



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Poland

Dear participant,

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

Number of participated center:	5
Number of participated units:	8
Number of patients:	127
Number of patients who gave consent:	127
Number of patients completing Sheet 3a:	126
Number of patients completing Sheet 3b:	126
Number of patients with 30-day outcome assessment:	116

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 or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	948 [478-1332]	355 [189-682]
2. Total number of admissions in the hospital last year	64138 [34623-72281]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	330 [187-739]	179 [90-394]
Medical specialists	226 [129-425]	110 [39-253]
Medical non-specialists	104 [58-314]	47 [20-125]
Nurses	677 [374-1064]	385 [172-874]
Dieticians	2 [2-28]	4 [1-9]
Nutritionists	3 [1-4]	1 [0-4]
Pharmacists	8 [5-19]	9 [4-23]
Kitchen staff	0 [0-0]	29 [12-55]
Full time equivalent		
Total medical doctors	264 [141-548]	153 [62-360]
Medical specialists	167 [89-239]	92 [34-249]
Medical non-specialists	102 [55-312]	40 [17-118]
Nurses	621 [322-1014]	328 [159-751]
Dieticians	2 [2-26]	4 [1-8]
Nutritionists	3 [1-4]	1 [0-4]
Pharmacists	8 [5-18]	7 [3-16]
Kitchen staff	0 [0-0]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	2 (66.7%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (25.0%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	2 (50.0%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	1 (25.0%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	2 (50.0%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (50.0%) Yes	409 (66.7%) Yes
None	1 (25.0%) Yes	62 (10.1%) Yes
No answer given	1 (25.0%)	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	1 (25.0%) Yes	318 (51.9%) Yes
Oral nutrition supplements	1 (25.0%) Yes	264 (43.1%) Yes
Parenteral nutrition	3 (75.0%) Yes	373 (60.8%) Yes
Enteral nutrition	3 (75.0%) Yes	350 (57.1%) Yes
Dietary counseling	-	238 (38.8%) Yes
Specific dietary interventions	1 (25.0%) Yes	207 (33.8%) Yes
Screening for malnutrition	1 (25.0%) Yes	196 (32.0%) Yes
Risk of malnutrition	1 (25.0%) Yes	176 (28.7%) Yes
Malnutrition (in general)	2 (50.0%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (50.0%) 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	1 (25.0%) Yes	281 (45.8%) Yes
Oral nutrition supplements	1 (25.0%) Yes	235 (38.3%) Yes
Parenteral nutrition	3 (75.0%) Yes	340 (55.5%) Yes
Enteral nutrition	2 (50.0%) Yes	327 (53.3%) Yes
Dietary counseling	-	208 (33.9%) Yes
Specific dietary interventions	-	187 (30.5%) Yes
Screening for malnutrition	1 (25.0%) Yes	171 (27.9%) Yes
Risk of malnutrition	1 (25.0%) Yes	158 (25.8%) Yes
Malnutrition (in general)	1 (25.0%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) 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	1 (12.5%)	4.3%
Internal Medicine / Gastroenterology & hepatology	1 (12.5%)	7.6%
Internal Medicine / Geriatrics	1 (12.5%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (12.5%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	2 (25.0%)	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 (25.0%)	13.2%

2. Number of registered inpatients at noon 19 [14-22] 22 [17-30]

3. Total bed capacity of the unit 26 [24-42] 29 [23-40]

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

Fully trained

Medical doctors	9 [7-15]	3 [2-6]
Nurses	5 [5-11]	4 [3-7]
Nursing aides	2 [2-3]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	3 [2-4]	0 [0-1]
Administrative staff	2 [1-2]	1 [0-2]
Other staff involved in patient care	1 [1-3]	1 [0-3]

In training

Medical doctors	3 [3-13]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	1 [0-1]	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? 3 (75.0%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 4 (100%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 4 (100%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 7 (100%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 3 (75.0%) 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	-	84 (5.9%) Yes
Weighing / BMI only	-	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	7 (87.5%) 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	1 (12.5%)	73 (5.1%)

During hospital stay

No routine monitoring	2 (25.0%) Yes	124 (8.7%) Yes
No fixed criteria	-	108 (7.6%) Yes
Experience / visual assessment only	-	211 (14.8%) Yes
Weighing / BMI only	3 (37.5%) Yes	458 (32.2%) Yes
Other formal tool	2 (25.0%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	1 (12.5%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 4 (100%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?		
International guidelines	-	296 (31.1%) Yes
National guidelines	1 (25.0%) Yes	141 (14.8%) Yes
Standards on hospital level	2 (50.0%) Yes	344 (36.1%) Yes
Standards on unit level	1 (25.0%) Yes	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	1 (12.5%) Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	1 (12.5%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	3 (37.5%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	3 (37.5%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (37.5%) 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	1 (12.5%) Yes	590 (41.5%) Yes

Malnourished

Watchful waiting	-	264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	2 (25.0%) Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	3 (37.5%) Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	4 (50.0%) Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (37.5%) Yes	744 (52.3%) Yes
Consult a medical professional	3 (37.5%) Yes	552 (38.8%) Yes
Calculate energy requirements	3 (37.5%) Yes	710 (49.9%) Yes
Calculate protein requirements	3 (37.5%) Yes	702 (49.3%) Yes

Every patient

Watchful waiting	1 (12.5%) Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	1 (12.5%) Yes	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	1 (12.5%) Yes	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	2 (25.0%) Yes	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	1 (12.5%) Yes	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.)	1 (12.5%) Yes	43 (3.0%) Yes
Consult a medical professional	-	99 (7.0%) Yes
Calculate energy requirements	1 (12.5%) Yes	69 (4.8%) Yes
Calculate protein requirements	1 (12.5%) Yes	75 (5.3%) Yes

13. When do you routinely weigh your patients?

at admission	5 (62.5%) Yes	919 (64.6%) Yes
Within 24 hours	3 (37.5%) Yes	194 (13.6%) Yes
Within 48 hours	-	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	1 (12.5%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	3 (37.5%) 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	1 (12.5%) Yes	1096 (77.0%) Yes
Offer meal choices	4 (50.0%) Yes	985 (69.2%) Yes
Offer different portion sizes	3 (37.5%) Yes	895 (62.9%) Yes
Consider food presentation	1 (12.5%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	6 (75.0%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	4 (50.0%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (37.5%) Yes	383 (26.9%) Yes
Promote positive eating environment	2 (25.0%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	3 (37.5%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	6 (75.0%) Yes	1198 (84.2%) Yes

Other	1 (12.5%) Yes	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	1 (12.5%)	73 (5.1%)

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

Nutrition training is available	1 (12.5%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	2 (25.0%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (12.5%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	3 (37.5%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (25.0%) Yes	803 (56.4%) Yes
None	1 (12.5%) Yes	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	4 (50.0%)	269 (18.9%)

16. At admission what is asked and documented?

Change in weight	4 (50.0%) Yes	977 (68.7%) Yes
Eating habits/difficulties	3 (37.5%) Yes	893 (62.8%) Yes
Nutrition before admission	3 (37.5%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	4 (50.0%)	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	3 (37.5%) Yes	963 (67.7%) Yes
nutrition treatment	4 (50.0%) Yes	751 (52.8%) Yes
None	-	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	3 (37.5%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	4 (50.0%) Yes	780 (54.8%) Yes
None	-	90 (6.3%) Yes
I do not know	-	150 (10.5%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (75.0%) Yes	498 (46.6%) Yes
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19. Who filled in this sheet?

Head staff	-	350 (24.6%) Yes
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Dietician	3 (37.5%) Yes	611 (42.9%) Yes
Nurse	1 (12.5%) Yes	327 (23.0%) Yes
Physician	2 (25.0%) Yes	145 (10.2%) Yes
Administrative staff	1 (12.5%) Yes	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	127	26592
Age	67 [51-78]	66 [51-78]
Female	65 (51.2%)	13033 (49.0%)
Weight	73.4±18.0	70.4±18.6
Height	169±9	165±10
BMI	25.6±5.1	25.6±5.9

1. This hospital admission was...

planned	67 (52.8%)	8843 (33.3%)
an emergency	60 (47.2%)	15921 (59.9%)
I do not know	-	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	-	2701 (10.2%)
0200 Neoplasms	35 (27.6%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	7 (5.5%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	11 (8.7%)	3356 (12.6%)
0500 Mental health	4 (3.1%)	1197 (4.5%)
0600 Nervous system	3 (2.4%)	2419 (9.1%)
0700 Eye and adnexa	-	316 (1.2%)
0800 Ear and mastoid process	-	133 (0.50%)
0900 Circulatory system	43 (33.9%)	5507 (20.7%)
1000 Respiratory system	8 (6.3%)	4000 (15.0%)
1100 Digestive system	32 (25.2%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	1 (0.79%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	8 (6.3%)	4622 (17.4%)
1400 Genitourinary system	26 (20.5%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	1 (0.79%)	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	36 (28.3%)	1441 (5.4%)
1900 Injury, poisoning	1 (0.79%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	899 (3.4%)
2100 Factors influencing health status and contact with health services	2 (1.6%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	38 (30.4%)	4789 (18.8%)
Myocardial infarction	9 (7.3%)	1373 (5.4%)
Chronic lung disease	11 (8.9%)	3146 (12.4%)
Cerebral vascular disease	6 (4.9%)	2107 (8.3%)
Peripheral vascular disease	18 (14.4%)	2764 (10.9%)
Chronic liver disease	7 (5.6%)	1399 (5.5%)
Chronic kidney disease	18 (14.8%)	3056 (12.1%)
Diabetes	35 (28.7%)	5929 (23.2%)
Cancer	39 (31.5%)	5496 (21.5%)
Infection	5 (4.0%)	3680 (14.5%)
Dementia	3 (2.4%)	1243 (4.9%)
Major depressive disorder	7 (5.6%)	1152 (4.5%)
Other chronic mental disorder	7 (5.7%)	1149 (4.5%)
Other chronic disease	52 (41.6%)	6868 (26.9%)
None	15 (11.8%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	17 (13.4%)	4741 (17.8%)
Yes, acute	2 (1.6%)	1848 (6.9%)
No	54 (42.5%)	15775 (59.3%)
I do not know	1 (0.79%)	246 (0.93%)
Missing	53 (41.7%)	3982 (15.0%)

Days since operation	2 [1-3]	5 [1-15]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	1 (0.79%)	2462 (9.3%)
Yes, later	1 (0.79%)	1594 (6.0%)
No	68 (53.5%)	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	57 (44.9%)	4455 (16.8%)

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

1 (1.3%)	2641 (11.5%)
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6. Is this patient terminally ill?

4 (3.1%)	1752 (6.6%)
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7. Fluid status

Normal	111 (87.4%)	20786 (78.2%)
Overloaded	7 (5.5%)	1272 (4.8%)
Dehydrated	6 (4.7%)	1395 (5.2%)
I do not know	3 (2.4%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

Oral	5 [3-7]	5 [2-8]
Other	1 [0-3]	2 [1-4]

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

Malnourished	29 (22.8%)	3439 (12.9%)
At risk	39 (30.7%)	5137 (19.3%)
No	59 (46.5%)	16313 (61.3%)
I do not know	-	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	29 (22.8%)	8813 (33.1%)
5% Glucose solution	-	1921 (7.2%)

11. Number of ONS drinks planned

1 [0-2]	0 [0-1]
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12. Nutrition intake

Regular hospital food	96 (75.6%)	15963 (60.0%)
Fortified/enriched hospital food	8 (6.3%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	37 (29.1%)	4623 (17.4%)
Enteral nutrition	4 (3.1%)	1194 (4.5%)
Parenteral nutrition	7 (5.5%)	965 (3.6%)
Special diet	22 (17.3%)	7968 (30.0%)
None	2 (1.6%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	6 (8.0%)	2276 (10.0%)
Peripheral venous access	71 (94.7%)	12226 (53.5%)
Nasogastric	-	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	-	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	55 (43.3%)	12214 (45.9%)

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

Yes, previously	-	329 (1.2%)
Yes, ongoing	1 (0.79%)	192 (0.72%)
No	69 (54.3%)	19494 (73.3%)
I do not know	-	1927 (7.2%)
Missing	57 (44.9%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	41 (54.7%)	9131 (39.9%)
Protein requirements were determined	38 (50.7%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	14 (18.7%)	10365 (45.3%)
Nutrition treatment plan was developed	14 (18.7%)	8802 (38.5%)
Nutrition expert was consulted	35 (46.7%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	18 (24.0%)	7837 (34.3%)
None	-	-

15a. Energy goal

< 500 kcal	2 (1.6%)	691 (2.6%)
500-999 kcal	-	245 (0.92%)
1000-1499 kcal	1 (0.79%)	2014 (7.6%)
1500-1999 kcal	51 (40.2%)	7614 (28.6%)
>=2000 kcal	20 (15.7%)	2877 (10.8%)
Not determined	-	7476 (28.1%)
I do not know	1 (0.79%)	1955 (7.4%)
Missing	52 (40.9%)	3720 (14.0%)

15b. Energy intake

< 500 kcal	6 (4.7%)	1231 (4.6%)
500-999 kcal	3 (2.4%)	1085 (4.1%)
1000-1499 kcal	15 (11.8%)	2897 (10.9%)
1500-1999 kcal	41 (32.3%)	5852 (22.0%)
>=2000 kcal	9 (7.1%)	1702 (6.4%)
Not determined	-	7294 (27.4%)
I do not know	1 (0.79%)	2811 (10.6%)
Missing	52 (40.9%)	3720 (14.0%)

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

Improved	33 (26.0%)	12031 (45.2%)
Deteriorated	6 (4.7%)	1361 (5.1%)
Remained the same	33 (26.0%)	6081 (22.9%)
This patient has just been admitted	3 (2.4%)	1469 (5.5%)
I do not know	-	1930 (7.3%)
Missing	52 (40.9%)	3720 (14.0%)

Length of hospital stay (days)	9 [6-14]	13 [7-24]
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Outcome Code

1= Still in the hospital	9 (7.1%)	3018 (11.3%)
2= Transferred to another hospital	2 (1.6%)	595 (2.2%)

3= Transferred to long term care	2 (1.6%)	1051 (4.0%)
4= Rehabilitation	1 (0.79%)	875 (3.3%)
5= Discharged home	101 (79.5%)	19467 (73.2%)
6= Death	1 (0.79%)	934 (3.5%)
7= Others	-	444 (1.7%)
Missing	11 (8.7%)	208 (0.78%)

Readmitted since nutritionDay

1= No	86 (80.4%)	17749 (77.4%)
2= Yes, same hospital planned	11 (10.3%)	1486 (6.5%)
3= Yes, same hospital unplanned	5 (4.7%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	1 (0.93%)	344 (1.5%)
Missing	2 (1.9%)	1641 (7.2%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	43 (34.1%)	15608 (60.4%)
I am vegetarian	-	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	1 (0.79%)	214 (0.83%)
I avoid added sugars	9 (7.1%)	3790 (14.7%)
I avoid carbohydrates	8 (6.3%)	1446 (5.6%)
I eat a low fat-diet	12 (9.5%)	2516 (9.7%)
I am lactose intolerant	3 (2.4%)	943 (3.6%)
Other special diet due to intolerances/allergies	2 (1.6%)	497 (1.9%)
Other	17 (13.5%)	1670 (6.5%)
No answer given	52 (41.3%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	74 (58.7%)	19455 (75.3%)
In a nursing home or other live-in facility	-	690 (2.7%)
I was transferred from another hospital	-	1580 (6.1%)
Other	-	346 (1.3%)
Missing	52 (41.3%)	3778 (14.6%)
3. In general, are you able to walk?		
Yes	52 (41.3%)	13793 (53.4%)
Yes, with someone's help	5 (4.0%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	11 (8.7%)	3173 (12.3%)
No, I have a wheelchair	3 (2.4%)	923 (3.6%)
No, I am bedridden	3 (2.4%)	1606 (6.2%)
Missing	52 (41.3%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	5 (4.0%)	1821 (7.0%)
Good	23 (18.3%)	8196 (31.7%)
Fair	32 (25.4%)	8359 (32.3%)
Poor	12 (9.5%)	2967 (11.5%)
Very poor	2 (1.6%)	643 (2.5%)
Missing	52 (41.3%)	3863 (14.9%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [2-10]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-1]	1 [0-2]

... how many nights in total have you spent in hospital?	4 [0-16]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	10 (7.9%)	4777 (18.5%)
3-5	22 (17.5%)	5708 (22.1%)
More than 5	31 (24.6%)	6615 (25.6%)
None	9 (7.1%)	4090 (15.8%)
I do not know	1 (0.79%)	828 (3.2%)
Missing	53 (42.1%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	-	3978 (15.4%)
Yes, public insurance only	66 (52.4%)	11614 (44.9%)
Yes, both	7 (5.6%)	2630 (10.2%)
None	-	2739 (10.6%)
I prefer not to answer	1 (0.79%)	801 (3.1%)
Missing	52 (41.3%)	4087 (15.8%)

8. What was your weight 5 years ago?

	74 [64-86]	72 [62-85]
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I do not know	30 (23.8%)	6263 (24.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	13 (10.3%)	2152 (8.3%)
Yes, unintentionally	72 (57.1%)	10461 (40.5%)
No, my weight stayed the same	20 (15.9%)	7518 (29.1%)
No, I gained weight	13 (10.3%)	2979 (11.5%)
I do not know	7 (5.6%)	2317 (9.0%)
Missing	1 (0.79%)	422 (1.6%)

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

	10 [6-18]	6 [4-10]
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I do not know	25 (29.4%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	41 (56.9%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	38 (51.4%)	12850 (58.3%)
... were informed about your nutrition status	20 (27.0%)	8086 (36.9%)
... were informed about nutrition care options	16 (21.9%)	7149 (32.6%)
... received special nutrition care	16 (21.9%)	7225 (33.0%)

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

More than normal	7 (5.6%)	1206 (4.7%)
Normal	69 (54.8%)	15522 (60.2%)

About 3/4 of normal	19 (15.1%)	2695 (10.5%)
About half of normal	14 (11.1%)	3297 (12.8%)
About a quarter to nearly nothing	15 (11.9%)	2438 (9.5%)
I do not know	-	237 (0.92%)
Missing	2 (1.6%)	383 (1.5%)

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

Very satisfied	21 (16.7%)	5906 (22.9%)
Somewhat satisfied	28 (22.2%)	7223 (28.0%)
Neutral	8 (6.3%)	4265 (16.5%)
Dissatisfied	11 (8.7%)	1849 (7.2%)
Very dissatisfied	1 (0.79%)	707 (2.7%)
I do not know	5 (4.0%)	1619 (6.3%)
Missing	52 (41.3%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	2 (1.6%)	2356 (9.1%)
Yes, from hospital staff	6 (4.8%)	1486 (5.8%)
No	66 (52.4%)	17167 (66.6%)
I do not know	-	265 (1.0%)
Missing	52 (41.3%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes) 60 (81.1%) 15756 (75.2%)

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

About all	59 (46.8%)	12282 (47.6%)
1/2	34 (27.0%)	6419 (24.9%)
1/4	13 (10.3%)	3259 (12.6%)
Nothing	19 (15.1%)	2785 (10.8%)
Missing	1 (0.79%)	1033 (4.0%)

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

Standard	42 (33.3%)	14046 (54.5%)
Smaller	15 (11.9%)	2165 (8.4%)
Larger	4 (3.2%)	1153 (4.5%)
I do not know	9 (7.1%)	2326 (9.0%)
Missing	56 (44.4%)	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	11 (16.7%)	2085 (16.7%)
I did not like the smell/taste of the food	5 (7.6%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	-	134 (1.1%)
The food was too hot	-	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 (25.8%)	1996 (16.0%)
I do not have my usual appetite	20 (30.3%)	3629 (29.1%)
I have problems chewing/swallowing	2 (3.0%)	781 (6.3%)
I normally eat less than what was served	12 (18.2%)	1474 (11.8%)
I had nausea/vomiting	4 (6.1%)	1076 (8.6%)
I was too tired	1 (1.5%)	733 (5.9%)
I cannot eat without help	-	196 (1.6%)
I was not allowed to eat	10 (15.2%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	9 (13.6%)	801 (6.4%)
I did not get requested food	-	143 (1.1%)
No answer given	4 (6.1%)	1961 (15.7%)

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

Water	4 [2-6]	3 [2-6]
Tea	2 [1-2]	1 [0-2]
Coffee	0 [0-1]	1 [0-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	0 [0-0]	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) 19 (26.0%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	8 (42.1%)	1682 (30.4%)
Salty snacks	-	696 (12.6%)
Homemade food	2 (10.5%)	879 (15.9%)
Fruits	6 (31.6%)	2098 (37.9%)
Dairy products	2 (10.5%)	727 (13.1%)
Food delivered/restaurant	-	262 (4.7%)
Sandwich	2 (10.5%)	341 (6.2%)
Other	2 (10.5%)	803 (14.5%)

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

Increased	12 (9.5%)	3342 (13.0%)
Decreased	19 (15.1%)	7253 (28.1%)
Stayed the same	35 (27.8%)	9164 (35.5%)
I do not know	5 (4.0%)	1420 (5.5%)
Missing	55 (43.7%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	45 (35.7%)	11495 (44.6%)
Weaker than at admission	24 (19.0%)	4892 (19.0%)
Same as at admission	51 (40.5%)	7223 (28.0%)
I was admitted today	1 (0.79%)	611 (2.4%)
I do not know	4 (3.2%)	1156 (4.5%)
Missing	1 (0.79%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	106 (84.1%)	14760 (57.3%)
No, only with assistance	14 (11.1%)	6694 (26.0%)
No, I stay in bed	6 (4.8%)	3405 (13.2%)
Missing	-	919 (3.6%)

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

45 (60.8%)	14819 (68.3%)
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1. Are you COVID-19 positive TODAY?

Yes	-	267 (1.0%)
No	66 (52.0%)	7135 (26.8%)
I do not know	41 (32.3%)	650 (2.4%)
Missing	20 (15.7%)	18540 (69.7%)

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

0-3 months	1 (0.79%)	527 (2.0%)
3-6 months	2 (1.6%)	149 (0.56%)
6-12 months	3 (2.4%)	222 (0.83%)
>1 year	7 (5.5%)	177 (0.67%)
never	43 (33.9%)	3842 (14.4%)
I do not know	47 (37.0%)	973 (3.7%)
Missing	24 (18.9%)	20702 (77.9%)

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

Yes	-	494 (1.9%)
No	66 (52.0%)	5927 (22.3%)
I do not know	41 (32.3%)	865 (3.3%)
Missing	20 (15.7%)	19306 (72.6%)