961 (15.7%)

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

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

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 47 (25.3%) 5541 (27.0%)

### 19b. If yes, what did you eat?

Sweet snacks	13 (27.7%)	1682 (30.4%)
Salty snacks	15 (31.9%)	696 (12.6%)
Homemade food	7 (14.9%)	879 (15.9%)
Fruits	14 (29.8%)	2098 (37.9%)
Dairy products	3 (6.4%)	727 (13.1%)
Food delivered/restaurant	-	262 (4.7%)
Sandwich	5 (10.6%)	341 (6.2%)
Other	5 (10.6%)	803 (14.5%)

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

Increased	34 (17.5%)	3342 (13.0%)
Decreased	100 (51.5%)	7253 (28.1%)
Stayed the same	48 (24.7%)	9164 (35.5%)
I do not know	9 (4.6%)	1420 (5.5%)
Missing	3 (1.5%)	4599 (17.8%)

## 21. TODAY I feel...

Stronger than at admission	118 (60.8%)	11495 (44.6%)
Weaker than at admission	26 (13.4%)	4892 (19.0%)
Same as at admission	40 (20.6%)	7223 (28.0%)
I was admitted today	2 (1.0%)	611 (2.4%)
I do not know	7 (3.6%)	1156 (4.5%)
Missing	1 (0.52%)	401 (1.6%)

## 22. Can you walk without assistance TODAY?

Yes	122 (62.9%)	14760 (57.3%)
No, only with assistance	41 (21.1%)	6694 (26.0%)
No, I stay in bed	30 (15.5%)	3405 (13.2%)
Missing	1 (0.52%)	919 (3.6%)

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

139 (73.5%)	14819 (68.3%)
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**1. Are you COVID-19 positive TODAY?**

Yes	7 (3.6%)	267 (1.0%)
No	176 (90.7%)	7135 (26.8%)
I do not know	10 (5.2%)	650 (2.4%)
Missing	1 (0.52%)	18540 (69.7%)

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

0-3 months	3 (1.5%)	527 (2.0%)
3-6 months	6 (3.1%)	149 (0.56%)
6-12 months	19 (9.8%)	222 (0.83%)
>1 year	36 (18.6%)	177 (0.67%)
never	125 (64.4%)	3842 (14.4%)
I do not know	-	973 (3.7%)
Missing	5 (2.6%)	20702 (77.9%)

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

Yes	5 (2.6%)	494 (1.9%)
No	183 (94.3%)	5927 (22.3%)
I do not know	4 (2.1%)	865 (3.3%)
Missing	2 (1.0%)	19306 (72.6%)