


# CHECKLIST for HOSPITALS

12 steps to participate  
(nD.H)

15  
NOV

nDay  
2018



	• 6 months to 1 week before nutritionDay	
1	• Register & order codes	<input type="checkbox"/>
2	• Consider national ethical regulations	<input type="checkbox"/>
3	• Inform team, define responsibilities	<input type="checkbox"/>
4	• Do 1 test patient	<input type="checkbox"/>
	• 1 week to 1 day before nutritionDay	
5	• Prepare materials	<input type="checkbox"/>
6	• Inform patients & collect consent forms if required	<input type="checkbox"/>
	• On nutritionDay	
7	• Collect data	<input type="checkbox"/>
	• After nutritionDay	
8	• Enter data in database	<input type="checkbox"/>
9	• Check data & download unit report	<input type="checkbox"/>
	• 30 days after nutritionDay	
10	• Collect & enter outcome data	<input type="checkbox"/>
11	• Check data & download unit report again (incl. outcome data)	<input type="checkbox"/>
	• Final	
12	• Interpretation & discussion	<input type="checkbox"/>
	• Receive certificate	<input type="checkbox"/>



## 12 steps to prepare best For HOSPITALS

- 6 months to 1 week before nutritionDay

### 1) Register & Order Codes



#### Register for nutritionDay.

Choose an individual username and password for your personal "my nD" account. You will receive a confirmation email when this has been successfully processed. This personal account remains applicable also in the upcoming years. Use the step by step guidance for help!

#### Order a centre code

by logging in to your "my nD" with your username and password. Order a centre code for each centre you would like to register.

#### Order a unit code

for each participating unit. Assign the unit to the corresponding centre. Make sure you choose the correct category for hospitals. You will receive a confirmation email with your codes once this has been successfully processed. The codes remain valid for your units in the future so please save the confirmation email. In case you participate with other units next year please order a new unit code for the respective ward. Use step by step guidance for help!

## 2) Consider national ethical regulations



The approval of the ethics committee from the Medical University of Vienna is available for nD.H and onco nD and may be applicable also for your country. Please also consider country specific regulations. You can find the study protocol on the website under hospitals/getting started.



## 3) Inform team, define responsibilities



Inform local managers, key clinicians and your unit team about the participation. Supported by the team your participation is more likely to be successful. Define a nutritionDay coordinator who will be responsible for the preparation and coordination.



## 4) Do 1 test patient



Download questionnaires. Conduct a trial with one patient. Use the explanation guide for clarification of uncertainties. Discuss this trial with the unit staff to ensure comprehension of the procedure and contents of nutritionDay.

## • 1 week to one day before nutritionDay

### 5) Prepare materials



Print or copy adequate number of questionnaires (for help use questionnaire overview). Print adequate number of patient Information/consent forms (all patient related sheets are available in over 30 languages!). Ensure pencils etc. are available for patients & relatives to complete questionnaires.

Determine who will distribute and collect questionnaires and consent forms.

### 6) Inform patients & collect consent forms if required



Inform patients during your medical round and encourage them to participate.

If required distribute consent forms during your medical round. Collect consent forms again.

## • On nutritionDay

### 7) Collect data




"Unit sheet" (sheet 1a+b), "Hospital sheet" (sheet 1c) and "About Your Patient" (sheet 2a+b) have to be completed by the unit staff. Completing the "Hospital Sheet" may need support of the hospital management, the human resource department or the financial department. Please also complete the first 2 columns of the "patient list and outcome evaluation". Distribute patient questionnaires (3a and 3b) and pencils.

In case a patient is diagnosed with cancer in your ward the "oncology unit sheet" (onco sheet 1) and the "unit cancer patients" (sheet 2) have to be completed by the unit staff. The "oncology patient questionnaire" has to be completed by each patient with cancer. Patients or relatives complete questionnaires after lunch or dinner.

Please assist where necessary and collect completed forms or complete questionnaire by yourself.

The patient list (outcome evaluation) is essential to ensure adequate outcome data 30 days after nutritionDay. Aim at including all patients present in the unit. Make sure you reach at least the quality criteria for data entry to receive the nutritionDay report (inclusion of 8 or more patients) and a nutritionDay certificate (see quality limits for certificates below) for your unit. Keep and store completed questionnaires, signed consent forms and patient list in your unit.

## • After nutritionDay

### 8) Enter data in database

Go to “my nD” and login to enter unit and patients' data & download the unit report. Use step by step guidance for help.

### 9) Check data & download unit report

Check data for accuracy immediately after data entry by going through the feedback report (correct or complete data where necessary).

Download and print your unit report immediately after data check. Your unit report will be available after minimum entry of 8 patients.

## • 30 days after nutritionDay (outcome evaluation)

### 10) Collect & enter outcome data

Complete the unit patient list 30 days after nD and enter data into the nD online database. Make sure you reach the limits to receive a nD certificate (outcome has to be collected for at least 80% of all patients included in nutritionDay). Keep and store completed questionnaires. Use step by step guidance for help.

### 11) Check data & download unit report + outcome

Check data for accuracy immediately after outcome data entry (correct or complete data where necessary).

Download and print your outcome unit report immediately after data check. Your outcome unit report will be available after minimum entry of 8 patients.


 • Final

## 12) Interpretation & discussion



Discuss unit results in your team. For help use “how to read nutritionDay report”  
 Download training session “how to use and interpret nD results” if needed. Think about possibilities to improve nutrition care in your unit or develop strategies to improve nutrition care.



## Certificate



Answer the feedback questionnaire (9 questions) and download your unit certificate from the “my nD” account.

Quality criteria to receive a certificate:

Minimum of 8 patients have to be included in the audit per unit (this is also the minimum number required to receive a unit report)

Minimum of 60% of all patients of your unit present on nD have to be included at nD audit.

Minimum of 80% of patients (which have participated in nutrition Day) have to be included in the outcome evaluation 30 days after nD.