



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2022  
Spain

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>6</b>
<b>Number of participated units:</b>	<b>15</b>
<b>Number of patients:</b>	<b>320</b>
<b>Number of patients who gave consent:</b>	<b>287</b>
<b>Number of patients completing Sheet 3a:</b>	<b>282</b>
<b>Number of patients completing Sheet 3b:</b>	<b>281</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>287</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>	298 [167-693]	355 [189-682]
<b>2. Total number of admissions in the hospital last year</b>	14762 [7966-28293]	18110 [8380-41842]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	487 [212-571]	179 [90-394]
Medical specialists	132 [86-252]	110 [39-253]
Medical non-specialists	81 [44-117]	47 [20-125]
Nurses	714 [297-929]	385 [172-874]
Dieticians	4 [3-8]	4 [1-9]
Nutritionists	1 [1-3]	1 [0-4]
Pharmacists	4 [4-21]	9 [4-23]
Kitchen staff	30 [20-110]	29 [12-55]
<b>Full time equivalent</b>		
Total medical doctors	130 [88-245]	153 [62-360]
Medical specialists	130 [85-245]	92 [34-249]
Medical non-specialists	6 [6-6]	40 [17-118]
Nurses	133 [112-155]	328 [159-751]
Dieticians	1 [1-1]	4 [1-8]
Nutritionists	1 [1-4]	1 [0-4]
Pharmacists	4 [3-4]	7 [3-16]
Kitchen staff	20 [14-25]	29 [11-56]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (50.0%) Yes	467 (80.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	3 (50.0%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	3 (50.0%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	2 (33.3%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	2 (33.3%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (50.0%) Yes	409 (66.7%) Yes
None	2 (33.3%) 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	3 (50.0%) Yes	318 (51.9%) Yes
Oral nutrition supplements	4 (66.7%) Yes	264 (43.1%) Yes
Parenteral nutrition	4 (66.7%) Yes	373 (60.8%) Yes
Enteral nutrition	4 (66.7%) Yes	350 (57.1%) Yes
Dietary counseling	3 (50.0%) Yes	238 (38.8%) Yes
Specific dietary interventions	3 (50.0%) Yes	207 (33.8%) Yes
Screening for malnutrition	4 (66.7%) Yes	196 (32.0%) Yes
Risk of malnutrition	3 (50.0%) Yes	176 (28.7%) Yes
Malnutrition (in general)	3 (50.0%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (66.7%) Yes	252 (41.1%) Yes
No information available from billing/finance/controlling	1 (16.7%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

### Codes routinely used

Nutrition Support	4 (66.7%) Yes	281 (45.8%) Yes
Oral nutrition supplements	2 (33.3%) Yes	235 (38.3%) Yes
Parenteral nutrition	4 (66.7%) Yes	340 (55.5%) Yes
Enteral nutrition	4 (66.7%) Yes	327 (53.3%) Yes
Dietary counseling	1 (16.7%) Yes	208 (33.9%) Yes
Specific dietary interventions	2 (33.3%) Yes	187 (30.5%) Yes
Screening for malnutrition	3 (50.0%) Yes	171 (27.9%) Yes
Risk of malnutrition	1 (16.7%) Yes	158 (25.8%) Yes
Malnutrition (in general)	3 (50.0%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (66.7%) Yes	226 (36.9%) Yes
No information available from billing/finance/controlling	1 (16.7%) Yes	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	4 (26.7%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	3 (20.0%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (13.3%)	8.0%
Interdisciplinary	1 (6.7%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	3 (20.0%)	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	2 (13.3%)	13.2%

**2. Number of registered inpatients at noon** 23 [18-27] 22 [17-30]

**3. Total bed capacity of the unit** 29 [25-31] 29 [23-40]

### 4. Number of each type of staff in the unit for TODAY's morning shift

#### Fully trained

Medical doctors	6 [3-10]	3 [2-6]
Nurses	4 [4-5]	4 [3-7]
Nursing aides	3 [3-4]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	0 [0-1]	1 [0-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]

#### In training

Medical doctors	2 [2-3]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	1 [0-2]	1 [0-2]

Nursing aides	1 [0-1]	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?** 13 (92.9%) Yes 938 (81.3%) Yes

**6. Does the unit have a nutrition care strategy?** 11 (78.6%) Yes 913 (79.1%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 3 (21.4%) Yes 853 (73.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 6 (42.9%) Yes 1210 (89.6%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 5 (35.7%) Yes 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	1 (6.7%) Yes	84 (5.9%) Yes
Weighing / BMI only	4 (26.7%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	2 (13.3%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	5 (33.3%) Yes	102 (7.2%) Yes
Malnutrition Screening tool (MST)	1 (6.7%) Yes	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	1 (6.7%) Yes	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	1 (6.7%)	73 (5.1%)

**During hospital stay**

No routine monitoring	1 (6.7%) Yes	124 (8.7%) Yes
No fixed criteria	3 (20.0%) Yes	108 (7.6%) Yes
Experience / visual assessment only	1 (6.7%) Yes	211 (14.8%) Yes
Weighing / BMI only	7 (46.7%) Yes	458 (32.2%) Yes
Other formal tool	2 (13.3%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	1 (6.7%)	73 (5.1%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 6 (46.2%) Yes 953 (85.2%) Yes

<b>11b. If yes, which one is mainly used?</b>			
International guidelines	3 (50.0%)	Yes	296 (31.1%)
National guidelines	2 (33.3%)	Yes	141 (14.8%)
Standards on hospital level	1 (16.7%)	Yes	344 (36.1%)
Standards on unit level	-	-	61 (6.4%)
Individual patient nutrition care plans	-	-	97 (10.2%)
Other	-	-	6 (0.63%)
Missing	-	-	8 (0.84%)

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

### At risk

Watchful waiting	4 (26.7%)	Yes	361 (25.4%)
Discuss nutrition care activities during ward rounds	6 (40.0%)	Yes	597 (42.0%)
Develop an individual nutrition care plan	6 (40.0%)	Yes	684 (48.1%)
Initiate treatment / nutrition intervention	7 (46.7%)	Yes	750 (52.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (53.3%)	Yes	725 (50.9%)
Consult a medical professional	5 (33.3%)	Yes	430 (30.2%)
Calculate energy requirements	4 (26.7%)	Yes	601 (42.2%)
Calculate protein requirements	4 (26.7%)	Yes	590 (41.5%)

### Malnourished

Watchful waiting	2 (13.3%)	Yes	264 (18.6%)
Discuss nutrition care activities during ward rounds	7 (46.7%)	Yes	622 (43.7%)
Develop an individual nutrition care plan	6 (40.0%)	Yes	757 (53.2%)
Initiate treatment / nutrition intervention	10 (66.7%)	Yes	818 (57.5%)
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (46.7%)	Yes	744 (52.3%)
Consult a medical professional	8 (53.3%)	Yes	552 (38.8%)
Calculate energy requirements	7 (46.7%)	Yes	710 (49.9%)
Calculate protein requirements	8 (53.3%)	Yes	702 (49.3%)

### Every patient

Watchful waiting	8 (53.3%)	Yes	634 (44.6%)
Discuss nutrition care activities during ward rounds	1 (6.7%)	Yes	328 (23.0%)
Develop an individual nutrition care plan	3 (20.0%)	Yes	195 (13.7%)
Initiate treatment / nutrition intervention	-	-	166 (11.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (6.7%)	Yes	254 (17.8%)
Consult a medical professional	1 (6.7%)	Yes	298 (20.9%)
Calculate energy requirements	-	-	162 (11.4%)
Calculate protein requirements	-	-	143 (10.0%)

### Never

Watchful waiting	-	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	1 (6.7%) Yes	65 (4.6%) Yes
Develop an individual nutrition care plan	2 (13.3%) Yes	52 (3.7%) Yes
Initiate treatment / nutrition intervention	-	25 (1.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (6.7%) Yes	15 (1.1%) Yes
Consult a medical professional	1 (6.7%) Yes	110 (7.7%) Yes
Calculate energy requirements	4 (26.7%) Yes	112 (7.9%) Yes
Calculate protein requirements	3 (20.0%) Yes	117 (8.2%) Yes

### I do not know

Watchful waiting	2 (13.3%) Yes	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	2 (13.3%) Yes	42 (3.0%) Yes
Develop an individual nutrition care plan	2 (13.3%) Yes	50 (3.5%) Yes
Initiate treatment / nutrition intervention	2 (13.3%) Yes	39 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (6.7%) Yes	43 (3.0%) Yes
Consult a medical professional	2 (13.3%) Yes	99 (7.0%) Yes
Calculate energy requirements	1 (6.7%) Yes	69 (4.8%) Yes
Calculate protein requirements	1 (6.7%) Yes	75 (5.3%) Yes

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

at admission	12 (80.0%) Yes	919 (64.6%) Yes
Within 24 hours	2 (13.3%) Yes	194 (13.6%) Yes
Within 48 hours	-	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	5 (33.3%) Yes	651 (45.7%) Yes
Occasionally	1 (6.7%) Yes	151 (10.6%) Yes
When requested	8 (53.3%) 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	7 (46.7%) Yes	1096 (77.0%) Yes
Offer meal choices	9 (60.0%) Yes	985 (69.2%) Yes
Offer different portion sizes	2 (13.3%) Yes	895 (62.9%) Yes
Consider food presentation	4 (26.7%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	11 (73.3%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	11 (73.3%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (6.7%) Yes	383 (26.9%) Yes
Promote positive eating environment	1 (6.7%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	9 (60.0%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	12 (80.0%) Yes	1198 (84.2%) Yes

Other	-	102 (7.2%) Yes
I do not know	2 (13.3%) Yes	27 (1.9%) Yes
No answer given	1 (6.7%)	73 (5.1%)

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

Nutrition training is available	10 (66.7%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	2 (13.3%) Yes	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	2 (13.3%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (26.7%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	2 (13.3%) Yes	65 (4.6%) Yes
No answer given	1 (6.7%)	269 (18.9%)

#### 16. At admission what is asked and documented?

Change in weight	12 (80.0%) Yes	977 (68.7%) Yes
Eating habits/difficulties	5 (33.3%) Yes	893 (62.8%) Yes
Nutrition before admission	5 (33.3%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	1 (6.7%) Yes	45 (3.2%) Yes
No answer given	1 (6.7%)	269 (18.9%)

#### 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	11 (73.3%) Yes	963 (67.7%) Yes
nutrition treatment	6 (40.0%) Yes	751 (52.8%) Yes
None	1 (6.7%) Yes	59 (4.1%) Yes
I do not know	2 (13.3%) Yes	43 (3.0%) Yes

##### b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (33.3%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	7 (46.7%) Yes	780 (54.8%) Yes
None	-	90 (6.3%) Yes
I do not know	3 (20.0%) Yes	150 (10.5%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	1 (7.1%) Yes	498 (46.6%) Yes
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#### 19. Who filled in this sheet?

Head staff	1 (6.7%) Yes	350 (24.6%) Yes
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Dietician	1 (6.7%) Yes	611 (42.9%) Yes
Nurse	4 (26.7%) Yes	327 (23.0%) Yes
Physician	5 (33.3%) Yes	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	5 (33.3%) Yes	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	287	26592
Age	74 [61-85]	66 [51-78]
Female	146 (50.9%)	13033 (49.0%)
Weight	71.8±17.3	70.4±18.6
Height	165±10	165±10
BMI	26.5±6.1	25.6±5.9

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

planned	99 (34.5%)	8843 (33.3%)
an emergency	176 (61.3%)	15921 (59.9%)
I do not know	12 (4.2%)	1828 (6.9%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	70 (24.4%)	2701 (10.2%)
0200 Neoplasms	54 (18.8%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	38 (13.2%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	71 (24.7%)	3356 (12.6%)
0500 Mental health	20 (7.0%)	1197 (4.5%)
0600 Nervous system	36 (12.5%)	2419 (9.1%)
0700 Eye and adnexa	7 (2.4%)	316 (1.2%)
0800 Ear and mastoid process	5 (1.7%)	133 (0.50%)
0900 Circulatory system	83 (28.9%)	5507 (20.7%)
1000 Respiratory system	60 (20.9%)	4000 (15.0%)
1100 Digestive system	50 (17.4%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	19 (6.6%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	44 (15.3%)	4622 (17.4%)
1400 Genitourinary system	35 (12.2%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	2 (0.70%)	424 (1.6%)
1600 Conditions originating in the perinatal period	-	71 (0.27%)
1700 Congenital/chromosomal abnormalities	-	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	7 (2.4%)	1441 (5.4%)
1900 Injury, poisoning	-	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	5 (1.7%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	1 (0.35%)	1002 (3.8%)
No answer given	-	-

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

Cardiac insufficiency	57 (20.7%)	4789 (18.8%)
Myocardial infarction	26 (9.6%)	1373 (5.4%)
Chronic lung disease	37 (13.6%)	3146 (12.4%)
Cerebral vascular disease	36 (13.2%)	2107 (8.3%)
Peripheral vascular disease	34 (12.6%)	2764 (10.9%)
Chronic liver disease	15 (5.6%)	1399 (5.5%)
Chronic kidney disease	46 (17.0%)	3056 (12.1%)
Diabetes	77 (27.8%)	5929 (23.2%)
Cancer	73 (26.7%)	5496 (21.5%)
Infection	46 (16.7%)	3680 (14.5%)
Dementia	21 (7.8%)	1243 (4.9%)
Major depressive disorder	24 (8.9%)	1152 (4.5%)
Other chronic mental disorder	13 (4.9%)	1149 (4.5%)
Other chronic disease	105 (37.2%)	6868 (26.9%)
None	53 (18.5%)	5214 (19.6%)

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

Yes, planned	54 (18.8%)	4741 (17.8%)
Yes, acute	10 (3.5%)	1848 (6.9%)
No	215 (74.9%)	15775 (59.3%)
I do not know	1 (0.35%)	246 (0.93%)
Missing	7 (2.4%)	3982 (15.0%)

Days since operation	3 [1-8]	5 [1-15]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	19 (6.6%)	2462 (9.3%)
Yes, later	7 (2.4%)	1594 (6.0%)
No	256 (89.2%)	17439 (65.6%)
I do not know	2 (0.70%)	642 (2.4%)
Missing	3 (1.0%)	4455 (16.8%)

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

25 (8.7%)	2641 (11.5%)
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#### 6. Is this patient terminally ill?

16 (5.6%)	1752 (6.6%)
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#### 7. Fluid status

Normal	207 (72.1%)	20786 (78.2%)
Overloaded	13 (4.5%)	1272 (4.8%)
Dehydrated	19 (6.6%)	1395 (5.2%)
I do not know	48 (16.7%)	3139 (11.8%)
Missing	-	-

## 8. Number of different medications planned

Oral	5 [2-9]	5 [2-8]
Other	3 [1-5]	2 [1-4]

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

Malnourished	35 (12.2%)	3439 (12.9%)
At risk	40 (13.9%)	5137 (19.3%)
No	205 (71.4%)	16313 (61.3%)
I do not know	7 (2.4%)	1703 (6.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	121 (42.2%)	8813 (33.1%)
5% Glucose solution	6 (2.1%)	1921 (7.2%)

## 11. Number of ONS drinks planned

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

## 12. Nutrition intake

Regular hospital food	119 (41.5%)	15963 (60.0%)
Fortified/enriched hospital food	4 (1.4%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	20 (7.0%)	4623 (17.4%)
Enteral nutrition	6 (2.1%)	1194 (4.5%)
Parenteral nutrition	7 (2.4%)	965 (3.6%)
Special diet	150 (52.3%)	7968 (30.0%)
None	8 (2.8%)	995 (3.7%)

## 13a. All lines and Tubes

Central Venous	33 (11.5%)	2276 (10.0%)
Peripheral venous access	222 (77.4%)	12226 (53.5%)
Nasogastric	3 (1.0%)	550 (2.4%)
Nasojejunal	2 (0.70%)	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	4 (1.4%)	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	3 (1.0%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	42 (14.6%)	12214 (45.9%)

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

Yes, previously	4 (1.4%)	329 (1.2%)
Yes, ongoing	1 (0.35%)	192 (0.72%)
No	262 (91.3%)	19494 (73.3%)
I do not know	15 (5.2%)	1927 (7.2%)
Missing	5 (1.7%)	4650 (17.5%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	48 (16.7%)	9131 (39.9%)
Protein requirements were determined	46 (16.0%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	114 (39.7%)	10365 (45.3%)
Nutrition treatment plan was developed	60 (20.9%)	8802 (38.5%)
Nutrition expert was consulted	57 (19.9%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	104 (36.2%)	7837 (34.3%)
None	-	-

#### 15a. Energy goal

< 500 kcal	2 (0.70%)	691 (2.6%)
500-999 kcal	1 (0.35%)	245 (0.92%)
1000-1499 kcal	5 (1.7%)	2014 (7.6%)
1500-1999 kcal	42 (14.6%)	7614 (28.6%)
>=2000 kcal	48 (16.7%)	2877 (10.8%)
Not determined	162 (56.4%)	7476 (28.1%)
I do not know	27 (9.4%)	1955 (7.4%)
Missing	-	3720 (14.0%)

#### 15b. Energy intake

< 500 kcal	7 (2.4%)	1231 (4.6%)
500-999 kcal	3 (1.0%)	1085 (4.1%)
1000-1499 kcal	10 (3.5%)	2897 (10.9%)
1500-1999 kcal	23 (8.0%)	5852 (22.0%)
>=2000 kcal	32 (11.1%)	1702 (6.4%)
Not determined	171 (59.6%)	7294 (27.4%)
I do not know	41 (14.3%)	2811 (10.6%)
Missing	-	3720 (14.0%)

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

Improved	160 (55.7%)	12031 (45.2%)
Deteriorated	9 (3.1%)	1361 (5.1%)
Remained the same	51 (17.8%)	6081 (22.9%)
This patient has just been admitted	40 (13.9%)	1469 (5.5%)
I do not know	27 (9.4%)	1930 (7.3%)
Missing	-	3720 (14.0%)

Length of hospital stay (days)	11 [6-21]	13 [7-24]
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#### Outcome Code

1= Still in the hospital	13 (4.5%)	3018 (11.3%)
2= Transferred to another hospital	6 (2.1%)	595 (2.2%)

3= Transferred to long term care	3 (1.0%)	1051 (4.0%)
4= Rehabilitation	1 (0.35%)	875 (3.3%)
5= Discharged home	250 (87.1%)	19467 (73.2%)
6= Death	11 (3.8%)	934 (3.5%)
7= Others	3 (1.0%)	444 (1.7%)
Missing	-	208 (0.78%)

### Readmitted since nutritionDay

1= No	221 (81.5%)	17749 (77.4%)
2= Yes, same hospital planned	13 (4.8%)	1486 (6.5%)
3= Yes, same hospital unplanned	24 (8.9%)	1401 (6.1%)
4= Yes, different hospital planned	8 (3.0%)	126 (0.55%)
5= Yes, different hospital unplanned	8 (3.0%)	126 (0.55%)
6= Unknown	2 (0.74%)	344 (1.5%)
Missing	1 (0.37%)	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	185 (65.6%)	15608 (60.4%)
I am vegetarian	2 (0.71%)	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	2 (0.71%)	214 (0.83%)
I avoid added sugars	70 (24.8%)	3790 (14.7%)
I avoid carbohydrates	15 (5.3%)	1446 (5.6%)
I eat a low fat-diet	57 (20.2%)	2516 (9.7%)
I am lactose intolerant	7 (2.5%)	943 (3.6%)
Other special diet due to intolerances/allergies	3 (1.1%)	497 (1.9%)
Other	24 (8.5%)	1670 (6.5%)
No answer given	2 (0.71%)	3877 (15.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	249 (88.3%)	19455 (75.3%)
In a nursing home or other live-in facility	21 (7.4%)	690 (2.7%)
I was transferred from another hospital	9 (3.2%)	1580 (6.1%)
Other	3 (1.1%)	346 (1.3%)
Missing	-	3778 (14.6%)
<b>3. In general, are you able to walk?</b>		
Yes	171 (60.6%)	13793 (53.4%)
Yes, with someone's help	17 (6.0%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	60 (21.3%)	3173 (12.3%)
No, I have a wheelchair	18 (6.4%)	923 (3.6%)
No, I am bedridden	14 (5.0%)	1606 (6.2%)
Missing	2 (0.71%)	3861 (14.9%)
<b>4. In general, how would you say your health is?</b>		
Very good	20 (7.1%)	1821 (7.0%)
Good	106 (37.6%)	8196 (31.7%)
Fair	113 (40.1%)	8359 (32.3%)
Poor	34 (12.1%)	2967 (11.5%)
Very poor	6 (2.1%)	643 (2.5%)
Missing	3 (1.1%)	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?	4 [2-8]	4 [2-10]
... 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?	3 [0-10]	5 [0-15]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	52 (18.4%)	4777 (18.5%)
3-5	80 (28.4%)	5708 (22.1%)
More than 5	116 (41.1%)	6615 (25.6%)
None	28 (9.9%)	4090 (15.8%)
I do not know	6 (2.1%)	828 (3.2%)
Missing	-	3831 (14.8%)

### 7. Do you have health insurance?

Yes, private insurance only	26 (9.2%)	3978 (15.4%)
Yes, public insurance only	144 (51.1%)	11614 (44.9%)
Yes, both	71 (25.2%)	2630 (10.2%)
None	33 (11.7%)	2739 (10.6%)
I prefer not to answer	7 (2.5%)	801 (3.1%)
Missing	1 (0.35%)	4087 (15.8%)

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

	75 [62-83]	72 [62-85]
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I do not know	61 (21.6%)	6263 (24.2%)
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### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	21 (7.4%)	2152 (8.3%)
Yes, unintentionally	127 (45.0%)	10461 (40.5%)
No, my weight stayed the same	78 (27.7%)	7518 (29.1%)
No, I gained weight	31 (11.0%)	2979 (11.5%)
I do not know	23 (8.2%)	2317 (9.0%)
Missing	2 (0.71%)	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	27 (18.2%)	2244 (17.8%)
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### 10. Did you know about your hospitalisation two days before admission? (Yes)

	110 (40.9%)	8114 (38.2%)
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### 11. Please indicate if you ...

... were weighed at admission	168 (60.0%)	12850 (58.3%)
... were informed about your nutrition status	70 (25.4%)	8086 (36.9%)
... were informed about nutrition care options	43 (15.6%)	7149 (32.6%)
... received special nutrition care	70 (25.4%)	7225 (33.0%)

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

More than normal	12 (4.3%)	1206 (4.7%)
Normal	179 (63.7%)	15522 (60.2%)



About 3/4 of normal	31 (11.0%)	2695 (10.5%)
About half of normal	28 (10.0%)	3297 (12.8%)
About a quarter to nearly nothing	27 (9.6%)	2438 (9.5%)
I do not know	1 (0.36%)	237 (0.92%)
Missing	3 (1.1%)	383 (1.5%)

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

Very satisfied	94 (33.5%)	5906 (22.9%)
Somewhat satisfied	64 (22.8%)	7223 (28.0%)
Neutral	61 (21.7%)	4265 (16.5%)
Dissatisfied	18 (6.4%)	1849 (7.2%)
Very dissatisfied	9 (3.2%)	707 (2.7%)
I do not know	31 (11.0%)	1619 (6.3%)
Missing	4 (1.4%)	4209 (16.3%)

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

Yes, from family or friends	61 (21.7%)	2356 (9.1%)
Yes, from hospital staff	29 (10.3%)	1486 (5.8%)
No	180 (64.1%)	17167 (66.6%)
I do not know	4 (1.4%)	265 (1.0%)
Missing	7 (2.5%)	4504 (17.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	204 (75.6%)	15756 (75.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	139 (49.5%)	12282 (47.6%)
1/2	59 (21.0%)	6419 (24.9%)
1/4	35 (12.5%)	3259 (12.6%)
Nothing	34 (12.1%)	2785 (10.8%)
Missing	14 (5.0%)	1033 (4.0%)

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

Standard	174 (61.9%)	14046 (54.5%)
Smaller	8 (2.8%)	2165 (8.4%)
Larger	28 (10.0%)	1153 (4.5%)
I do not know	39 (13.9%)	2326 (9.0%)
Missing	32 (11.4%)	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	24 (18.8%)	2085 (16.7%)
I did not like the smell/taste of the food	9 (7.0%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	2 (1.6%)	134 (1.1%)
The food was too hot	1 (0.78%)	42 (0.34%)

The food was too cold	-	295 (2.4%)
Due to food allergy/intolerance	-	130 (1.0%)
I was not hungry at that time	17 (13.3%)	1996 (16.0%)
I do not have my usual appetite	34 (26.6%)	3629 (29.1%)
I have problems chewing/swallowing	5 (3.9%)	781 (6.3%)
I normally eat less than what was served	22 (17.2%)	1474 (11.8%)
I had nausea/vomiting	4 (3.1%)	1076 (8.6%)
I was too tired	8 (6.3%)	733 (5.9%)
I cannot eat without help	2 (1.6%)	196 (1.6%)
I was not allowed to eat	18 (14.1%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	12 (9.4%)	801 (6.4%)
I did not get requested food	2 (1.6%)	143 (1.1%)
No answer given	11 (8.6%)	1961 (15.7%)

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

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

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 36 (13.6%) 5541 (27.0%)

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

Sweet snacks	12 (33.3%)	1682 (30.4%)
Salty snacks	6 (16.7%)	696 (12.6%)
Homemade food	2 (5.6%)	879 (15.9%)
Fruits	17 (47.2%)	2098 (37.9%)
Dairy products	4 (11.1%)	727 (13.1%)
Food delivered/restaurant	1 (2.8%)	262 (4.7%)
Sandwich	1 (2.8%)	341 (6.2%)
Other	1 (2.8%)	803 (14.5%)

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

Increased	53 (18.9%)	3342 (13.0%)
Decreased	86 (30.6%)	7253 (28.1%)
Stayed the same	107 (38.1%)	9164 (35.5%)
I do not know	25 (8.9%)	1420 (5.5%)
Missing	10 (3.6%)	4599 (17.8%)

## 21. TODAY I feel...

Stronger than at admission	121 (43.1%)	11495 (44.6%)
Weaker than at admission	70 (24.9%)	4892 (19.0%)
Same as at admission	58 (20.6%)	7223 (28.0%)
I was admitted today	9 (3.2%)	611 (2.4%)
I do not know	11 (3.9%)	1156 (4.5%)
Missing	12 (4.3%)	401 (1.6%)

## 22. Can you walk without assistance TODAY?

Yes	154 (54.8%)	14760 (57.3%)
No, only with assistance	72 (25.6%)	6694 (26.0%)
No, I stay in bed	46 (16.4%)	3405 (13.2%)
Missing	9 (3.2%)	919 (3.6%)

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

183 (66.8%) 14819 (68.3%)

**1. Are you COVID-19 positive TODAY?**

Yes	1 (0.35%)	267 (1.0%)
No	240 (83.6%)	7135 (26.8%)
I do not know	23 (8.0%)	650 (2.4%)
Missing	23 (8.0%)	18540 (69.7%)

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

0-3 months	3 (1.0%)	527 (2.0%)
3-6 months	15 (5.2%)	149 (0.56%)
6-12 months	42 (14.6%)	222 (0.83%)
>1 year	21 (7.3%)	177 (0.67%)
never	90 (31.4%)	3842 (14.4%)
I do not know	70 (24.4%)	973 (3.7%)
Missing	46 (16.0%)	20702 (77.9%)

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

Yes	12 (4.2%)	494 (1.9%)
No	190 (66.2%)	5927 (22.3%)
I do not know	62 (21.6%)	865 (3.3%)
Missing	23 (8.0%)	19306 (72.6%)