Welcome to nutritionDay worldwide!

nutritionDay

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Join on **Nov 9th 2023** the international audit on **nutrition care in healthcare institutions**

Benchmark and **monitor** the nutrition care in your hospital or nursing home and your patients' nutrition risk profile.
FREE unit report with a comparison to the worldwide reference in the same specialty!
Participation free of costs

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Rationale

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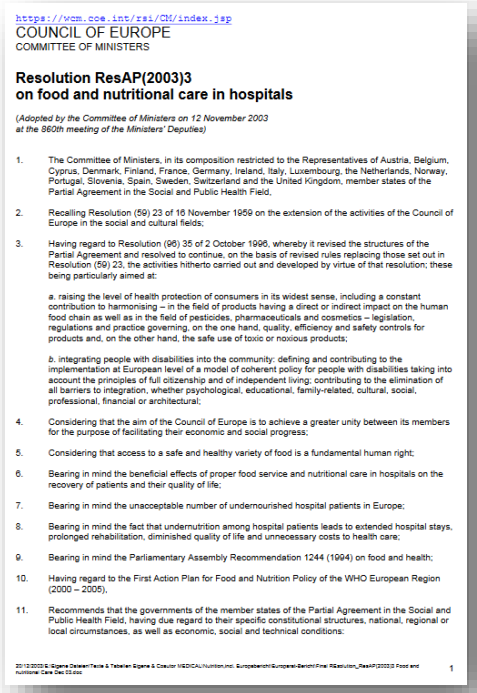
nutritionDay is based on the **Resolution ResAP(2003)3 on food and nutritional care in hospitals** which was adopted by the Council of Europe in 2003.



https://wcm.coe.int/rsi/CM/index.jsp
COUNCIL OF EUROPE
COMMITTEE OF MINISTERS

Resolution ResAP(2003)3
on food and nutritional care in hospitals

(Adopted by the Committee of Ministers on 12 November 2003 at the 860th meeting of the Ministers' Deputies)

1. The Committee of Ministers, in its composition restricted to the Representatives of Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Ireland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Slovenia, Spain, Sweden, Switzerland and the United Kingdom, member states of the Partial Agreement in the Social and Public Health Field,

2. Recalling Resolution (59) 23 of 16 November 1959 on the extension of the activities of the Council of Europe in the social and cultural fields;

3. Having regard to Resolution (96) 35 of 2 October 1996, whereby it revised the structures of the Partial Agreement and resolved to continue, on the basis of revised rules replacing those set out in Resolution (59) 23, the activities hitherto carried out and developed by virtue of that resolution; these being particularly aimed at:

   a. raising the level of health protection of consumers in its widest sense, including a constant contribution to harmonising – in the field of products having a direct or indirect impact on the human food chain as well as in the field of pesticides, pharmaceuticals and cosmetics – legislation, regulations and practice governing, on the one hand, quality, efficiency and safety controls for products and, on the other hand, the safe use of toxic or noxious products;

   b. integrating people with disabilities into the community: defining and contributing to the implementation at European level of a model of coherent policy for people with disabilities taking into account the principles of full citizenship and of independent living; contributing to the elimination of all barriers to integration, whether psychological, educational, family-related, cultural, social, professional, financial or architectural;

4. Considering that the aim of the Council of Europe is to achieve a greater unity between its members for the purpose of facilitating their economic and social progress;

5. Considering that access to a safe and healthy variety of food is a fundamental human right;

6. Bearing in mind the beneficial effects of proper food service and nutritional care in hospitals on the recovery of patients and their quality of life;

7. Bearing in mind the unacceptable number of undernourished hospital patients in Europe;

8. Bearing in mind the fact that undernutrition among hospital patients leads to extended hospital stays, prolonged rehabilitation, diminished quality of life and unnecessary costs to health care;

9. Bearing in mind the Parliamentary Assembly Recommendation 1244 (1994) on food and health;

10. Having regard to the First Action Plan for Food and Nutrition Policy of the WHO European Region (2000 – 2005),

11. Recommends that the governments of the member states of the Partial Agreement in the Social and Public Health Field, having due regard to their specific constitutional structures, national, regional or local circumstances, as well as economic, social and technical conditions:

20/12/2003 E:\Eigene Dateien\Texte & Tabellen Eigene & Coautor MEDICAL\Nutrition.Incl. Europebericht\Europerat-Bericht Final REsolution_ResAP(2003)3 Food and nutritional Care Dec 03.doc 1

15-40% of hospitalised patients are „**malnourished**“

Various **scoring** systems exhist but **none** includes validated **outcome**

„hospital malnutrition“
„malnutrition of the elderly“
„disease related undernutrition“

major problems in healthcare institutions identified by experts

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From ResAP(2003) to nDay

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- **More** is needed to **understand** about:
  - Hot spots within hospitals and nursing homes
  - Malnutrition Variability in units
  - Malnutrition Risk groups
- Have **up-to-date** local, regional and national data that **can be compared**
- Generate **awareness on disease-related malnutrition in healthcare institutions**
- Create a community that speaks **a similar language** and may produce new evidence together

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The idea of nDay is born in 2005

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What is nutritionDay?

nutritionDay is a worldwide initiative aiming to raise **awareness on disease-related malnutrition** in healthcare institutions and to enhance the quality of nutrition care

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What is nutritionDay?

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nutritionDay is carried out **every year in November** as a **1-day cross-sectional audit**, and it represents one of the largest international databases of hospitalized patients.

Join the worldwide 1-day audit on nutritional care

Together for a better nutritional care

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On a specific day, nDay, hospital wards and nursing homes around the world collect their unit's **anonymized** data and upload them to the **nDay worldwide database.**

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What is nutritionDay?

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On a specific day, nDay, hospital wards and nursing homes around the world collect their unit's **anonymized** data and upload them to the **nDay worldwide database.**

Participing units receive a free **multidata graphical report** which compares unit's results to a worldwide reference. The report shows specific **quality indicators** of nutrition care and sets the basis for **benchmarking** and continuous monitoring of nutrition care within the unit.

Join the worldwide 1-day audit on nutritional care

Together for a better nutritional care

Hospital Oncology ICU Nursing Homes

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nDay KEY Elements

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healthcare institutions
nDay is performed in hospitals and nursing homes

one day audit
Data collection takes placeevery year in November on one scheduled day worldwid

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free of costs
All necessary documents are downloadable from nDay website

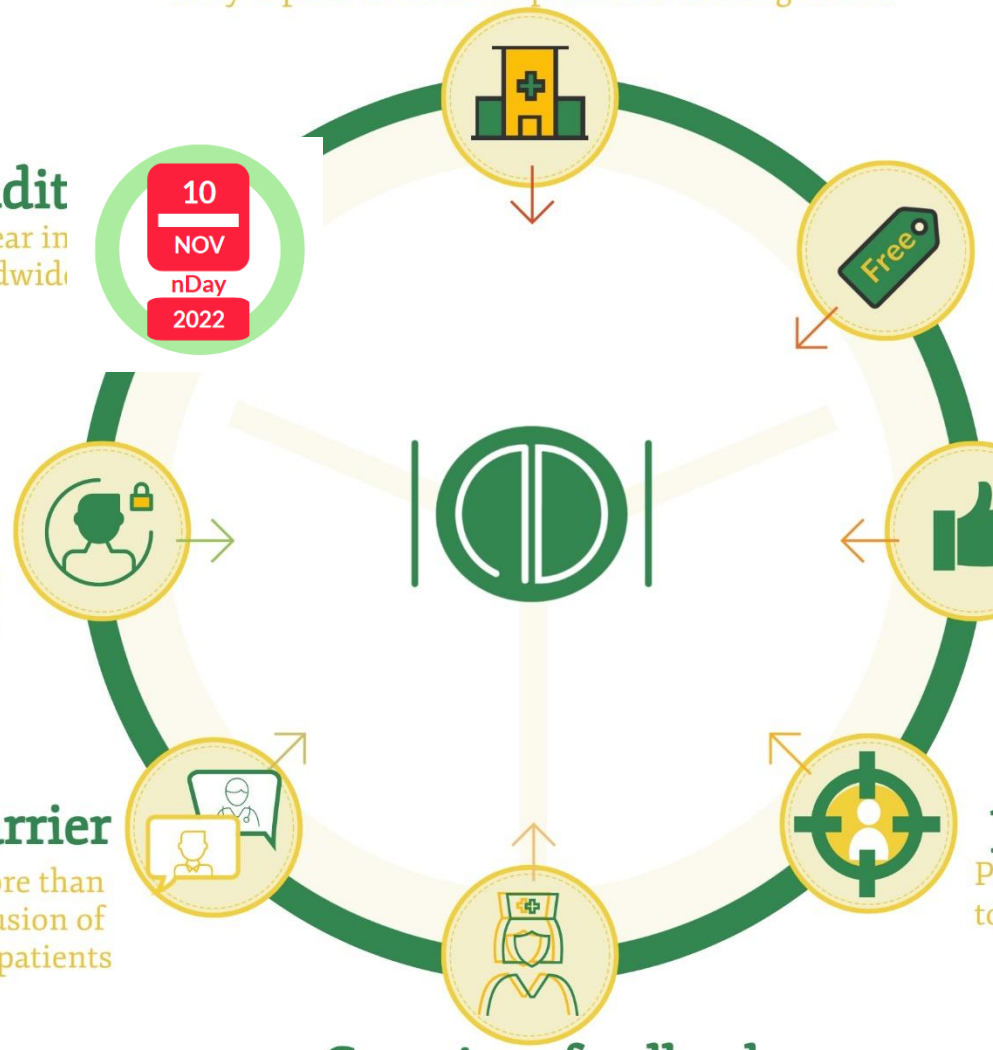
Easy
No special knowledge is needed for the implementation of the project

patient centered
Patients are directly involved in responding to one questionnaire

Caregiver feedback
On patient's nutritional status, disease and outcome

no language barrier
questionnaires are available in more than 30 languages thus enabling inclusion of minority groups of patients

Anonymity
Name and details of the participating centers and units are encoded.



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nutritionDay 2006-2021

from an idea to a worldwide initiative

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2006-2021

71 Countries Worldwide

+8000 Units

281000 Patients and Residents

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nDay Mission and Vision

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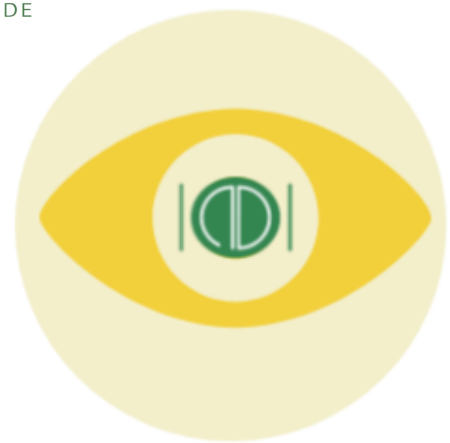

our Vision

nutritionDay adopted as a **standard tool**
to monitor malnutrition worldwide
in healthcare institutions.

Malnutrition as a public health concern
in healthcare institutes discussed
at a political /national level.

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our Mission

Improve patient safety
by monitoring quality of healthcare.

Raising awareness and knowledge
about disease-related malnutrition and
nutrition care worldwide.

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THE nutritionDay CONCEPT

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nutritionDay is a 1-day data collection performed in hospitals and nursing homes

Collect Data

Data collection is performed on nDay. Data entered into the nDay worldwide database

Get Unit Report

Compare your unit's data to a worldwide reference in your same specialty. Download free graphical reports.

Benchmarking

Benchmark your unit over time, discuss the nutrition care plan with your team, use nDay as tool for quality assessment

Get Certificate

Obtain the nDay Certificate for a ward and personalised for the nDay coordinator. Reach quality standards in data collections

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THE nutritionDay CONCEPT

nutritionDay is a 1-day data collection performed in hospitals and nursing homes

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Collect Data

Data collection is performed on nDay. Data entered into the nDay worldwide database

Data collection on nDay
Data entry into database + outcome entry!

Quality Criteria in data collection:
1. A minimum of **8 patients/unit** have to be included in nDay
2. A minimum of **60% of all patients** present on nDay have to be included in nDay.
3. A minimum of **80% of patients** that have participated in nutritionDay have to be included in the **outcome evaluation** 30/60/180 days after nDay, depending on nDay category.

Get Certificate

Obtain the nDay Certificate for a ward and personalised for the nDay coordinator. Reach quality standards in data collections

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nutritionDay questionnaires

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Questionnaires exist for 4 settings (in +30 languages)

Hospital | Oncology | ICU | Nursing Homes

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nutritionDay questionnaires

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nDay Category

Filled out by	Sheets	Hospital	HospitalExpress	Oncology	ICU	Nursing Homes
	Hospital Structure Hospital organisation					
	Unit Structure Unit organisation					
	About Patient Diagnose, Treatment and Nutrition Care therapy					
	Patient questionnaire Food/beverage intake on nDay, mobility, health status					
	Outcome Evaluation 30/60/180 days after nDay					
	COVID-19 current and past infections					

NEW!!

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nutritionDay Unit Reports

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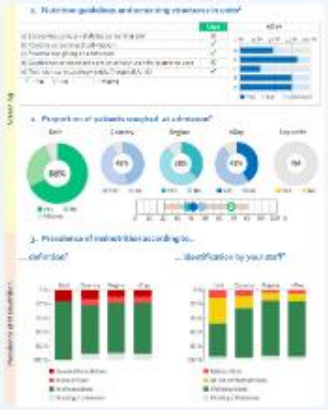
Hospital

HospitalExpress

Oncology

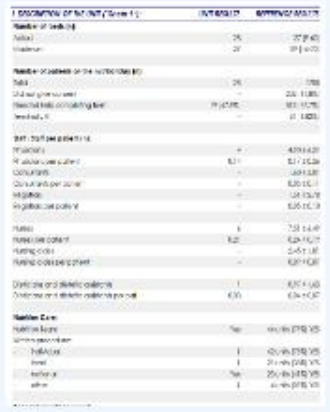
ICU

Nursing Homes

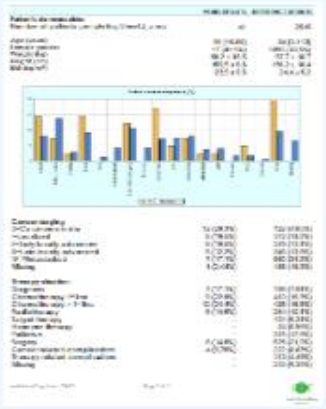


Smart Report

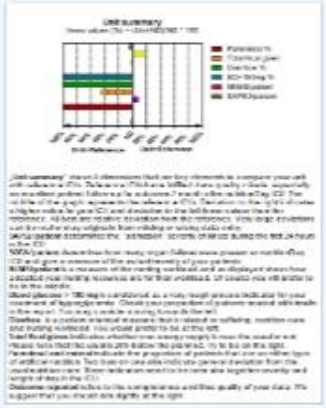
New 2018



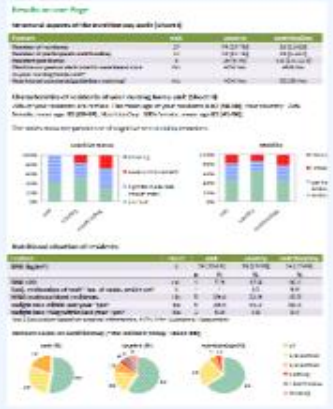
Numerical Report



Oncology Report



ICU Report



Nursing Homes Report

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nutritionDay National Reports

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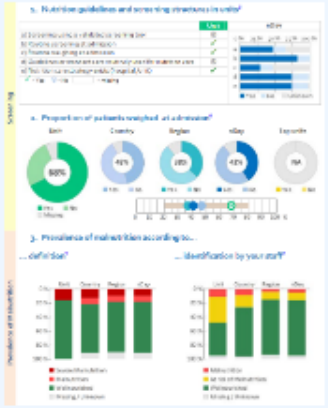
Hospital

Hospital

National Report



Smart Report

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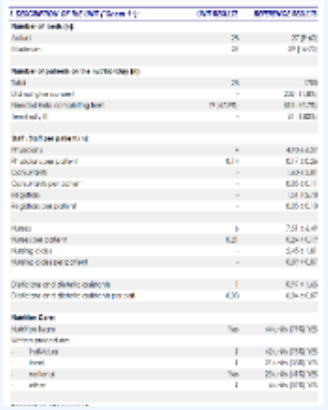
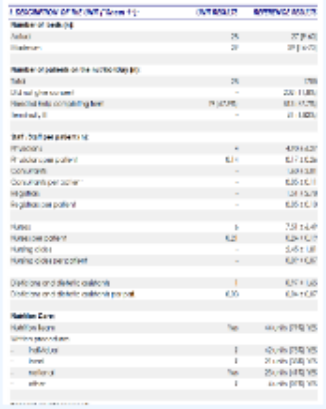


Numerical Report



National Report

https://www.nutritionday.org/en/about-nday/**national-reports**/index.html

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Summary on nDay

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nutritionDay is a **simple** and **free** tool to:

- quantify the **prevalence** of nutrition risk in hospitals and nursing homes units
- Includes collection of Patients‘outcome (30, 60 or 180 days after nDay)
- **Participating Units** receive a report with worldwide comparison (reference data)
- Ideally it can be an action at national level on 1 specific day

Evaluation of interventions to modify clinical nutrition care **is possible**

- Ask **history** at patient‘s admission
- Ask patients about their food intake in the previous week (weight loss?)
- **Monitor** and **record** food intake daily (like measuring temperature)

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Benefits on nDay participation

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Quality safety **Benchmarking** **Certification**

- promote good nutrition care in your institution
- Increase awareness for malnutrition in your facility
- Monitor the development of the nutritional situation of patients/residents
- Compare your facility data to others worldwide
- Open discussion with the team on strategies for improvement
- Basis for an active partnership between patients and caregivers

Use nutritionDay as tool for quality safety and benchmarking in your unit, every year.

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How to participate to nDay

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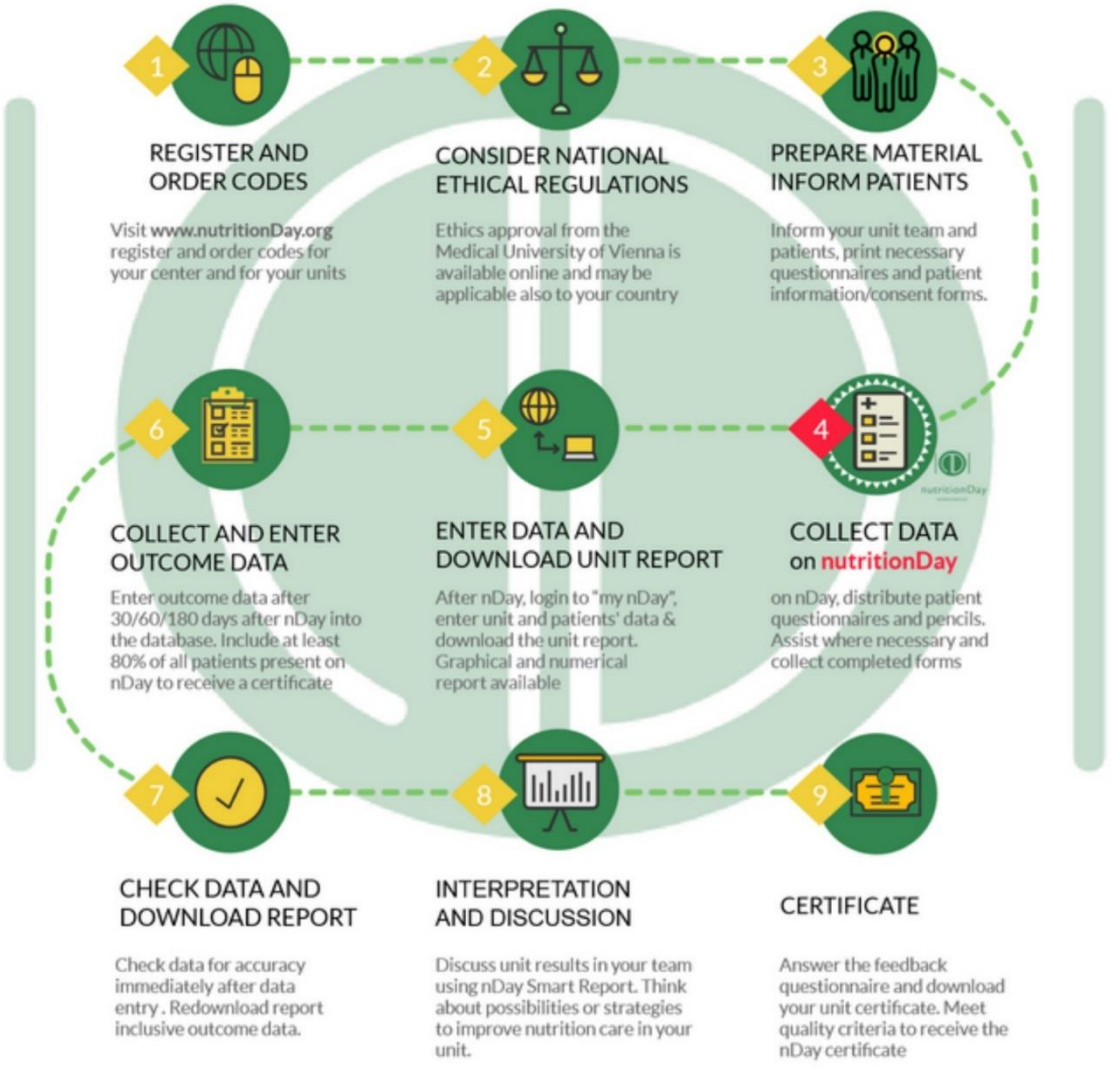
EASY STEPS



- Check the EASY STEPS for participation
- Go to www.nutritionDay.org
- Participation is free of costs and achived with a functioning email address
- Check the step-by-step guidance for the different categories

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Guided participation to nDay

Through step-by-step guidance

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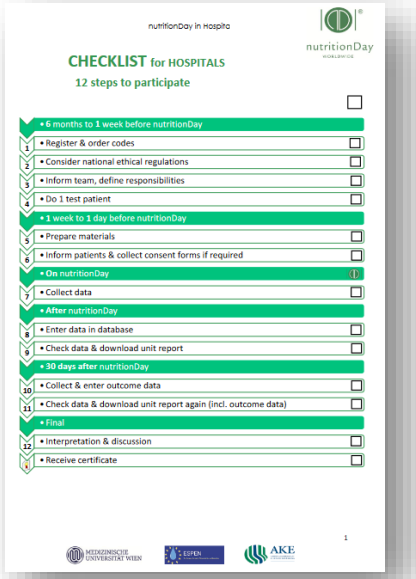
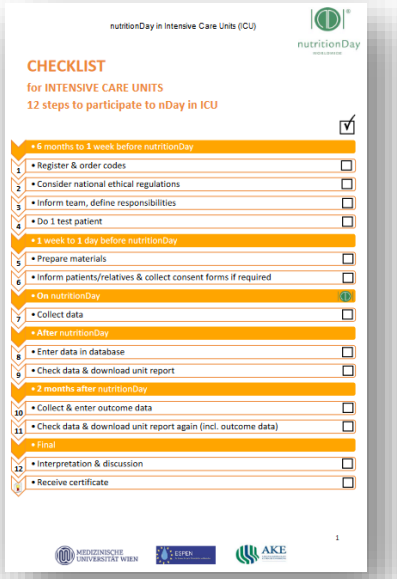
STEP-BY-STEP GUIDANCE

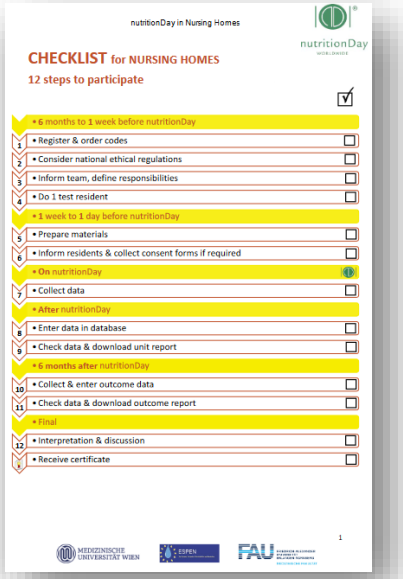
HOSPITAL



ICU



NURSING HOMES



STEP-BY-STEP GUIDANCE

All categories

REGISTRATION to nDay

CODEs ORDERING

DATA ENTRY and REPORT DOWNLOAD

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nDay Registration (1)

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www.nutritionDay.org

1.Click on „**Registration**“ to register to nDay

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nDay Registration (2)

Please fill in highlighted fields

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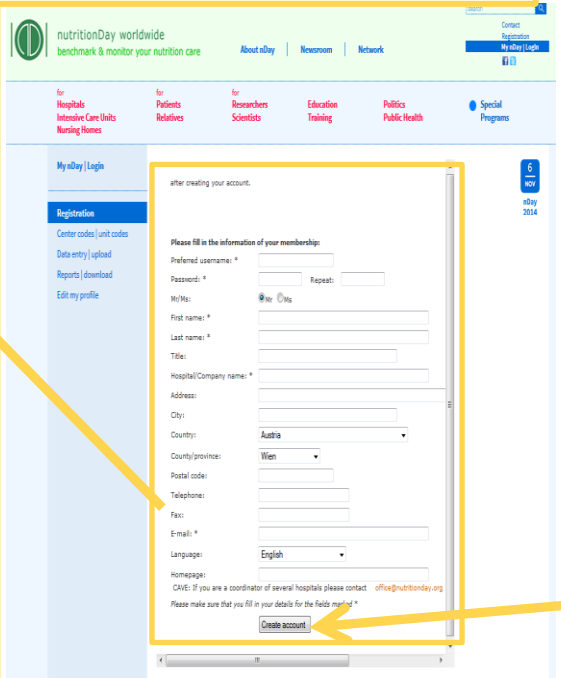
1.Enter your **personal data**

Preferred username:	choose a username (min 6 characters)
Password:	choose a password (min 5 characters)
Repeat:	repeat password
First Name:	enter your first name
Last Name:	enter your last/family name
Title:	degree
Hospital name:	name of your institution
Address:	address (street, number)
City:	city in which the institution is located
Country:	select your country
County/province:	federal state
Postal code:	postcode without country indicator
Telephone:	phone number, for contact during workday incl. international area code
Fax:	fax number incl. international area code
E-mail:	your email address (you need a valid email to confirm registration and get your unit report for benchmarking)
Language:	fill in the language preferred for the questionnaires
Homepage:	fill in the homepage of your institution, if available



2. Click on „**Create Account**“

- You will receive a **confirmation e-mail** of validation to your above mentioned e-mail address.

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nDay Registration (3)

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Dear [redacted]

Confirmation email

Thank you for your application to become a member of NUTRITIONDAY. Everyone is welcome to browse around our website but you will need to confirm your membership to have unrestricted access to all areas.To confirm your membership please click on this link:

http://nutritionday.org/?RDCT=d2730220511f53e49feb

Or copy and paste it into your browser.

If, for any reason, you do not wish to co
link:

http://nutritionday.org/?RDCT=736c651

Or copy and paste it into your browser.

Please forgive us for any inconvenience we may have caused you.

Kind regards,

nutritionDay.org

3. Click **on link** to confirm email

Dear [redacted]

Thank you for registering with **NUTRITIONDAY.**

Your membership [redacted] has been confirmed.

Your e-mail address [redacted] has been added to our list.

You may now enter with your username [redacted] and your password:

Preferred username: [redacted]

Password: ●●●●●●●●●

Enter

4. Click „**Enter**“ to complete the registration process

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nDay codes ordering (1)

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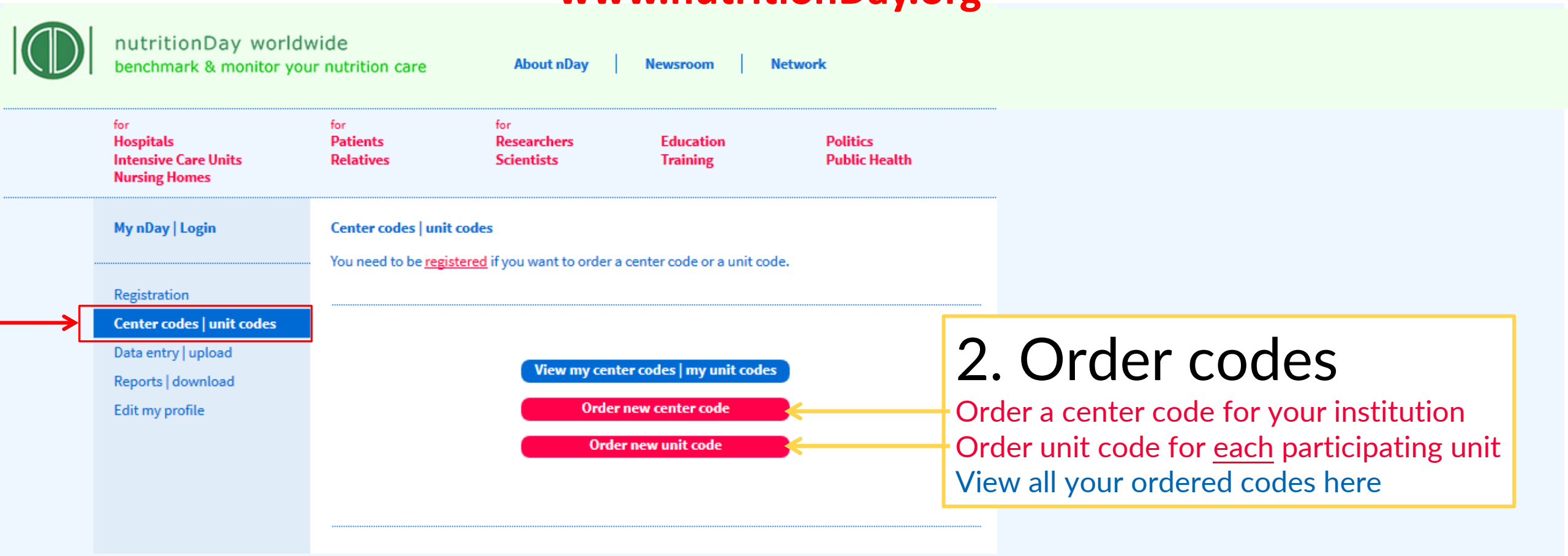
www.nutritionDay.org

1.Click on
„my nDay Login“

nDay codes ordering (2)

www.nutritionDay.org



2. Order codes

Order a center code for your institution

Order unit code for each participating unit

View all your ordered codes here

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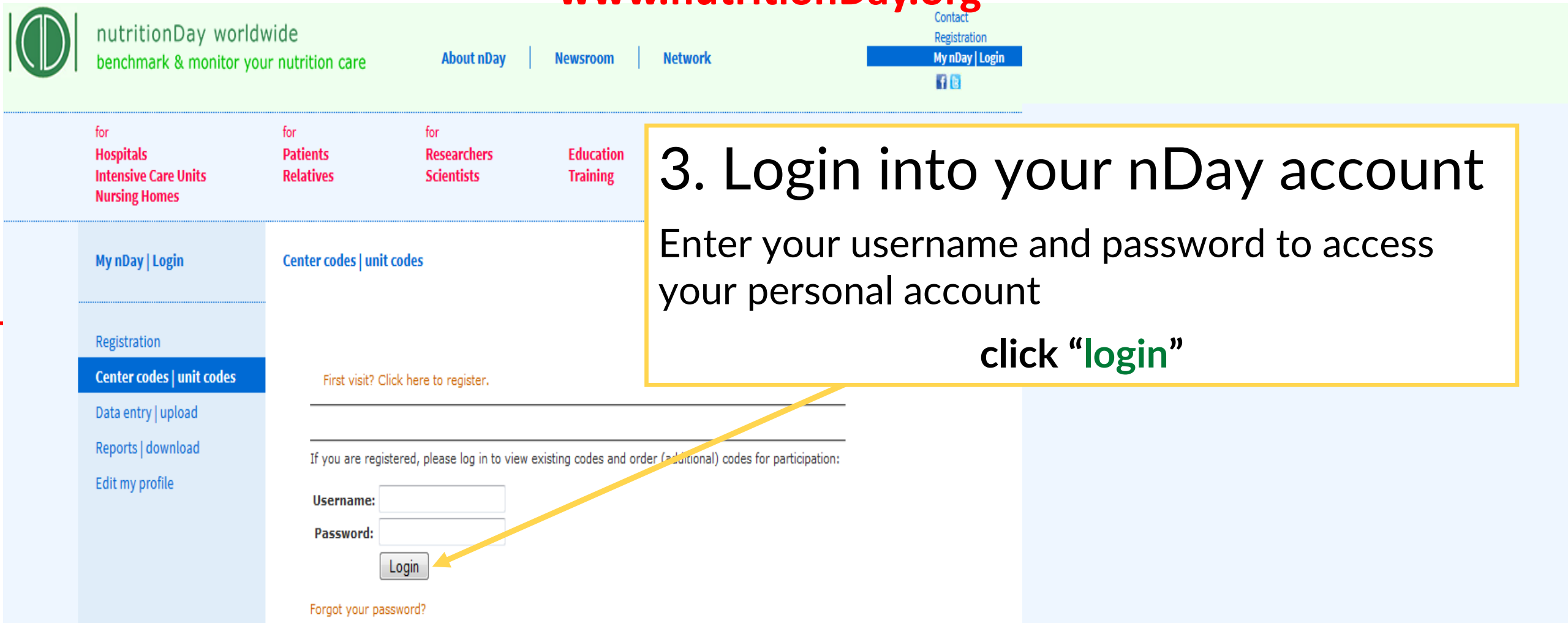
nDay codes ordering (3)

www.nutritionDay.org



3. Login into your nDay account

Enter your username and password to access your personal account

click "login"

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Order a new code (4)

SUCCESS

You are now logged in.

You can edit your user data here:

You can Change contact details here!

For participation, your institution needs a "center code" and every unit a "unit code".

To check 2006/2007/2008/2009/2010/2011/2012/2013 codes (these codes are still valid)
or to order new codes, click:

Order Center / Unit Codes

CLICK here to **Order codes.**

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Order a **center** code

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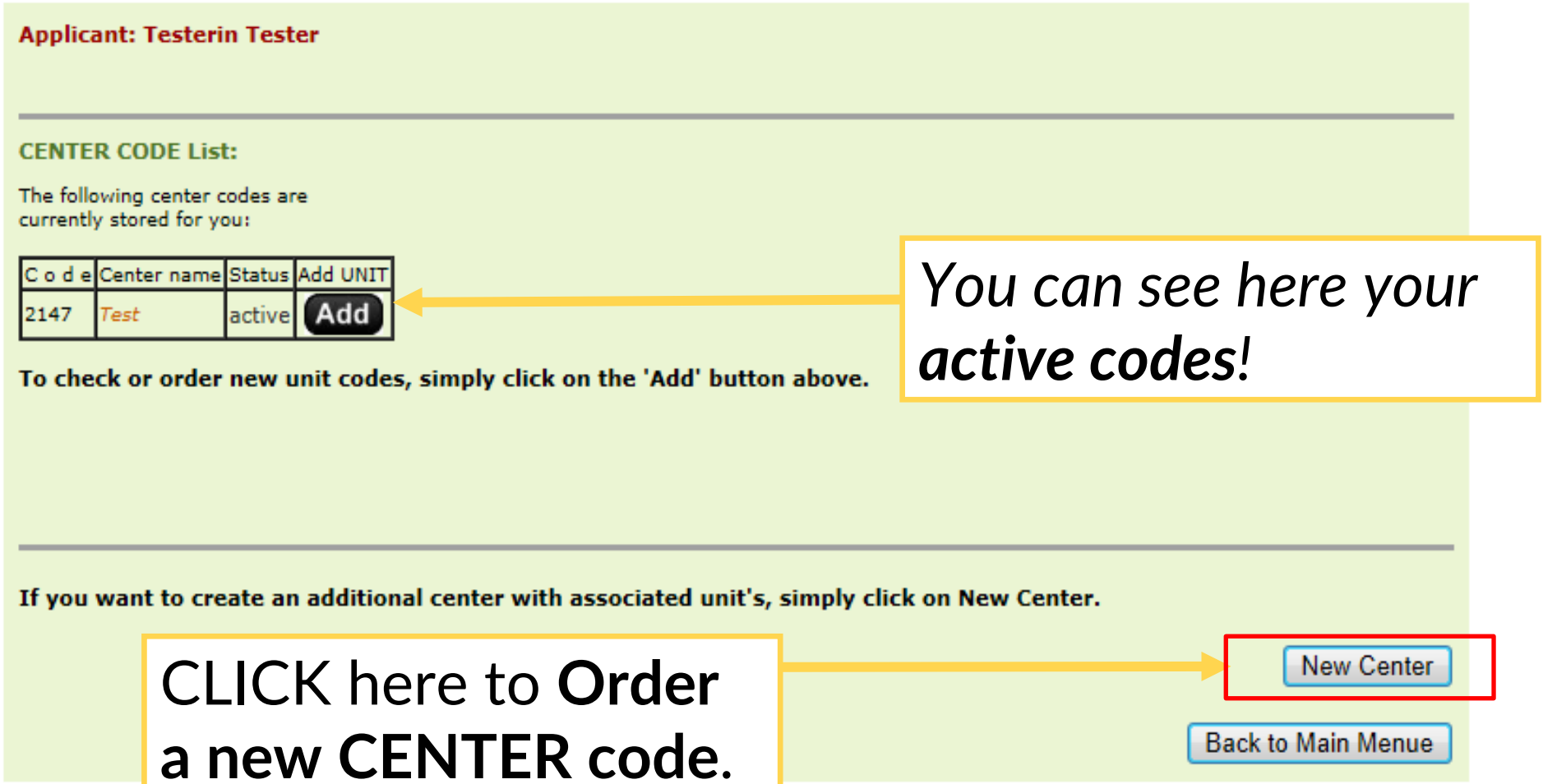

*You can see here your **active codes**!*

CLICK here to **Order a new CENTER code.**

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Order a **center** code

Please fill in highlighted fields

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New center code

Please enter a descriptive name for the new center code, for example the hospital's name:*

1) Name: Fill in the name of your institution.

Please choose your center speciality/type:*

- General Hospital
- Speciality Hospital
- Teaching Hospital
- Nursing Home

2) Speciality: Please choose your center speciality/type.

Capacity of the center/institution:*

- < 100 beds
- 100-299 beds
- 300-499 beds
- 500-900 beds
- > 900 beds

3) n. of Beds: Select your center's capacity (max. number of beds in your center).

We will send a confirmation e-mail after the internal approvement process.

e-mail address:* [redacted]

4) Email: Please check your email address.

CLICK here to **Order CENTER code.**

Order a center code

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Order a unit code

Please fill in highlighted fields

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UNIT CODE List

Center Name: Test **CENTER CODE:** [redacted]

Associated unit codes & unit data:

Category	Unit Code	Unit name	Status	Data-Input User Name
ND	5538	test	active	[redacted]

You have 98 more unit codes available.

New unit code

Please enter a unit name for the unit
(For example the name of the hospital's division):*

1) Name: Fill in the name of your unit.

Category:*
- nutritionDay
- nutritionDay in Nursing Homes
- nutritionDay 1-2-3 ICU

We will send a confirmation mail after the internal approvement process.

2) Category*: choose carefully the category of your unit
*(*cannot be changed afterwards)*

- nutritionDay **for hospitals**
- nutritionDay in **nursing homes**
- nutritionDay in **ICU**

e-mail address:*
[redacted]

3) Email: Please check your email address.

New Unit Code

Back to Main Menue

4) CLICK here to **ACTIVATE UNIT CODE.**

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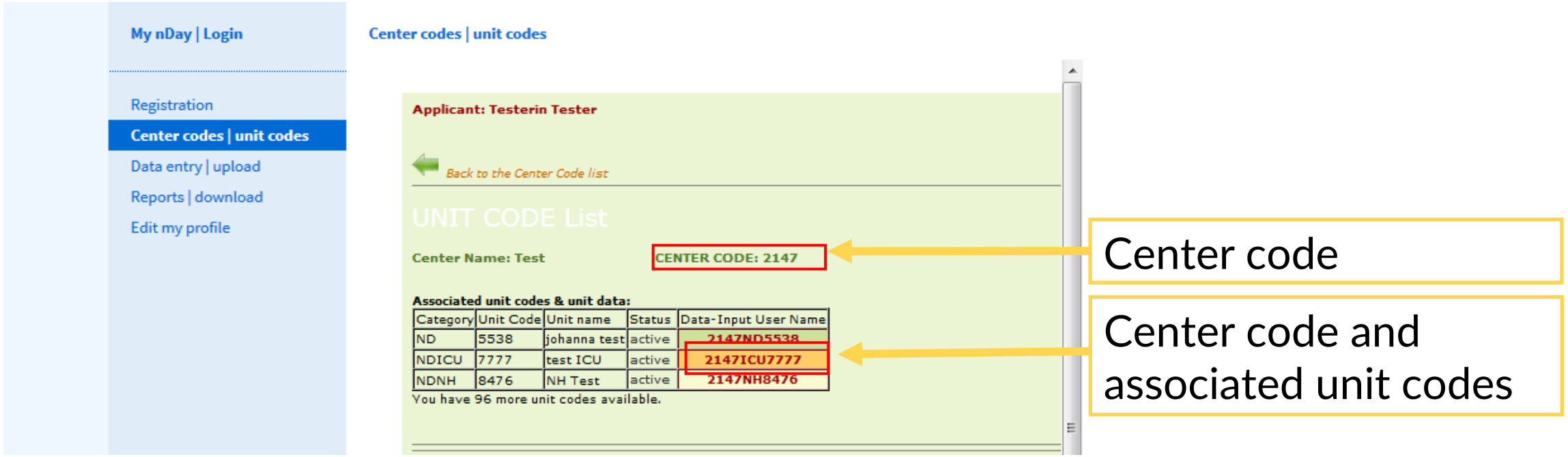
Overview of codes

- In your nDay account you can review all the center' and unit's codes you have already ordered
- For the same center code multiple unit codes can be ordered, please keep in mind to specify the category (hospital, ICU or Nursing homes)



- You can repeat the code ordering procedure for as many units as you want.

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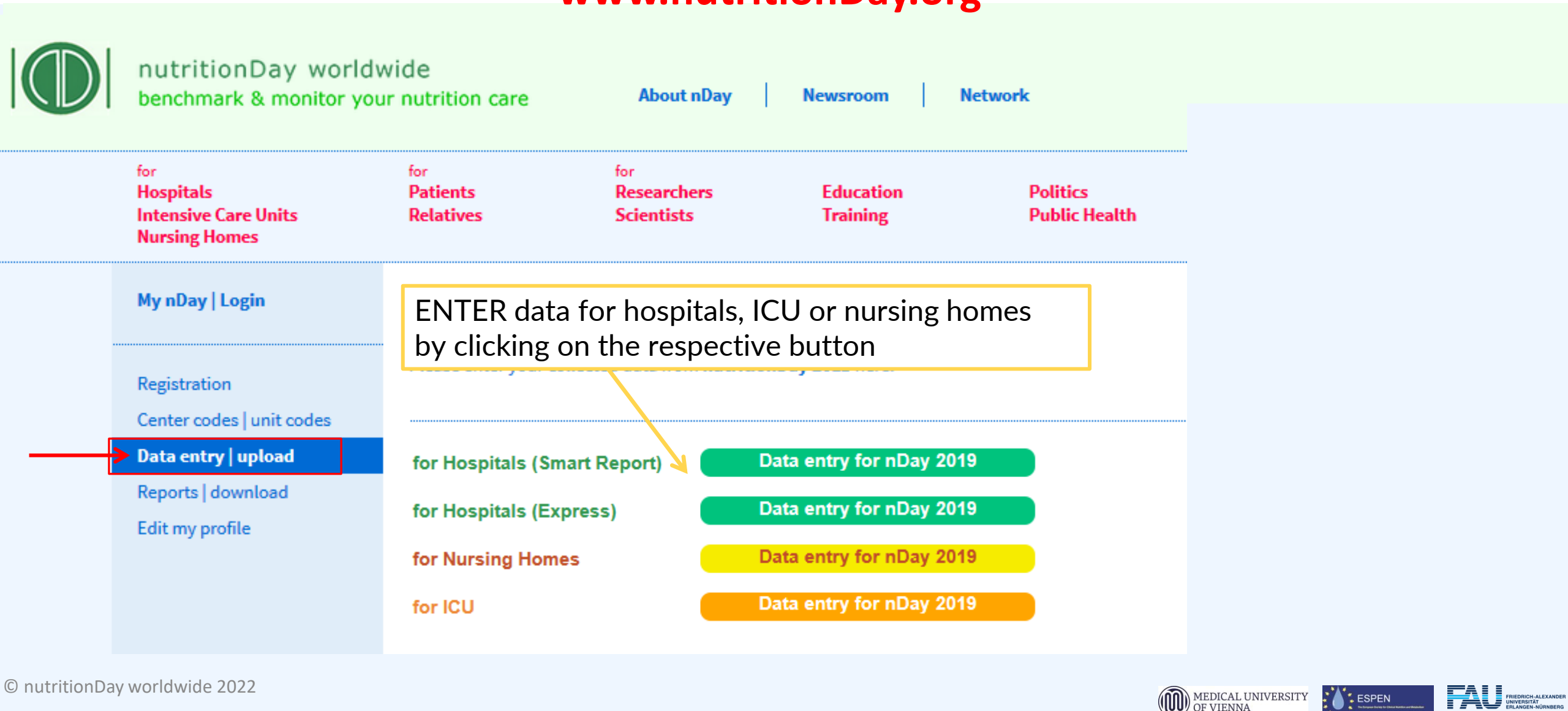
nDay DATA entry (1)

www.nutritionDay.org



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nDay DATA entry (2)

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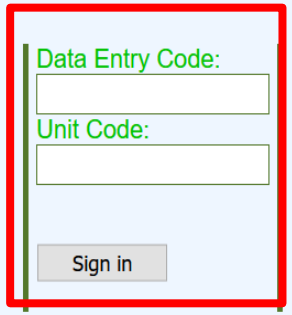
benchmark & monitor your nutrition care



For hospitals:

Data entry code: centrecode**ND**unitcode
Unit code: unitcode

Example:
Centre code: 1234
Unit code: 5678

Data entry code: 1234**ND**5678
unit code: 5678

For ICUs:

Data entry code: centrecode**ICU**unitcode
Unit code: unitcode

Example:
Centre code: 1234
Unit code: 5678

Data entry code: 1234**ICU**5678
unit code: 5678

For Nursing Homes:

Data entry code: centrecode**NH**unitcode
Unit code: unitcode

Example:
Centre code: 1234
Unit code: 5678

Data entry code: 1234**NH**5678
unit code: 5678

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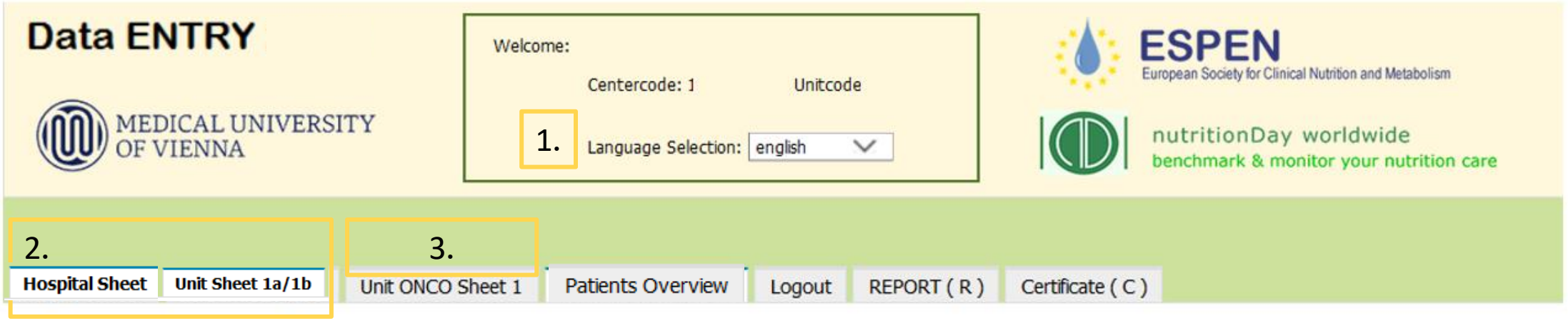
nDay DATA entry (3)



1. Select preferred language
2. Fill in the Hospital Sheet and Unit Sheet
3. If cancer patients are present in the unit, in addition please fill in unit ONCO sheet

After you have entered data click "**Save**" and go to "**Patients Overview**".

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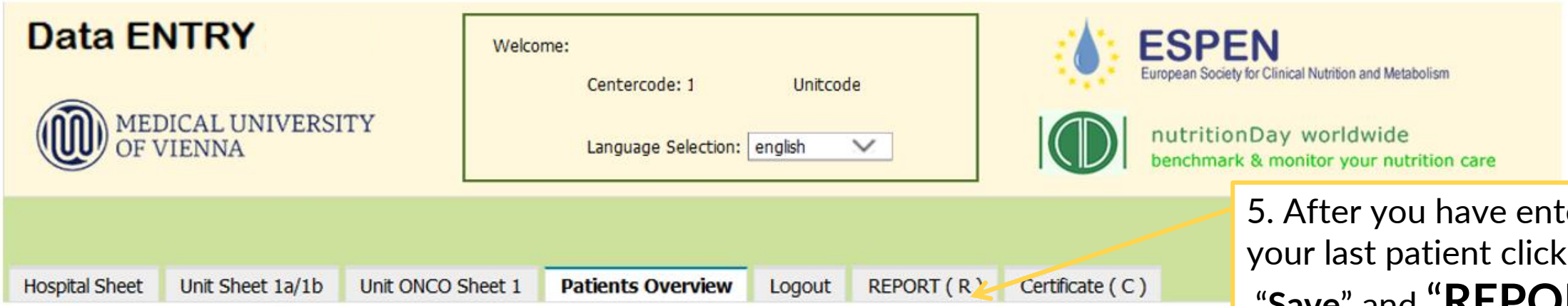
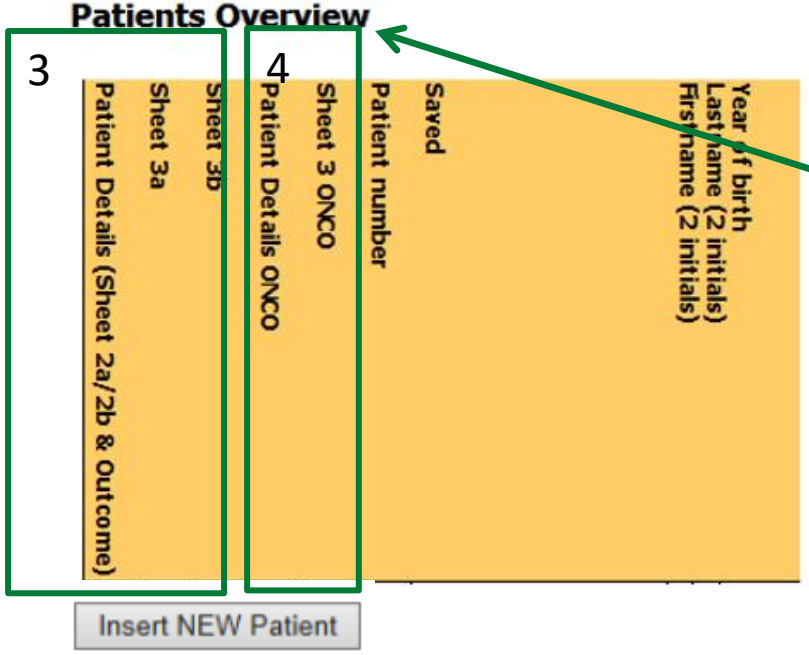
nDay DATA entry (4)



5. After you have entered data of your last patient click "**Save**" and "**REPORT (R)**".



3. In Patients Overview enter patient data:
   enter data of sheet 2a/2b – then click "Save and go to Sheet 3a"
   enter data of sheet 3a – then click "Save and go to Sheet 3b"
   enter data of sheet 3b – then click "Save and insert a new Patient"

In case of cancer patient go to 4.
4. enter data from ONCO sheets

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nDay REPORT (4)

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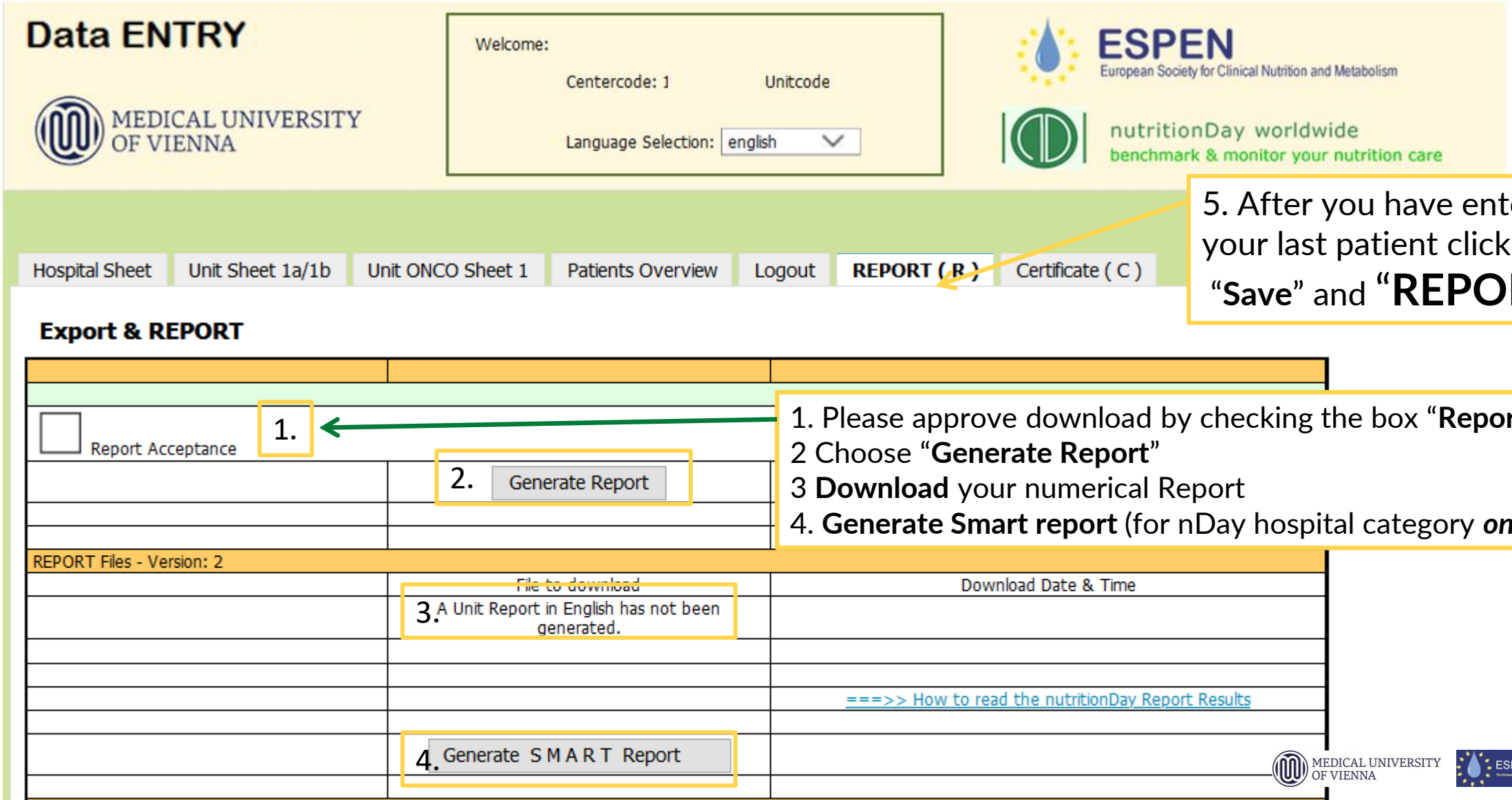
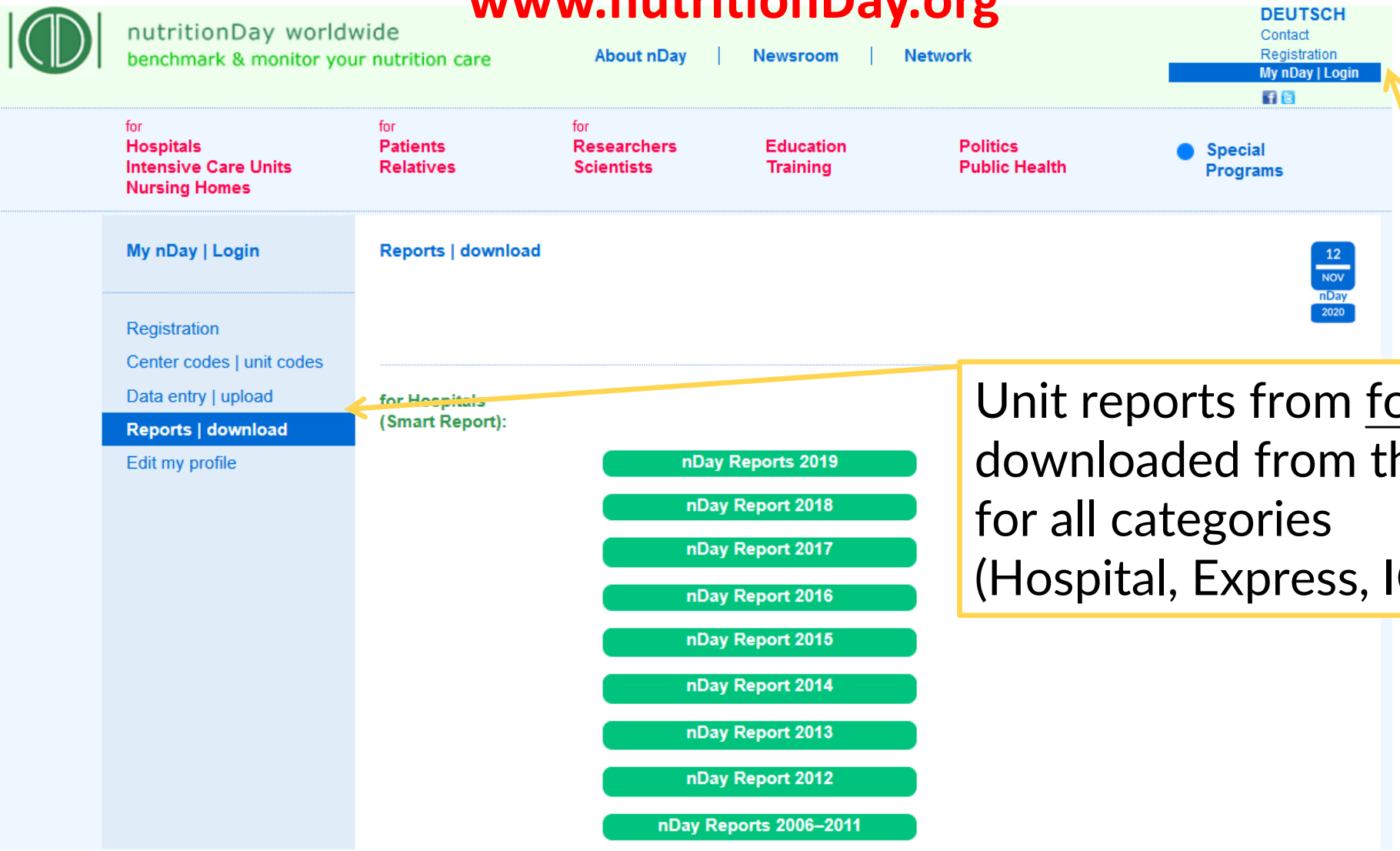


5. After you have entered data of your last patient click "**Save**" and "**REPORT (R)**".

1. Please approve download by checking the box "**Report Acceptance**"
2 Choose "**Generate Report**"
3 **Download** your numerical Report
4. **Generate Smart report** (for nDay hospital category ***only***)

nDay REPORT (5)

www.nutritionDay.org



Unit reports from former years can be downloaded from the "**nDay Account**" for all categories
(Hospital, Express, ICU, Nursing Homes)

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nDay Certificate (1)

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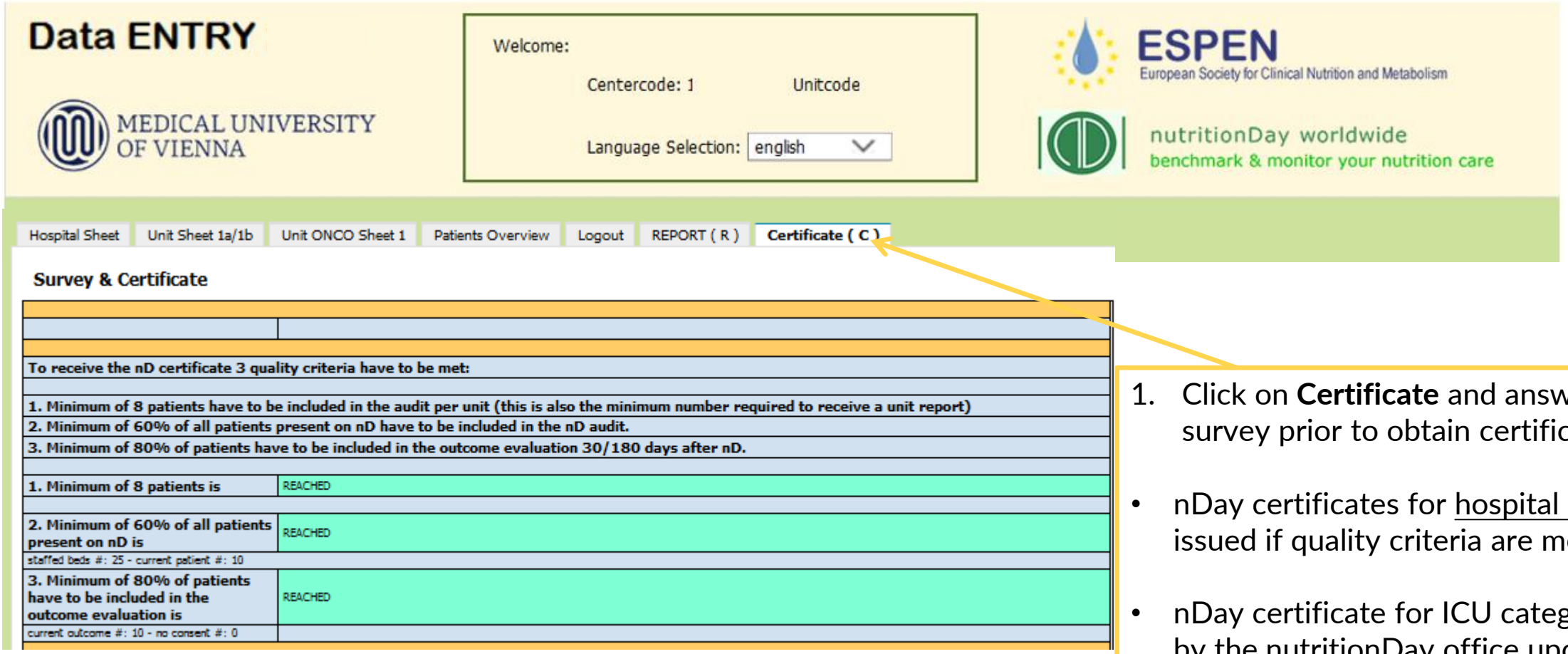

1. Click on **Certificate** and answer to small survey prior to obtain certificate

- nDay certificates for hospital category are issued if quality criteria are met.
- nDay certificate for ICU category is issued by the nutritionDay office upon request if quality criteria are met.

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nDay Certificate (2)

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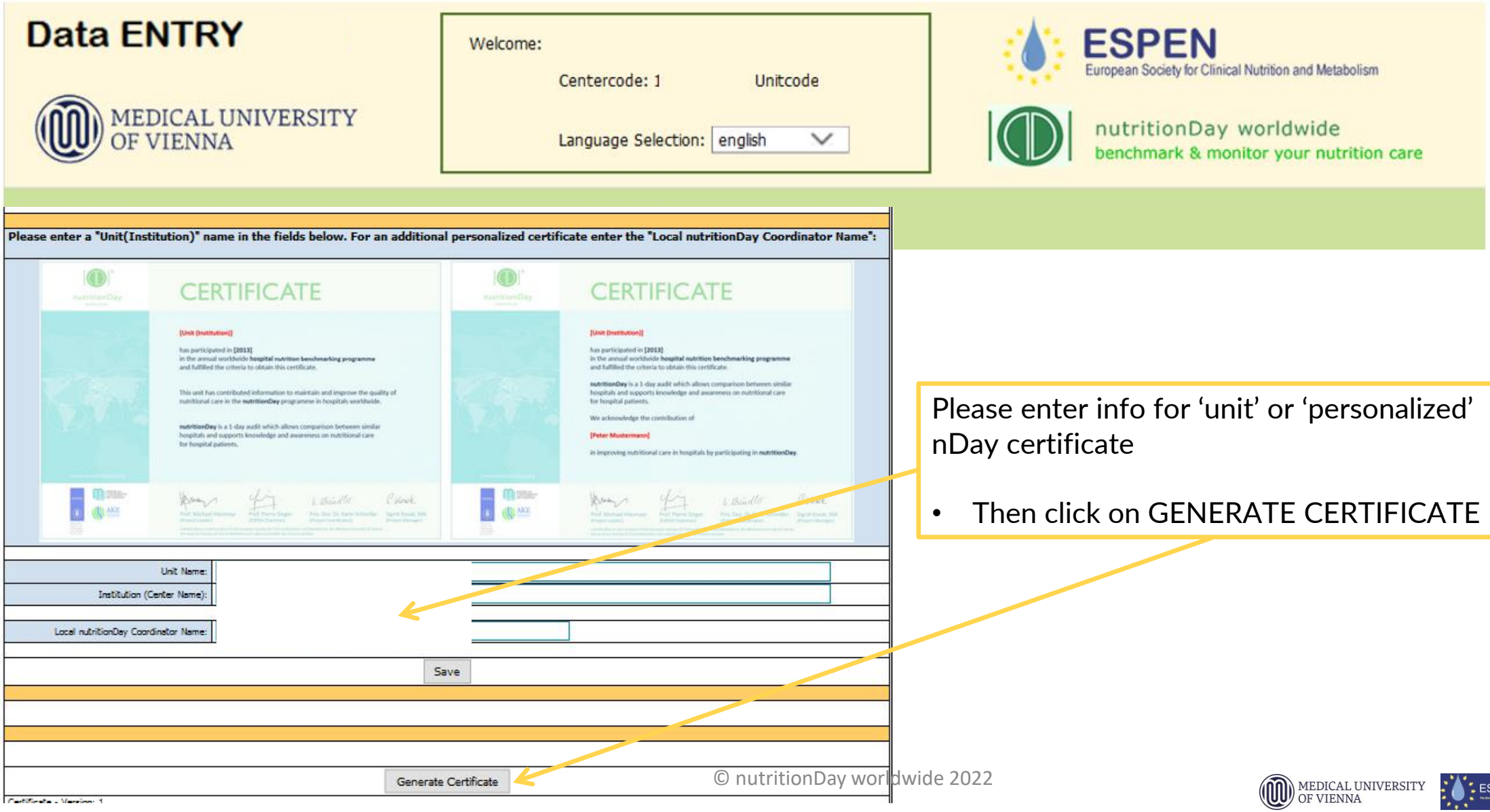

Please enter info for 'unit' or 'personalized' nDay certificate

- Then click on GENERATE CERTIFICATE

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1

REGISTER AND ORDER CODES

Visit **www.nutritionDay.org** register and order codes for your center and for your units

2

CONSIDER NATIONAL ETHICAL REGULATIONS

Ethics approval from the Medical University of Vienna is available online and may be applicable also to your country

3

PREPARE MATERIAL

INFORM PATIENTS

Inform your unit team and patients, print necessary questionnaires and patient information/consent forms.

4

COLLECT DATA on nutritionDay

on nDay, distribute patient questionnaires and pencils. Assist where necessary and collect completed forms

5

ENTER DATA AND DOWNLOAD UNIT REPORT

Login to your nDay account, enter unit and patients' data & download the unit report. Graphical and numerical reports available

6

COLLECT AND ENTER OUTCOME DATA

Enter outcome data after 30/60/180 days after nDay into the database. Include at least 80% of all patients present on nDay

7

CHECK DATA AND DOWNLOAD REPORT

Check data for accuracy Download report inclusive outcome data.

8

INTERPRETATION AND DISCUSSION

Discuss unit results in your team using nDay Report. Develop strategies to improve nutrition care in your unit.

9

CERTIFICATE

Meet nDay data quality criteria to receive the nDay certificate

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nutritionDay WORLDWIDE

We guide you step-by-step

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Guidance links

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12 steps to participate:

HOSPITAL https://www.nutritionday.org/cms/upload/pdf/1_for_hospitals/1.2.prepare/English/12steps_to_prepare_best_for_hospitals_EN.pdf
ICU https://www.nutritionday.org/cms/upload/pdf/2_for_ICU/1.2.prepare/English/12steps_to_prepare_best_for_ICU_EN.pdf
NURSING HOMES https://www.nutritionday.org/cms/upload/pdf/3_for_nursing_homes/1.2.prepare/English_metric_measures/12steps_to_prepare_best_for_nursing_homes_EN.pdf

Registration:

HOSPITAL http://www.nutritionday.org/cms/upload/pdf/1_for_hospitals/1.2.prepare/English/guidance_for_registration_hospitals_english.pdf
ICU https://www.nutritionday.org/cms/upload/pdf/2_for_ICU/1.2.prepare/English/guidance_for_registration_ICU_english.pdf
NURSING HOMES http://www.nutritionday.org/cms/upload/pdf/3_for_nursing_homes/1.2.prepare/English_metric_measures/guidance_for_registration_nursing_homes_english.pdf

Code ordering:

HOSPITAL http://www.nutritionday.org/cms/upload/pdf/1_for_hospitals/1.2.prepare/English/guidance_code_order_hospitals_english.pdf
ICU https://www.nutritionday.org/cms/upload/pdf/2_for_ICU/1.2.prepare/English/guidance_code_order_ICU_english.pdf
NURSING HOMES http://www.nutritionday.org/cms/upload/pdf/3_for_nursing_homes/1.2.prepare/English_metric_measures/guidance_code_order_nursing_homes_english.pdf

Data entry and Report download:

HOSPITAL http://www.nutritionday.org/cms/upload/pdf/1_for_hospitals/1.2.prepare/English/guidance_for_data_entry_and_report_download_english
ICU http://www.nutritionday.org/cms/upload/pdf/2_for_ICU/1.2.prepare/English/ICU_guidance_for_data_entry_and_report_download_english.pdf
NURSING HOMES https://www.nutritionday.org/cms/upload/pdf/3_for_nursing_homes/1.2.prepare/English_metric_measures/nH_guidance_for_data_entry_english.pdf

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