



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Iran

Dear participant,

Thank you for participating to nutritionDay worldwide in 2021. Your country report consists of the following sample size:

Number of participated center:	3
Number of participated units:	21
Number of patients:	369
Number of patients who gave consent:	361
Number of patients completing Sheet 3a:	357
Number of patients completing Sheet 3b:	355
Number of patients with 30-day outcome assessment:	337

This report compares your country data to the international reference database based on data from nutritionDay 2017-2019.

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 2022! 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	735 [528-774]	375 [213-715]
2. Total number of admissions in the hospital last year	33068 [30940-46534]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	163 [102-183]	186 [90-417]
Medical specialists	93 [62-137]	124 [54-273]
Medical non-specialists	10 [9-13]	45 [19-116]
Nurses	826 [603-1103]	440 [208-910]
Dieticians	5 [4-7]	5 [1-10]
Nutritionists	2 [1-3]	1 [0-5]
Pharmacists	4 [3-7]	8 [4-24]
Kitchen staff	28 [19-42]	32 [15-62]
Full time equivalent		
Total medical doctors	-	175 [76-394]
Medical specialists	-	121 [50-274]
Medical non-specialists	-	45 [18-138]
Nurses	-	380 [198-793]
Dieticians	-	5 [2-8]
Nutritionists	2 [2-2]	1 [0-3]
Pharmacists	-	7 [4-20]
Kitchen staff	-	30 [14-57]
4. Does the hospital have a nutrition care strategy?	3 (100%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	3 (100%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	3 (100%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	3 (100%) Yes	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	3 (100%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (100%) Yes	415 (76.4%) Yes
None	2 (66.7%) Yes	32 (5.9%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	3 (100%) Yes	296 (54.5%) Yes
Oral nutrition supplements	3 (100%) Yes	219 (40.3%) Yes
Parenteral nutrition	3 (100%) Yes	349 (64.3%) Yes
Enteral nutrition	3 (100%) Yes	327 (60.2%) Yes
Dietary counseling	3 (100%) Yes	232 (42.7%) Yes
Specific dietary interventions	3 (100%) Yes	178 (32.8%) Yes
Screening for malnutrition	1 (33.3%) Yes	195 (35.9%) Yes
Risk of malnutrition	1 (33.3%) Yes	160 (29.5%) Yes
Malnutrition (in general)	1 (33.3%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	-	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	3 (100%) Yes	264 (48.6%) Yes
Oral nutrition supplements	3 (100%) Yes	200 (36.8%) Yes
Parenteral nutrition	3 (100%) Yes	326 (60.0%) Yes
Enteral nutrition	3 (100%) Yes	310 (57.1%) Yes
Dietary counseling	3 (100%) Yes	208 (38.3%) Yes
Specific dietary interventions	3 (100%) Yes	160 (29.5%) Yes
Screening for malnutrition	1 (33.3%) Yes	162 (29.8%) Yes
Risk of malnutrition	1 (33.3%) Yes	138 (25.4%) Yes
Malnutrition (in general)	1 (33.3%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	-	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	3 (14.3%)	20.5%
Internal Medicine / Cardiology	1 (4.8%)	4.3%
Internal Medicine / Gastroenterology & hepatology	1 (4.8%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	1 (4.8%)	0.5%
Internal Medicine / Nephrology	1 (4.8%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (9.5%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	3 (14.3%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (4.8%)	1.8%
Surgery / Neurosurgery	1 (4.8%)	0.7%
Surgery / Orthopedic	2 (9.5%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	2 (9.5%)	1.4%
Gynecology / Obstetrics	1 (4.8%)	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	2 (9.5%)	13.2%
2. Number of registered inpatients at noon	20 [16-24]	24 [18-31]
3. Total bed capacity of the unit	30 [23-37]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [3-7]	3 [2-7]
Nurses	6 [4-7]	4 [3-7]
Nursing aides	3 [2-4]	2 [1-3]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	2 [1-2]	1 [0-1]
Other staff involved in patient care	4 [2-4]	1 [0-3]
In training		
Medical doctors	3 [1-4]	1 [0-3]
Medical students	9 [5-12]	0 [0-2]
Nurses	1 [0-5]	1 [0-2]

Nursing aides	0 [0-0]	0 [0-1]
Dieticians	1 [0-3]	0 [0-0]
Nutritionists	1 [0-1]	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? 19 (90.5%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 17 (81.0%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 11 (52.4%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 17 (81.0%) Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 14 (66.7%) Yes 662 (57.6%) Yes

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

At admission

No routine screening	3 (14.3%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	1 (4.8%) Yes	85 (6.3%) Yes
Weighing / BMI only	8 (38.1%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	4 (19.0%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	3 (14.3%) Yes	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	2 (9.5%) Yes	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

During hospital stay

No routine monitoring	3 (14.3%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	4 (19.0%) Yes	212 (15.8%) Yes
Weighing / BMI only	7 (33.3%) Yes	438 (32.5%) Yes
Other formal tool	6 (28.6%) Yes	378 (28.1%) Yes
I do not know	1 (4.8%) Yes	33 (2.5%) Yes
Missing	-	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 16 (80.0%) Yes 954 (85.2%) Yes

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

International guidelines	5 (31.3%) Yes	266 (27.9%) Yes
National guidelines	2 (12.5%) Yes	148 (15.5%) Yes
Standards on hospital level	4 (25.0%) Yes	355 (37.2%) Yes
Standards on unit level	1 (6.3%) Yes	58 (6.1%) Yes
Individual patient nutrition care plans	4 (25.0%) Yes	111 (11.6%) Yes
Other	-	8 (0.84%) Yes
Missing	-	8 (0.84%)

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

Watchful waiting	4 (19.0%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	4 (19.0%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	5 (23.8%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	9 (42.9%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (47.6%) Yes	739 (54.9%) Yes
Consult a medical professional	9 (42.9%) Yes	472 (35.1%) Yes
Calculate energy requirements	8 (38.1%) Yes	593 (44.1%) Yes
Calculate protein requirements	8 (38.1%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	-	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	3 (14.3%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	4 (19.0%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	4 (19.0%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (19.0%) Yes	729 (54.2%) Yes
Consult a medical professional	3 (14.3%) Yes	540 (40.1%) Yes
Calculate energy requirements	3 (14.3%) Yes	686 (51.0%) Yes
Calculate protein requirements	3 (14.3%) Yes	670 (49.8%) Yes

Every patient

Watchful waiting	8 (38.1%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	9 (42.9%) Yes	331 (24.6%) Yes
Develop an individual nutrition care plan	7 (33.3%) Yes	220 (16.3%) Yes
Initiate treatment / nutrition intervention	8 (38.1%) Yes	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (33.3%) Yes	256 (19.0%) Yes
Consult a medical professional	8 (38.1%) Yes	267 (19.8%) Yes
Calculate energy requirements	8 (38.1%) Yes	166 (12.3%) Yes
Calculate protein requirements	7 (33.3%) Yes	148 (11.0%) Yes

Never

Watchful waiting	7 (33.3%) Yes	95 (7.1%) Yes
Discuss nutrition care activities during ward rounds	4 (19.0%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	4 (19.0%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	3 (14.3%) Yes	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (9.5%) Yes	20 (1.5%) Yes
Consult a medical professional	3 (14.3%) Yes	124 (9.2%) Yes
Calculate energy requirements	4 (19.0%) Yes	120 (8.9%) Yes
Calculate protein requirements	4 (19.0%) Yes	139 (10.3%) Yes

I do not know

Watchful waiting	2 (9.5%) Yes	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	2 (9.5%) Yes	49 (3.6%) Yes
Develop an individual nutrition care plan	1 (4.8%) Yes	43 (3.2%) Yes
Initiate treatment / nutrition intervention	-	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	39 (2.9%) Yes
Consult a medical professional	-	96 (7.1%) Yes
Calculate energy requirements	-	68 (5.1%) Yes
Calculate protein requirements	1 (4.8%) Yes	75 (5.6%) Yes

13. When do you routinely weigh your patients?

at admission	16 (76.2%) Yes	878 (65.2%) Yes
Within 24 hours	2 (9.5%) Yes	203 (15.1%) Yes
Within 48 hours	2 (9.5%) Yes	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	1 (4.8%) Yes	631 (46.9%) Yes
Occasionally	3 (14.3%) Yes	153 (11.4%) Yes
When requested	3 (14.3%) Yes	707 (52.5%) Yes
At discharge	-	65 (4.8%) Yes
Never	2 (9.5%) Yes	12 (0.89%) Yes
I do not know	-	8 (0.59%) Yes
No answer given	-	64 (4.8%)

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

Offer additional meals or in between snacks	11 (52.4%) Yes	1043 (77.5%) Yes
Offer meal choices	2 (9.5%) Yes	989 (73.5%) Yes
Offer different portion sizes	5 (23.8%) Yes	900 (66.9%) Yes
Consider food presentation	3 (14.3%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	8 (38.1%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	11 (52.4%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (4.8%) Yes	399 (29.6%) Yes
Promote positive eating environment	-	493 (36.6%) Yes
Consider cultural/religious preferences	1 (4.8%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	6 (28.6%) Yes	1163 (86.4%) Yes

Other	4 (19.0%) Yes	101 (7.5%) Yes
I do not know	-	23 (1.7%) Yes
No answer given	-	64 (4.8%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	16 (76.2%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	5 (23.8%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	1 (4.8%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	3 (14.3%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	7 (33.3%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	2 (9.5%) Yes	59 (4.4%) Yes
No answer given	-	196 (14.6%)
16. At admission what is asked and documented?		
Change in weight	17 (81.0%) Yes	985 (73.2%) Yes
Eating habits/difficulties	13 (61.9%) Yes	932 (69.2%) Yes
Nutrition before admission	10 (47.6%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	-	196 (14.6%)
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	16 (76.2%) Yes	965 (71.7%) Yes
nutrition treatment	9 (42.9%) Yes	759 (56.4%) Yes
None	1 (4.8%) Yes	53 (3.9%) Yes
I do not know	1 (4.8%) Yes	40 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	10 (47.6%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	11 (52.4%) Yes	775 (57.6%) Yes
None	2 (9.5%) Yes	112 (8.3%) Yes
I do not know	2 (9.5%) Yes	136 (10.1%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	7 (36.8%) Yes	475 (44.9%) Yes
19. Who filled in this sheet?		
Head staff	9 (42.9%) Yes	369 (27.4%) Yes

Dietician	9 (42.9%) Yes	641 (47.6%) Yes
Nurse	9 (42.9%) Yes	339 (25.2%) Yes
Physician	-	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	-	87 (6.5%) Yes
None	-	-
I do not know	-	16 (1.2%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	361	24938
Age	53 [38-65]	67 [52-79]
Female	171 (47.4%)	12350 (49.5%)
Weight	68.1±14.3	70.6±18.8
Height	165±10	166±10
BMI	25.1±5.8	25.6±5.9

1. This hospital admission was...

planned	151 (41.8%)	8897 (35.7%)
an emergency	192 (53.2%)	14095 (56.5%)
I do not know	18 (5.0%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	34 (9.4%)	2401 (9.6%)
0200 Neoplasms	36 (10.0%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	21 (5.8%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	15 (4.2%)	3135 (12.6%)
0500 Mental health	1 (0.28%)	1229 (4.9%)
0600 Nervous system	3 (0.83%)	2384 (9.6%)
0700 Eye and adnexa	1 (0.28%)	314 (1.3%)
0800 Ear and mastoid process	5 (1.4%)	143 (0.57%)
0900 Circulatory system	33 (9.1%)	5456 (21.9%)
1000 Respiratory system	45 (12.5%)	3828 (15.4%)
1100 Digestive system	90 (24.9%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	6 (1.7%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	40 (11.1%)	4086 (16.4%)
1400 Genitourinary system	34 (9.4%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	17 (4.7%)	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	22 (6.1%)	1374 (5.5%)
1900 Injury, poisoning	20 (5.5%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	13 (3.6%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	1 (0.28%)	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	51 (14.9%)	4815 (20.0%)
Myocardial infarction	11 (3.2%)	1295 (5.4%)
Chronic lung disease	20 (5.9%)	3095 (12.9%)
Cerebral vascular disease	4 (1.2%)	2104 (8.8%)
Peripheral vascular disease	34 (9.9%)	2576 (10.7%)
Chronic liver disease	14 (4.1%)	1387 (5.8%)
Chronic kidney disease	42 (12.2%)	2780 (11.6%)
Diabetes	82 (23.5%)	5493 (22.8%)
Cancer	54 (15.8%)	5291 (22.0%)
Infection	29 (8.6%)	3401 (14.2%)
Dementia	2 (0.59%)	1201 (5.0%)
Major depressive disorder	6 (1.8%)	1146 (4.8%)
Other chronic mental disorder	4 (1.2%)	1129 (4.7%)
Other chronic disease	75 (21.8%)	6182 (25.7%)
None	101 (28.0%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	85 (23.5%)	4588 (18.4%)
Yes, acute	51 (14.1%)	1540 (6.2%)
No	220 (60.9%)	15619 (62.6%)
I do not know	1 (0.28%)	235 (0.94%)
Missing	4 (1.1%)	2956 (11.9%)

Days since operation	3 [1-5]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	31 (8.6%)	1928 (7.7%)
Yes, later	41 (11.4%)	1364 (5.5%)
No	280 (77.6%)	17466 (70.0%)
I do not know	2 (0.55%)	777 (3.1%)
Missing	7 (1.9%)	3403 (13.6%)

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

41 (11.4%)	2367 (10.6%)
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6. Is this patient terminally ill?

9 (2.5%)	1518 (6.1%)
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7. Fluid status

Normal	309 (85.6%)	19053 (76.4%)
Overloaded	-	1296 (5.2%)
Dehydrated	39 (10.8%)	1231 (4.9%)
I do not know	13 (3.6%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	30 (8.3%)	3162 (12.7%)
At risk	79 (21.9%)	4616 (18.5%)
No	239 (66.2%)	15318 (61.4%)
I do not know	13 (3.6%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	209 (57.9%)	8176 (32.8%)
5% Glucose solution	90 (24.9%)	2128 (8.5%)

11. Number of ONS drinks planned

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

Regular hospital food	209 (57.9%)	15131 (60.7%)
Fortified/enriched hospital food	8 (2.2%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	18 (5.0%)	4070 (16.3%)
Enteral nutrition	6 (1.7%)	1106 (4.4%)
Parenteral nutrition	10 (2.8%)	1022 (4.1%)
Special diet	87 (24.1%)	7501 (30.1%)
None	53 (14.7%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	2 (0.55%)	2136 (9.6%)
Peripheral venous access	180 (49.9%)	11129 (49.9%)
Nasogastric	9 (2.5%)	528 (2.4%)
Nasojejunal	2 (0.55%)	115 (0.52%)
Nasoduodenal	2 (0.55%)	82 (0.37%)
Enterostoma	1 (0.28%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	4 (1.1%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.28%)	91 (0.41%)
None	175 (48.5%)	11685 (46.9%)

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

Yes, previously	4 (1.1%)	352 (1.4%)
Yes, ongoing	2 (0.55%)	210 (0.84%)
No	326 (90.3%)	18650 (74.8%)
I do not know	6 (1.7%)	2030 (8.1%)
Missing	23 (6.4%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	155 (42.9%)	8591 (38.5%)
Protein requirements were determined	148 (41.0%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	143 (39.6%)	9521 (42.7%)
Nutrition treatment plan was developed	144 (39.9%)	8177 (36.6%)
Nutrition expert was consulted	134 (37.1%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	135 (37.4%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	17 (4.7%)	783 (3.1%)
500-999 kcal	2 (0.55%)	194 (0.78%)
1000-1499 kcal	45 (12.5%)	1956 (7.8%)
1500-1999 kcal	167 (46.3%)	7632 (30.6%)
>=2000 kcal	73 (20.2%)	2380 (9.5%)
Not determined	55 (15.2%)	7419 (29.7%)
I do not know	2 (0.55%)	1959 (7.9%)
Missing	-	2615 (10.5%)

15b. Energy intake

< 500 kcal	76 (21.1%)	1316 (5.3%)
500-999 kcal	49 (13.6%)	938 (3.8%)
1000-1499 kcal	41 (11.4%)	2996 (12.0%)
1500-1999 kcal	92 (25.5%)	5568 (22.3%)
>=2000 kcal	25 (6.9%)	1218 (4.9%)
Not determined	78 (21.6%)	7394 (29.6%)
I do not know	-	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	188 (52.1%)	11443 (45.9%)
Deteriorated	38 (10.5%)	1219 (4.9%)
Remained the same	90 (24.9%)	6079 (24.4%)
This patient has just been admitted	32 (8.9%)	1466 (5.9%)
I do not know	13 (3.6%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	12 [6-23]	12 [6-23]
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Outcome Code

1= Still in the hospital	23 (6.4%)	2515 (10.1%)
2= Transferred to another hospital	4 (1.1%)	534 (2.1%)

3= Transferred to long term care	4 (1.1%)	1049 (4.2%)
4= Rehabilitation	-	871 (3.5%)
5= Discharged home	279 (77.3%)	18594 (74.6%)
6= Death	26 (7.2%)	785 (3.1%)
7= Others	1 (0.28%)	410 (1.6%)
Missing	24 (6.6%)	180 (0.72%)

Readmitted since nutritionDay

1= No	259 (82.7%)	16760 (76.8%)
2= Yes, same hospital planned	20 (6.4%)	1458 (6.7%)
3= Yes, same hospital unplanned	7 (2.2%)	1363 (6.2%)
4= Yes, different hospital planned	4 (1.3%)	114 (0.52%)
5= Yes, different hospital unplanned	4 (1.3%)	114 (0.52%)
6= Unknown	1 (0.32%)	481 (2.2%)
Missing	14 (4.5%)	1471 (6.7%)

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	310 (86.8%)	15402 (63.5%)
I am vegetarian	2 (0.56%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	21 (5.9%)	3626 (14.9%)
I avoid carbohydrates	7 (2.0%)	1383 (5.7%)
I eat a low fat-diet	30 (8.4%)	2463 (10.2%)
I am lactose intolerant	-	809 (3.3%)
Other special diet due to intolerances/allergies	-	416 (1.7%)
Other	24 (6.7%)	1608 (6.6%)
No answer given	1 (0.28%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	318 (89.1%)	19123 (78.8%)
In a nursing home or other live-in facility	4 (1.1%)	762 (3.1%)
I was transferred from another hospital	30 (8.4%)	1370 (5.6%)
Other	2 (0.56%)	330 (1.4%)
Missing	3 (0.84%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	201 (56.3%)	13831 (57.0%)
Yes, with someone's help	68 (19.0%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	11 (3.1%)	3228 (13.3%)
No, I have a wheelchair	21 (5.9%)	852 (3.5%)
No, I am bedridden	51 (14.3%)	1317 (5.4%)
Missing	5 (1.4%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	13 (3.6%)	1712 (7.1%)
Good	141 (39.5%)	7821 (32.2%)
Fair	113 (31.7%)	8148 (33.6%)
Poor	76 (21.3%)	3099 (12.8%)
Very poor	9 (2.5%)	710 (2.9%)
Missing	5 (1.4%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [1-6]	5 [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?	5 [1-12]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	102 (28.6%)	4416 (18.2%)
3-5	86 (24.1%)	5773 (23.8%)
More than 5	73 (20.4%)	6835 (28.2%)
None	85 (23.8%)	3630 (15.0%)
I do not know	6 (1.7%)	820 (3.4%)
Missing	5 (1.4%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	33 (9.2%)	3823 (15.8%)
Yes, public insurance only	281 (78.7%)	11203 (46.2%)
Yes, both	4 (1.1%)	2662 (11.0%)
None	28 (7.8%)	2485 (10.2%)
I prefer not to answer	5 (1.4%)	986 (4.1%)
Missing	6 (1.7%)	3100 (12.8%)

8. What was your weight 5 years ago?	72 [60-80]	72 [62-85]
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I do not know	168 (47.1%)	5440 (22.4%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	16 (4.5%)	2202 (9.1%)
Yes, unintentionally	158 (44.3%)	9411 (38.8%)
No, my weight stayed the same	101 (28.3%)	7247 (29.9%)
No, I gained weight	22 (6.2%)	2760 (11.4%)
I do not know	57 (16.0%)	2195 (9.0%)
Missing	3 (0.84%)	444 (1.8%)

9b. If yes, how many kg did you lose?	5 [4-10]	6 [4-10]
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I do not know	28 (16.1%)	1851 (15.9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)	145 (41.9%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	135 (37.9%)	12540 (58.3%)
... were informed about your nutrition status	100 (28.1%)	7803 (36.5%)
... were informed about nutrition care options	98 (27.7%)	7174 (33.6%)
... received special nutrition care	98 (27.7%)	6955 (32.7%)

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

More than normal	20 (5.6%)	1099 (4.5%)
Normal	189 (53.2%)	14509 (60.0%)

About 3/4 of normal	33 (9.3%)	2651 (11.0%)
About half of normal	60 (16.9%)	3062 (12.7%)
About a quarter to nearly nothing	46 (13.0%)	2263 (9.4%)
I do not know	3 (0.85%)	231 (0.96%)
Missing	4 (1.1%)	362 (1.5%)

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

Very satisfied	63 (17.7%)	5394 (22.3%)
Somewhat satisfied	134 (37.7%)	7204 (29.8%)
Neutral	49 (13.8%)	4214 (17.4%)
Dissatisfied	48 (13.5%)	1854 (7.7%)
Very dissatisfied	11 (3.1%)	673 (2.8%)
I do not know	43 (12.1%)	1694 (7.0%)
Missing	7 (2.0%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	93 (26.2%)	2177 (9.0%)
Yes, from hospital staff	16 (4.5%)	1475 (6.1%)
No	227 (63.9%)	16830 (69.6%)
I do not know	5 (1.4%)	282 (1.2%)
Missing	14 (3.9%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	200 (59.2%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	88 (24.8%)	11133 (46.0%)
1/2	114 (32.1%)	6143 (25.4%)
1/4	79 (22.3%)	3103 (12.8%)
Nothing	50 (14.1%)	2802 (11.6%)
Missing	24 (6.8%)	996 (4.1%)

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

Standard	186 (52.4%)	13732 (56.8%)
Smaller	50 (14.1%)	2093 (8.7%)
Larger	39 (11.0%)	1046 (4.3%)
I do not know	31 (8.7%)	2302 (9.5%)
Missing	49 (13.8%)	5004 (20.7%)

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

I did not like the type of food offered	32 (13.2%)	1945 (16.1%)
I did not like the smell/taste of the food	25 (10.3%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	2 (0.82%)	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	5 (2.1%)	281 (2.3%)
Due to food allergy/intolerance	4 (1.6%)	105 (0.87%)
I was not hungry at that time	17 (7.0%)	1991 (16.5%)
I do not have my usual appetite	87 (35.8%)	3586 (29.8%)
I have problems chewing/swallowing	9 (3.7%)	716 (5.9%)
I normally eat less than what was served	8 (3.3%)	1383 (11.5%)
I had nausea/vomiting	20 (8.2%)	984 (8.2%)
I was too tired	10 (4.1%)	740 (6.1%)
I cannot eat without help	4 (1.6%)	191 (1.6%)
I was not allowed to eat	32 (13.2%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	6 (2.5%)	733 (6.1%)
I did not get requested food	2 (0.82%)	124 (1.0%)
No answer given	54 (22.2%)	1823 (15.1%)

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

Water	2 [2-4]	3 [2-6]
Tea	2 [1-3]	1 [0-3]
Coffee	0 [0-0]	1 [1-2]
Milk	1 [1-1]	1 [0-1]
Fruit juice	1 [1-2]	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) 129 (43.3%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	21 (16.3%)	1820 (31.2%)
Salty snacks	8 (6.2%)	645 (11.1%)
Homemade food	39 (30.2%)	896 (15.4%)
Fruits	55 (42.6%)	2357 (40.4%)
Dairy products	12 (9.3%)	686 (11.8%)
Food delivered/restaurant	9 (7.0%)	272 (4.7%)
Sandwich	6 (4.7%)	347 (6.0%)
Other	9 (7.0%)	795 (13.6%)

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

Increased	35 (9.9%)	3329 (13.8%)
Decreased	170 (47.9%)	6808 (28.2%)
Stayed the same	124 (34.9%)	9055 (37.5%)
I do not know	13 (3.7%)	1479 (6.1%)
Missing	13 (3.7%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	132 (37.2%)	10558 (43.7%)
Weaker than at admission	78 (22.0%)	4610 (19.1%)
Same as at admission	114 (32.1%)	6833 (28.3%)
I was admitted today	8 (2.3%)	576 (2.4%)
I do not know	21 (5.9%)	1178 (4.9%)
Missing	2 (0.56%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	163 (45.9%)	14229 (58.9%)
No, only with assistance	114 (32.1%)	5989 (24.8%)
No, I stay in bed	70 (19.7%)	2912 (12.0%)
Missing	8 (2.3%)	1047 (4.3%)

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

280 (79.5%) 13801 (65.2%)

1. Are you COVID-19 positive TODAY?		
Yes	17 (4.7%)	-
No	316 (87.5%)	-
I do not know	27 (7.5%)	-
Missing	1 (0.28%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	28 (7.8%)	-
3-6 months	15 (4.2%)	-
6-12 months	24 (6.6%)	-
>1 year	25 (6.9%)	-
never	256 (70.9%)	-
I do not know	9 (2.5%)	-
Missing	4 (1.1%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	28 (7.8%)	-
No	313 (86.7%)	-
I do not know	15 (4.2%)	-
Missing	5 (1.4%)	-