Welcome to nutritionDay worldwide!

14 NOV nDay 2024

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Join on **Nov 14th 2024** the international audit on **nutrition care in healthcare institutions**

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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

Hospital | Oncology | ICU | Nursing Homes | Primary Care | Surgery

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Rationale

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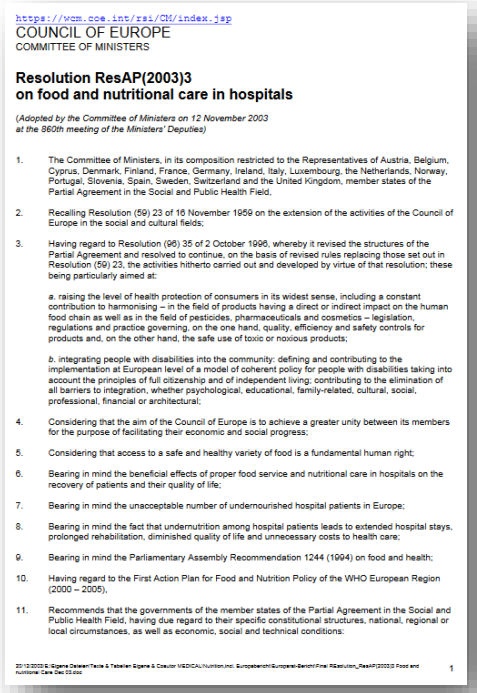
nutritionDay is based on the **Resolution ResAP(2003)3 on food and nutritional care in hospitals** which was adopted by the Council of Europe in 2003.



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:

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:
  - Hotspots in 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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2024

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

Join the worldwide 1-day audit on nutritional care

Together for a better nutritional care

Hospital | Oncology | ICU | Nursing Homes | Primary Care | Surgery

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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.

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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.**

Join the worldwide 1-day audit on nutritional care

Together for a better nutritional care

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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 Primary Care Surgery

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nDay KEY Elements

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healthcare institutions
nDay is performed in hospitals and nursing homes

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.

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

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nutritionDay 2006-2023

from an idea to a worldwide initiative

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2006-2023

74 Countries Worldwide

15000+ Units

300000+ Patients and Residents

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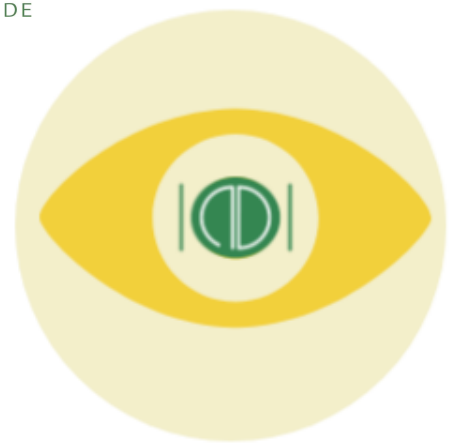
nDay Mission and Vision



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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FAU

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THE nutritionDay CONCEPT

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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FAU

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THE nutritionDay CONCEPT

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

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 6 settings
(in +30 languages)

Hospital

Oncology

ICU

Nursing Homes

Primary Care

Surgery

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nutritionDay questionnaires

nutritionDay WORLDW

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Filled out by	Sheets	nDay Category	Primary Care (NEW!!)	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 180/30/60/180 days after nDay		✓	✓	✓	✓	✓	✓
	COVID-19 current and past infections			✓	✓	✓	✓	✓
	Surgery (NEW!!) type and duration of surgery			✓				

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nutritionDay Unit Reports

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Hospital

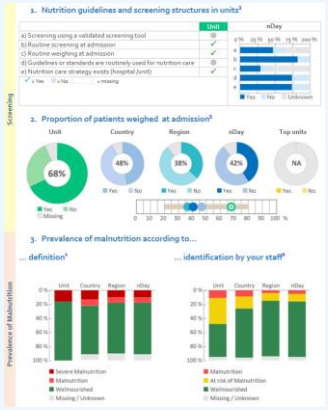
Oncology

Surgery

Primary Care

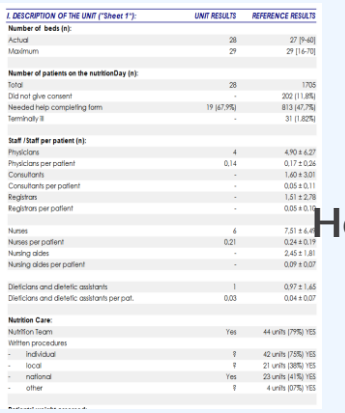
ICU

Nursing Homes



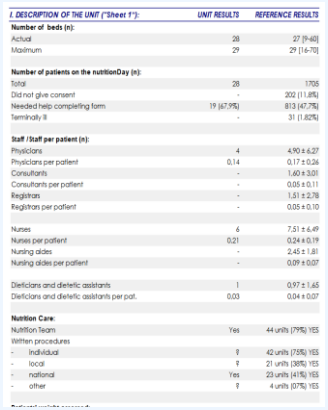
Smart Report

with quality indicators of nutritional care

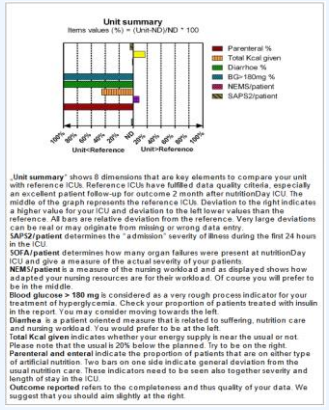


Numerical Report

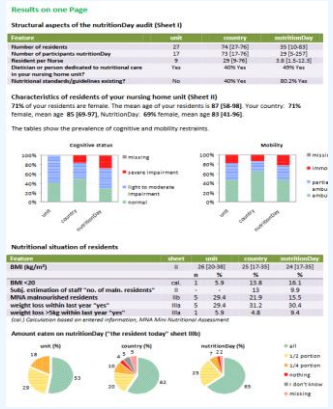
HospitalExpress



Numerical Report



ICU Report



Nursing Homes Report

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Hospital

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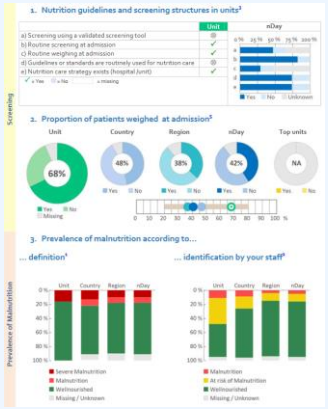
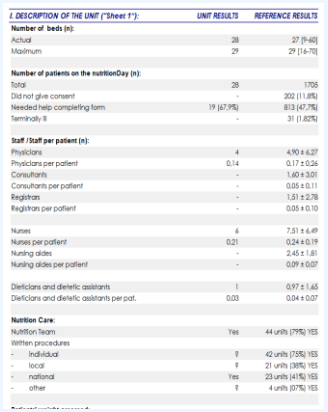
Hospital

nDay Hospital National Report

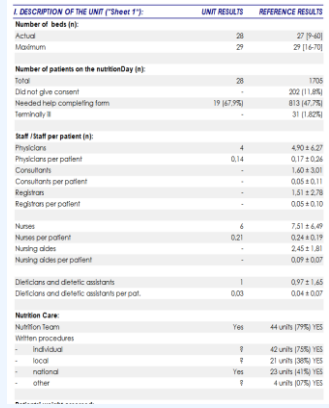


Smart Report



I. DESCRIPTION OF THE UNIT ("Sheet 1"):	UNIT RESULTS	REFERENCE RESULTS
Number of beds (n):		
Actual	28	27 [9-60]
Maximum	29	29 [16-70]
Number of patients on the nutritionDay (n):		
Total	28	1705
Did not give consent	-	202 (11.8%)
Needed help completing form	19 (67.9%)	813 (47.7%)
Terminally ill	-	31 (1.82%)
Staff / Staff per patient (n):		
Physicians	4	4,90 ± 6,27
Physicians per patient	0.14	0,17 ± 0,26
Consultants	-	1,60 ± 3,01
Consultants per patient	-	0,05 ± 0,11
Registrars	-	1,51 ± 2,78
Registrars per patient	-	0,05 ± 0,10
Nurses	6	7,51 ± 6,49
Nurses per patient	0.21	0,24 ± 0,19
Nursing aides	-	2,45 ± 1,81
Nursing aides per patient	-	0,09 ± 0,07
Dieticians and dietetic assistants	1	0,97 ± 1,65
Dieticians and dietetic assistants per pat.	0.03	0,04 ± 0,07
Nutrition Care:		
Nutrition Team	Yes	44 units (79%) YES
Written procedures		
- individual	?	42 units (75%) YES
- local	?	21 units (38%) YES
- national	Yes	23 units (41%) YES
- other	?	4 units (07%) YES

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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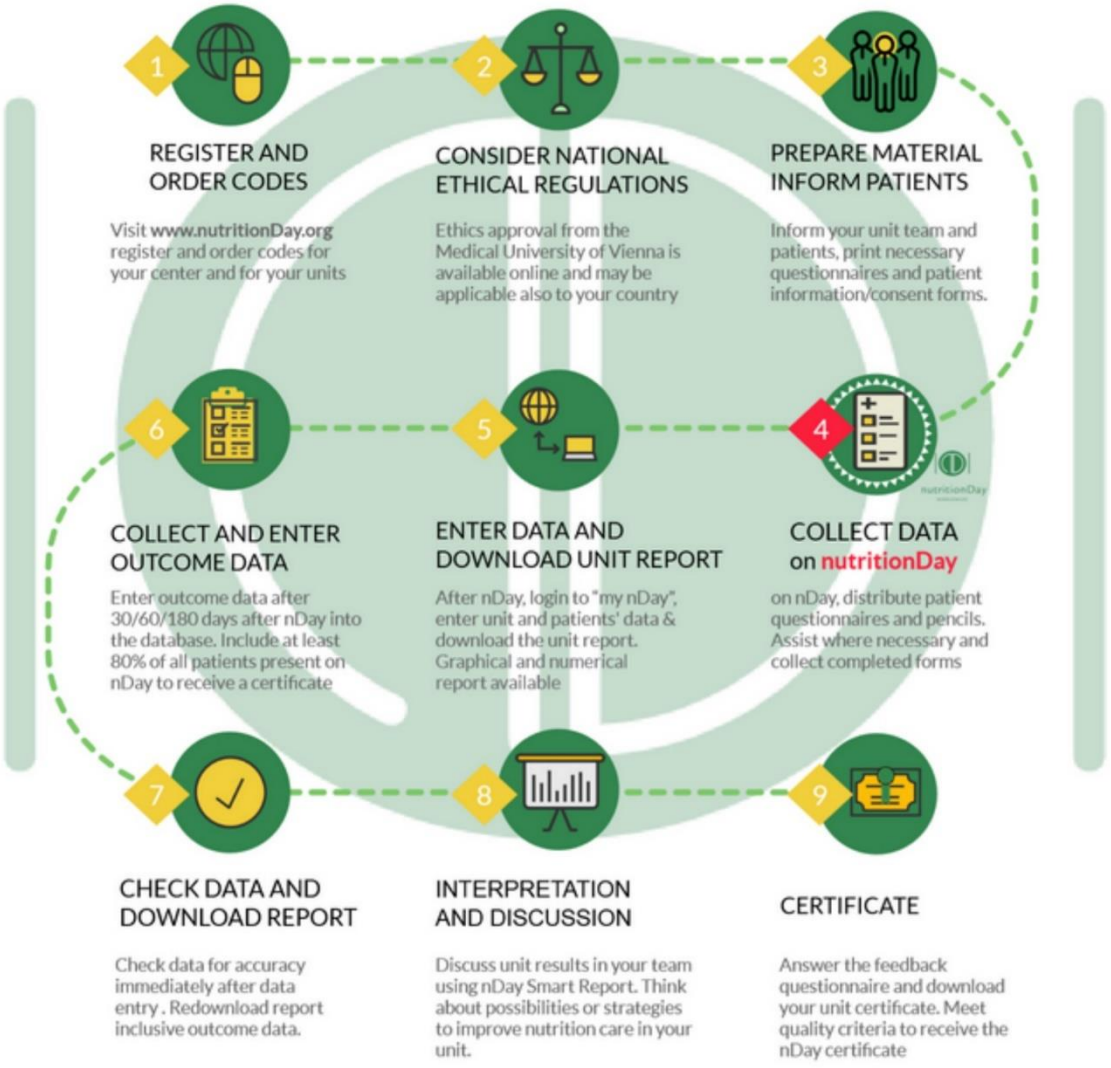
EASY STEPS



- 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

Video Tutorials and step-by-step guidance

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STEP-BY-STEP GUIDANCE

HOSPITAL ICU NURSING HOMES

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nDay Registration (1)

www.nutritionDay.org

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

nDay Registration (2)

Please fill in highlighted fields

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Register

To participate to the nutritionDay audit you need to register a user. After registration, you will be able to generate Center and unit codes to access the nDay databases. Center and unit codes are used to preserve anonymity of the participating institutions.

Username *
Email Address *
Password *
Confirm Password *
First name *
Last name*
Title
Healthcare Center name *
Address
Postal code
Country *
Language * English
Telefon
Web site
Captcha* 15 + 1 =
Enter Captcha
Register

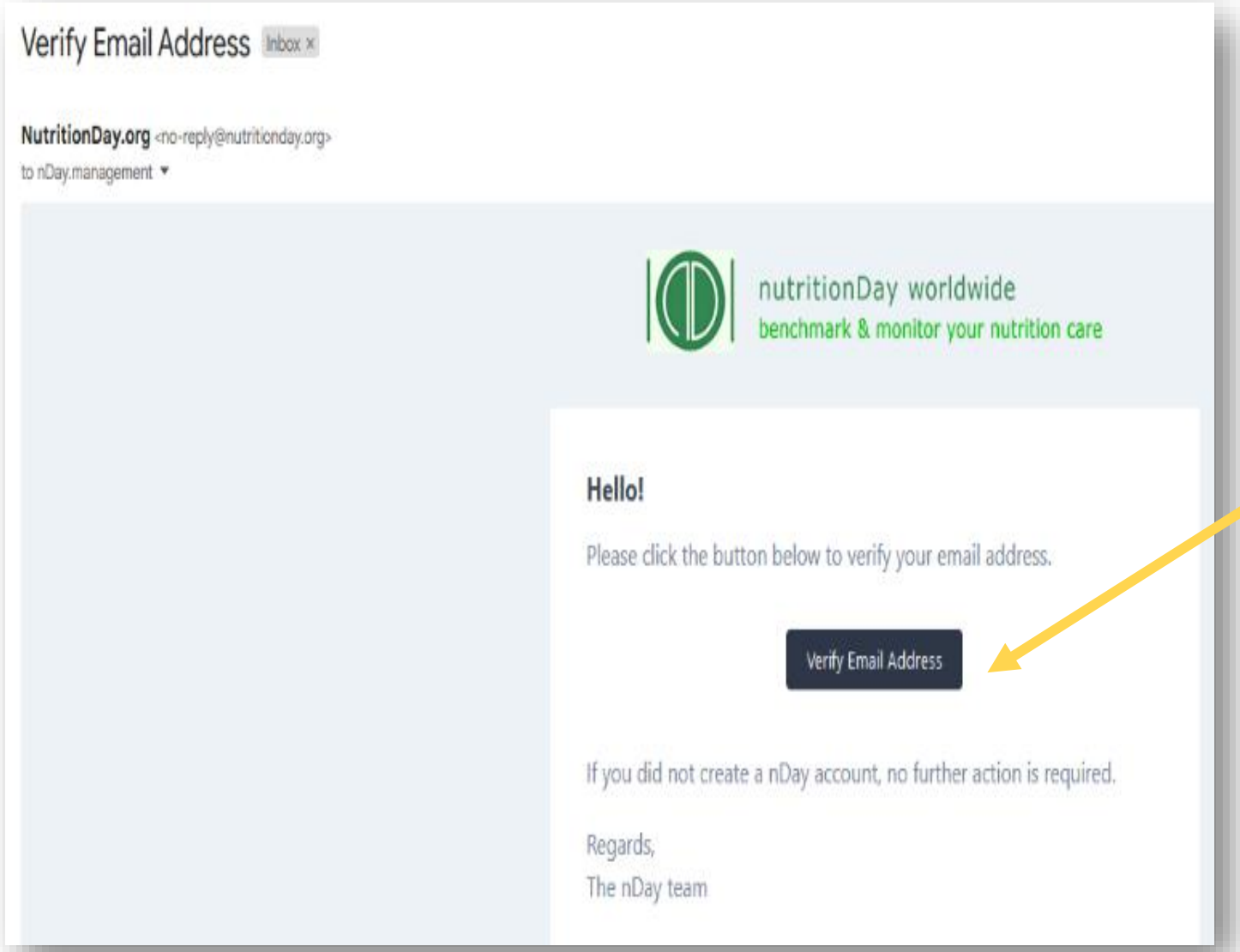
1.Enter your **personal data**

2. Click on „**Register**“

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

nDay Registration (3)

Confirmation email



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

You are now registered! Proceed with ordering Center and Unit codes in your preferred nDay category

nDay codes ordering (1)

www.nutritionDay.org

1.Click on
„my nDay Login“

nDay codes ordering (2)

www.nutritionDay.org

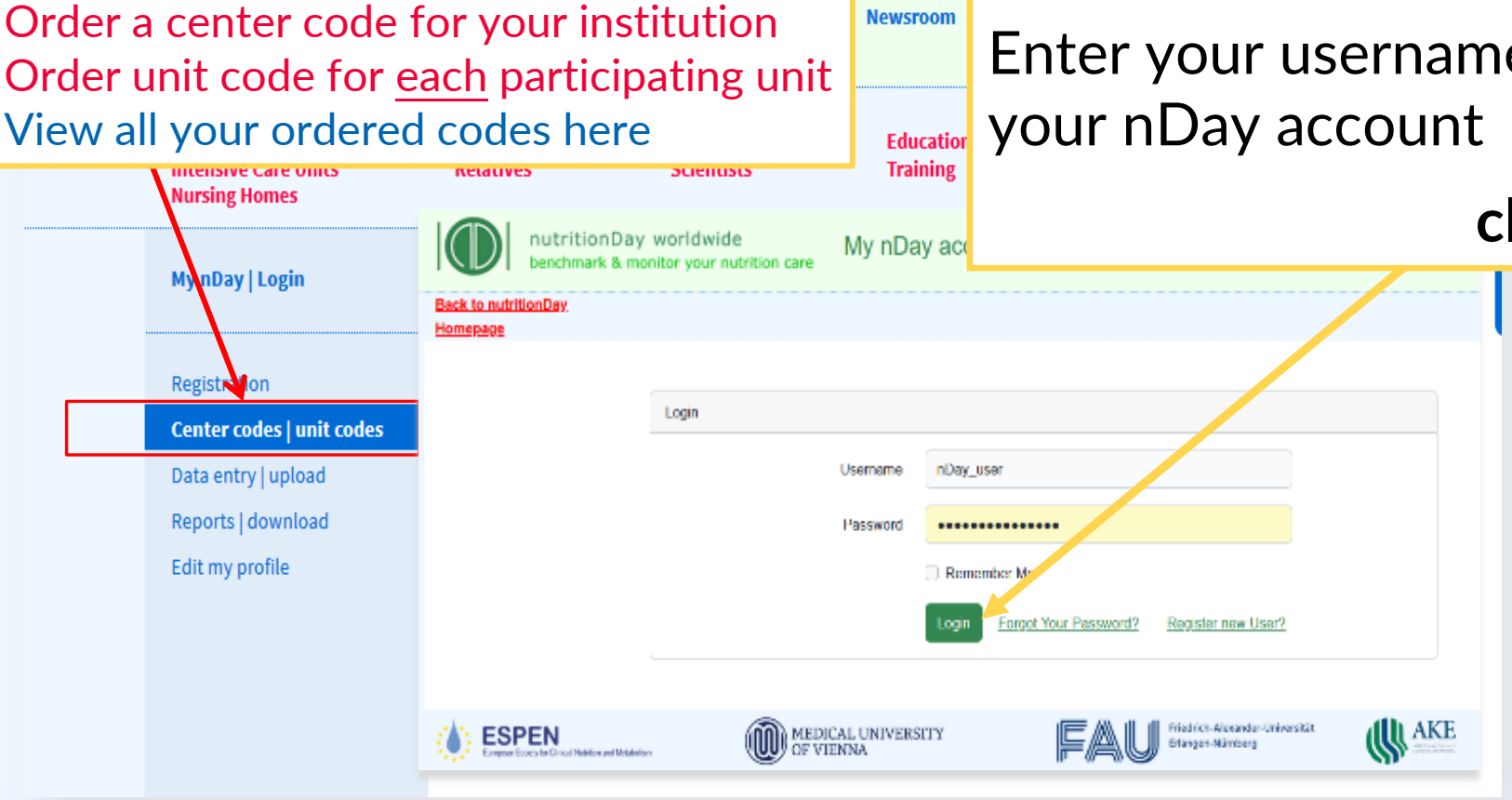
2. Order codes

Order a center code for your institution
Order unit code for each participating unit
View all your ordered codes here

3. Login into your nDay account

Enter your username and password to access your nDay account

click “login”



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Order a new code (3)

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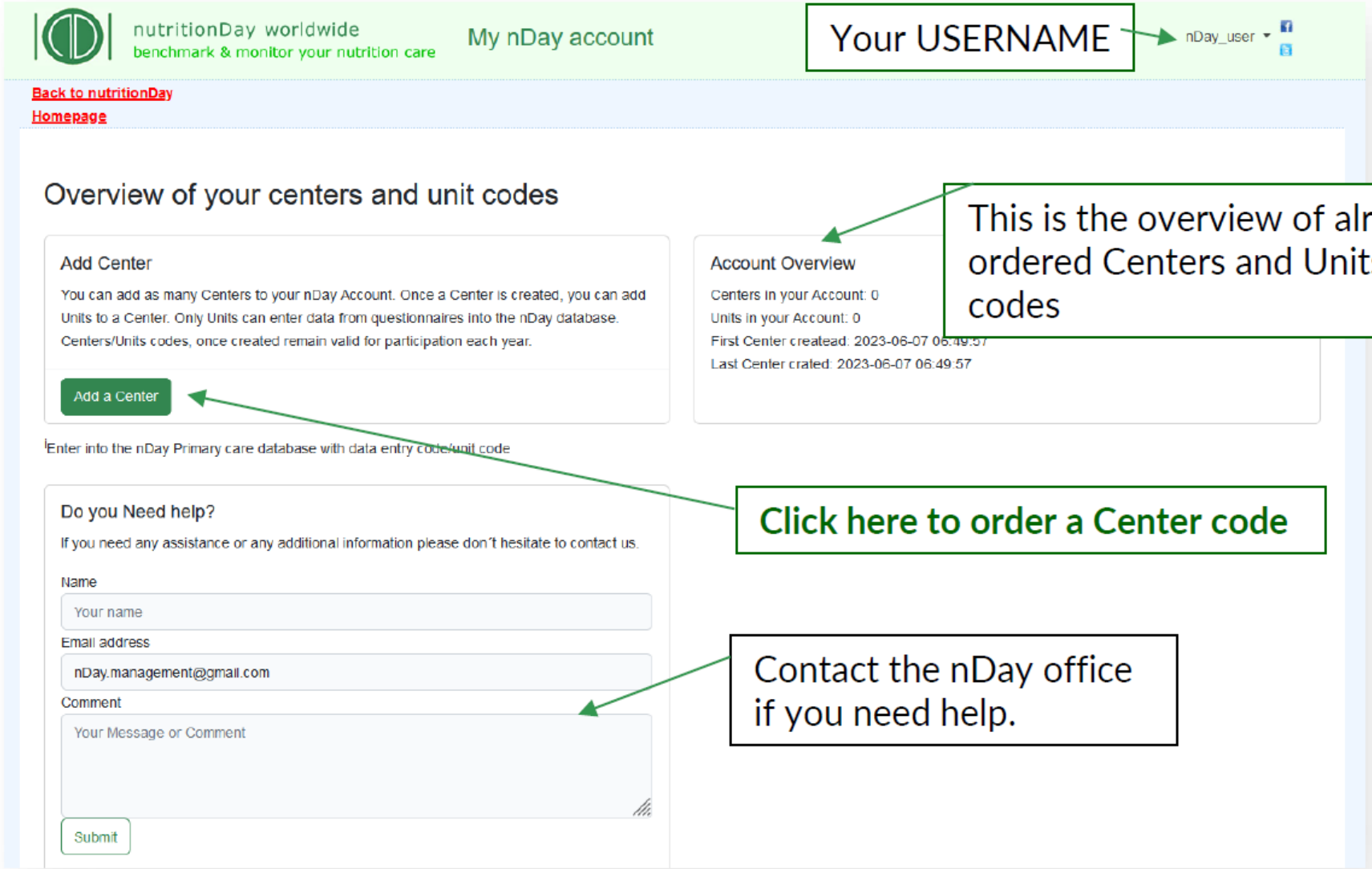
- This is your nDay account with an overview of ordered centers and units



This is the overview of already ordered Centers and Units' codes

Click here to order a Center code

Contact the nDay office if you need help.

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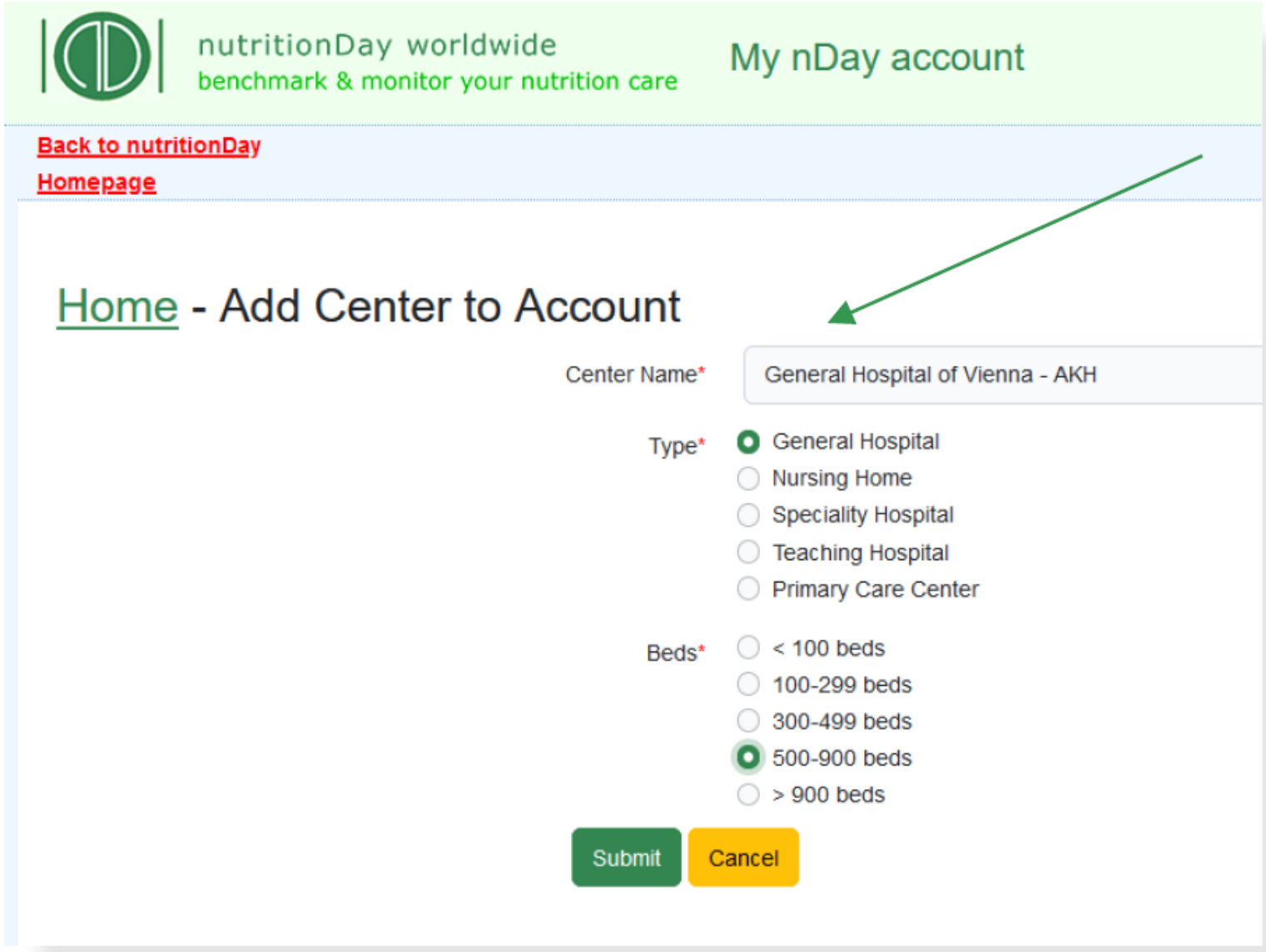
Order a CENTER code



- Fill in the following information:

1) Center Name: name of your institution.

2) Type: please choose your center speciality/type.

3) Beds: Indicate the maximum number of beds in your center.

Click **SUBMIT** to proceed.

Overview of codes

Overview of your centers and unit codes

Center has been created successfully.

Add Center

You can add as many Centers to your nDay Account. Once a Center is created, you can add Units to a Center. Only Units can enter data from questionnaires into the nDay database. Centers/Units codes, once created remain valid for participation each year.

Add an additional Center

Account Overview

Centers in your Account: 1
Units in your Account: 0
First Center createad: 2023-06-07 07:17:48
Last Center crated: 2023-06-07 07:17:48

Center: General Hospital of Vienna - AKH (4105)

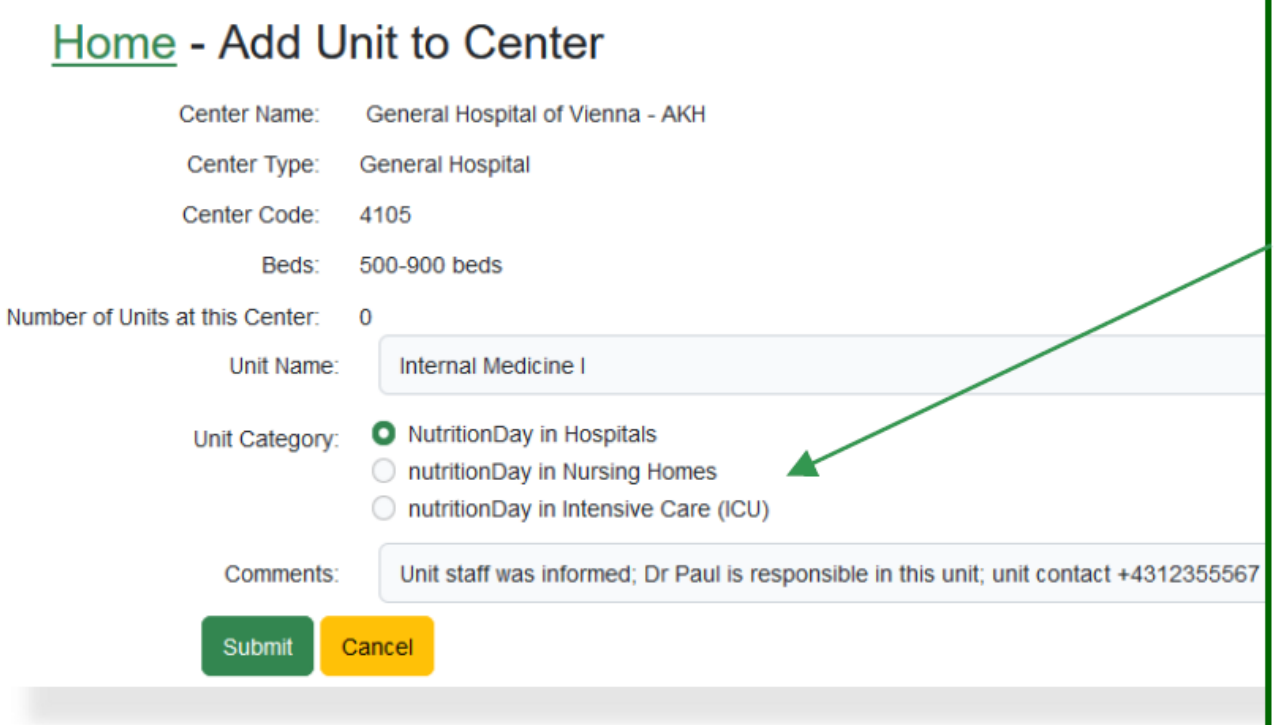
General Hospital 500-900 beds - Units: 0 - Created At: 2023-06-07 07:17:48

Add a Unit to your Center

This is your ordered Center

Click here to **order a UNIT code for this Center**

Order a UNIT code



You can order additional codes via the same procedure if necessary.

Fill in the following information:

1) Unit Name: name of your institution.

2) Unit category: please choose the nutritionDay unit category according if you wish to participate with a normal hospital ward; with a nursing home unit or with an intensive care unit (ICU)

3) Comments: add here comments if you wish.

Order a UNIT code

An overview of all your ordered centers and associated units is available for you in your nDay account.

Center: General Hospital of Vienna - AKH (4105)

General Hospital 500-900 beds - Units: 1 - Created At: 2023-06-07 07:17:48

nDay category	Unit Code	Unit Name	Data Entry Code	Notes and Comments	Created	Approved
Hospital (ND)	**13677**	Internal Medicine I	**4105ND13677**	Unit staff was informed; Dr Paul is responsible in this unit; unit contact +4312355567	2023-06-07	t

Add a Unit to your Center

Use **Data Entry Code** and **unit code** to access the nutritionDay database.
You can then enter data, download unit report, and request a nDay certificate.

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nDay DATA entry (1)

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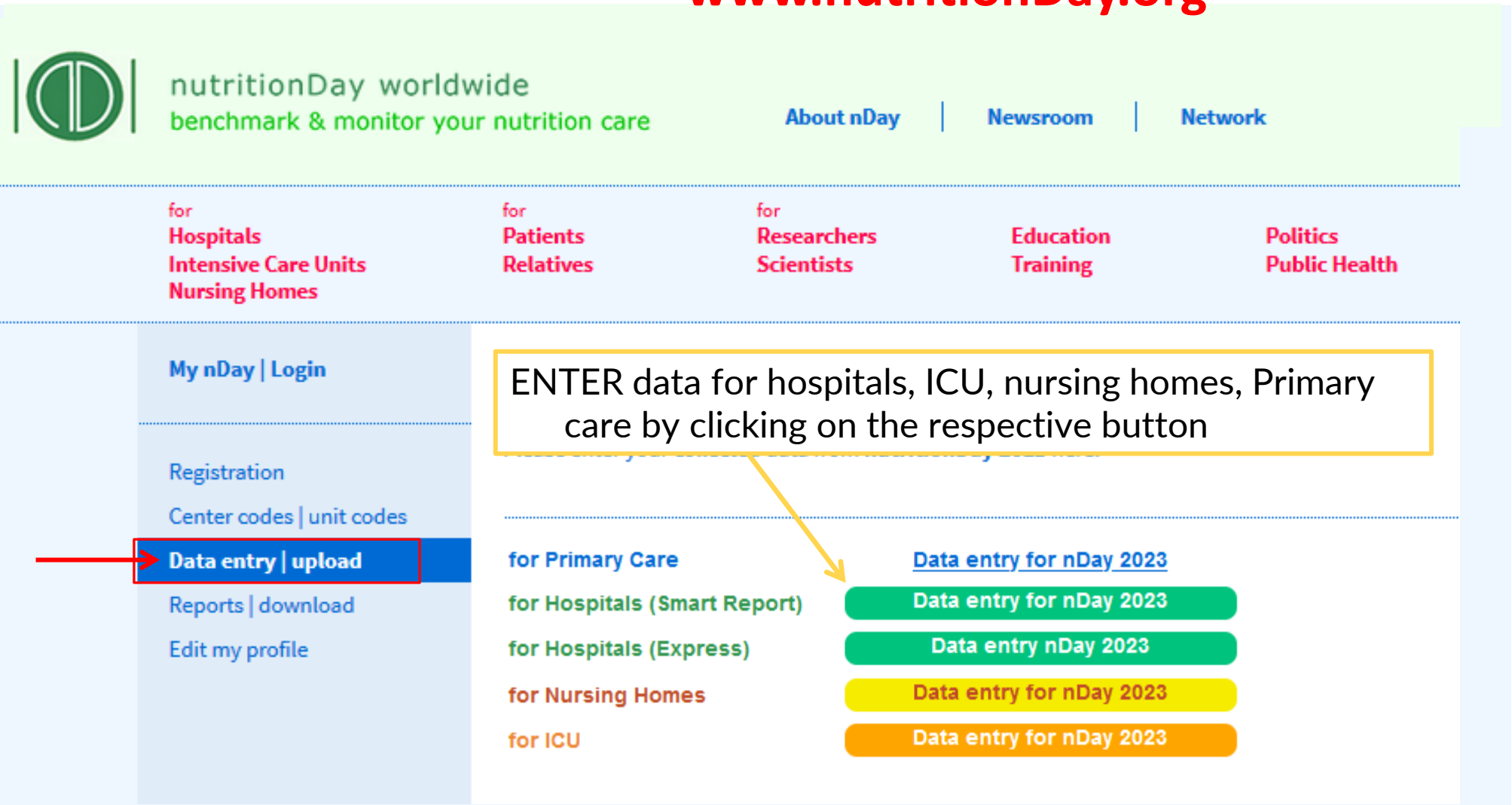
www.nutritionDay.org



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nDay DATA entry (2)

www.nutritionDay.org

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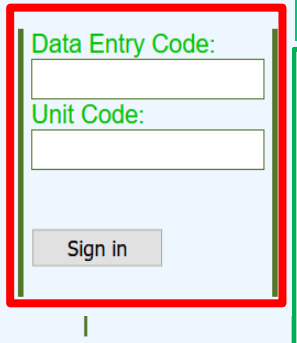
benchmark & monitor your nutrition care



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

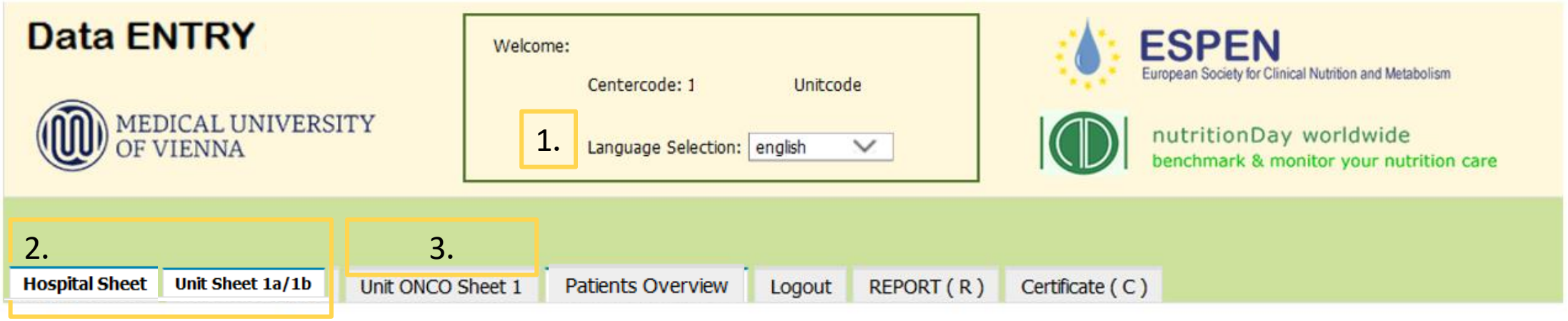
For Primary Care

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

Example:
Centre code: 1234
Unit code: 5678

Data entry code: 1234**PC**5678

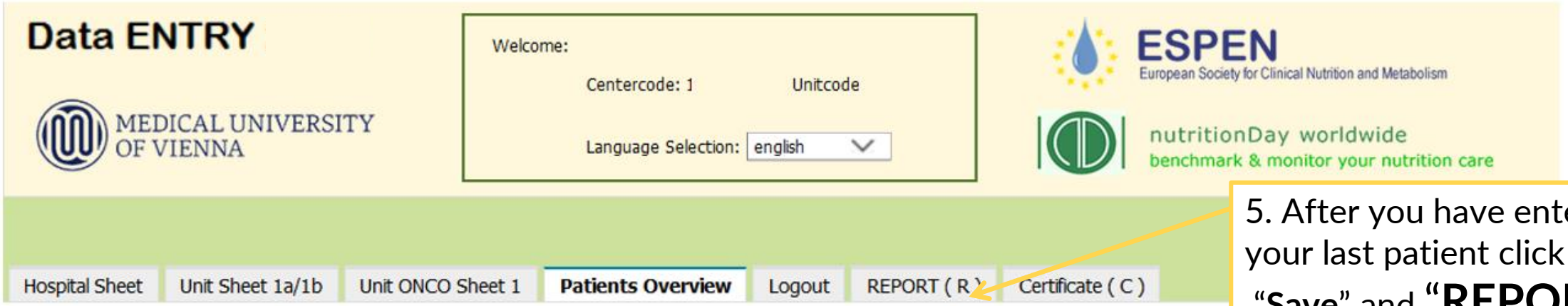
nDay DATA entry (3)



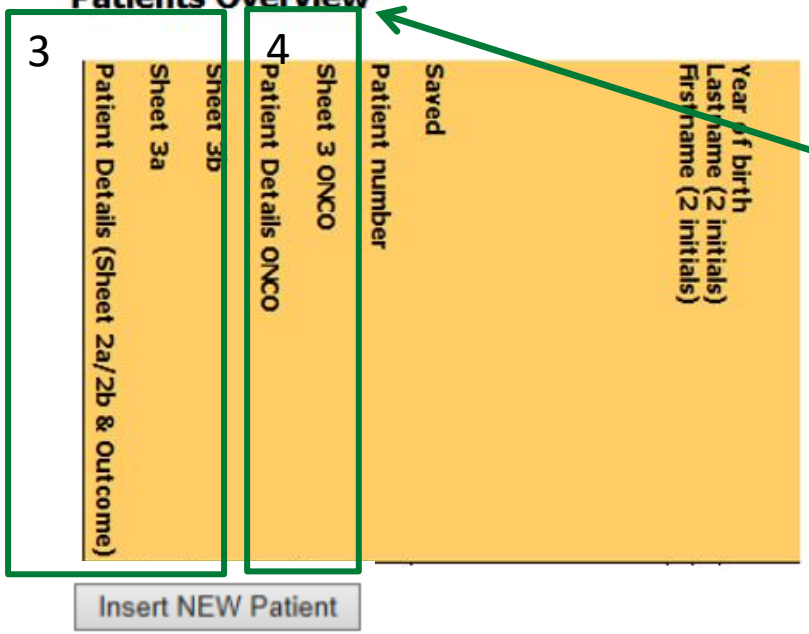
1. Select preferred language
2. Fill in the Hospital Sheet and Unit Sheet
3. If cancer patients are present in the unit, in addition please fill in unit ONCO sheet

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

nDay DATA entry (4)



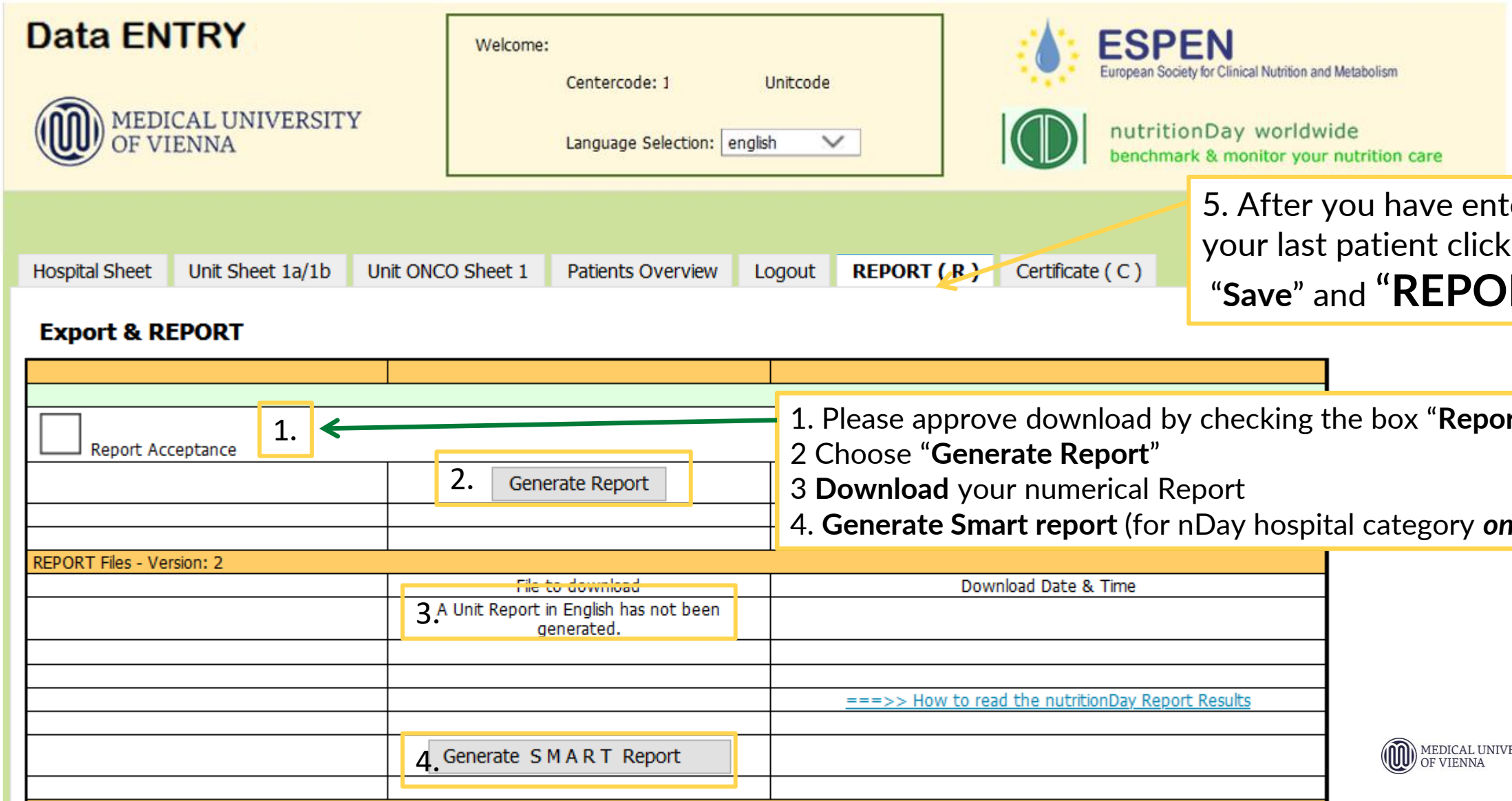
5. After you have entered data of your last patient click "**Save**" and "**REPORT (R)**".



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

nDay REPORT

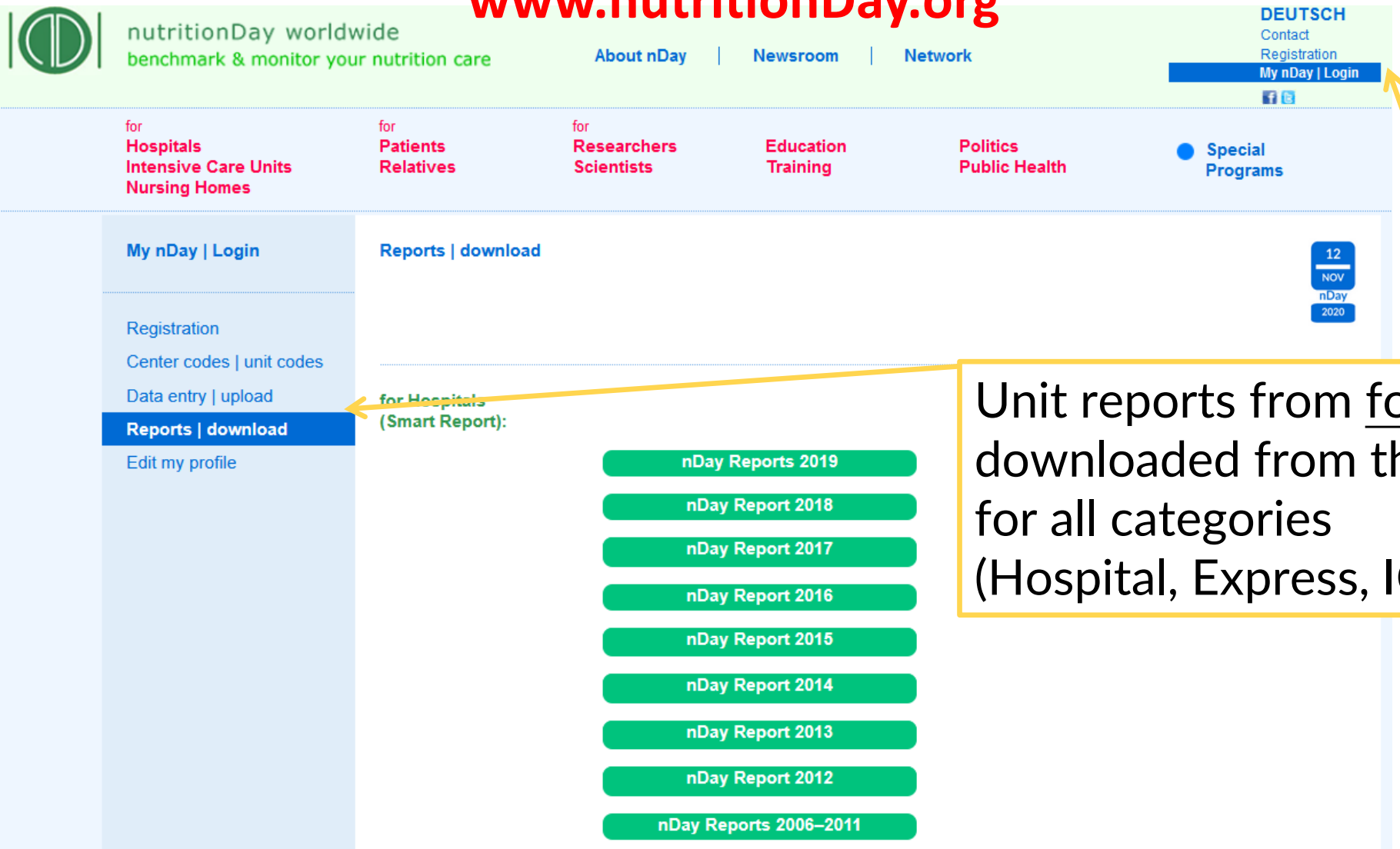


5. After you have entered data of your last patient click "**Save**" and "**REPORT (R)**".

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

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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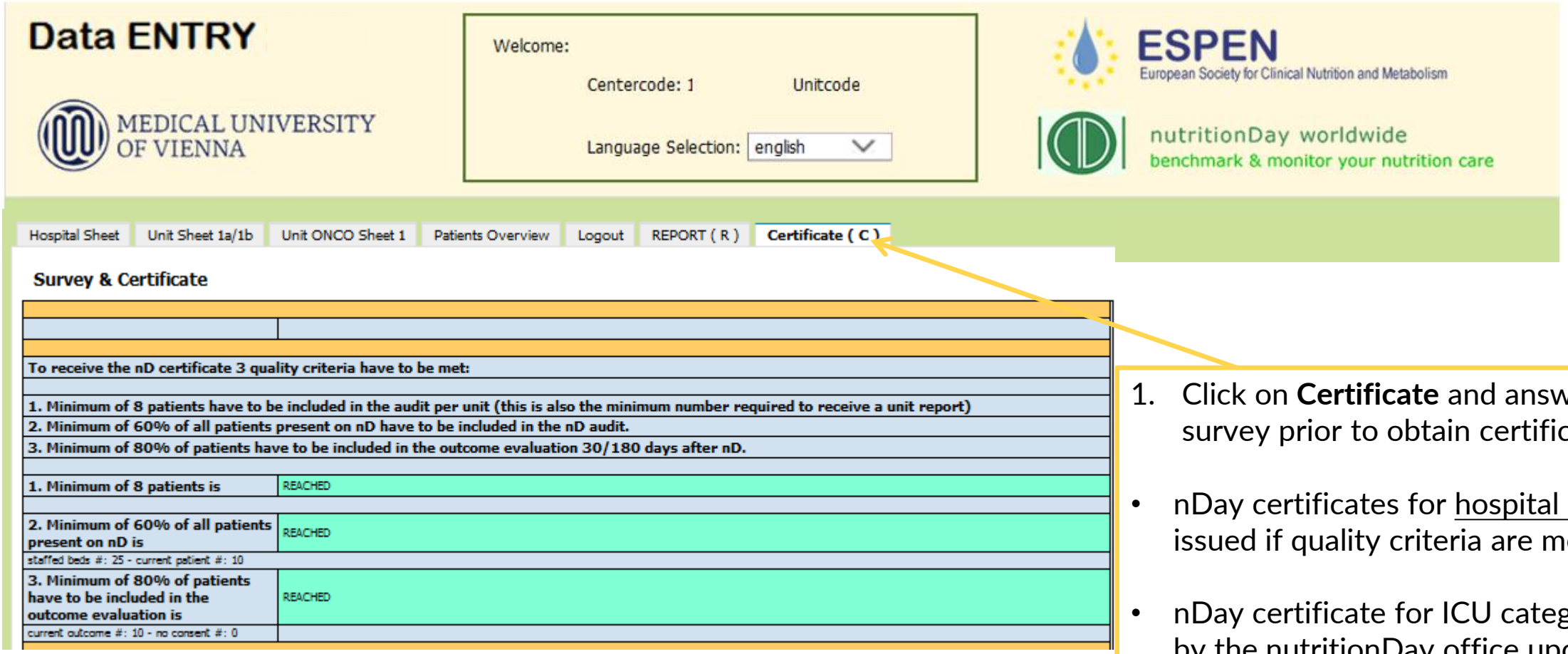
nDay Certificate (1)



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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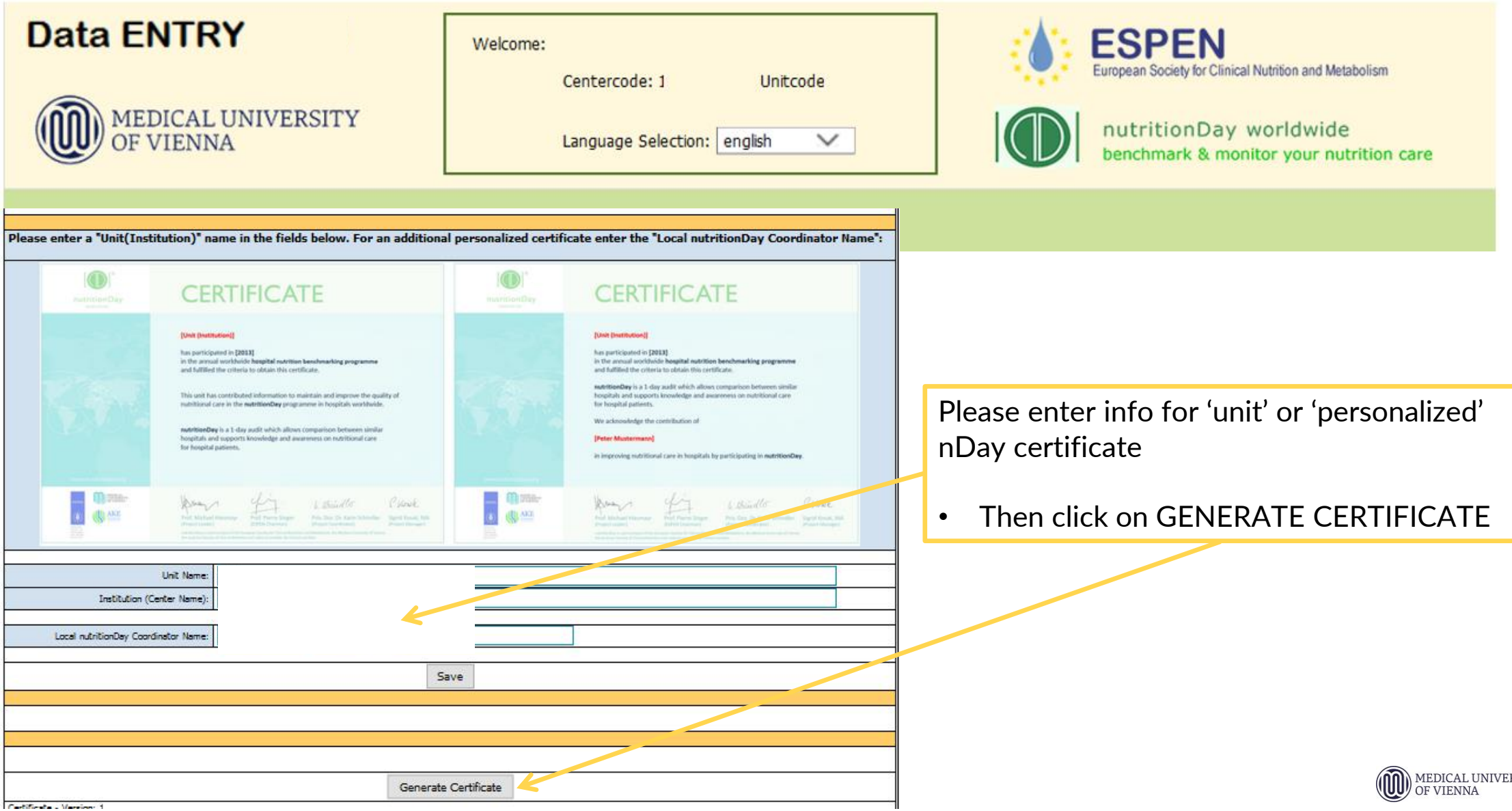

Please enter info for 'unit' or 'personalized' nDay certificate

- Then click on GENERATE CERTIFICATE

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ESPEN The European Society for Clinical Nutrition and Metabolism

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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We guide you step-by-step

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Stay in contact to nutritionDay!

www.nutritionDay.org

office@nutritionDay.org

Together for a better nutrition care

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Guidance links

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Guided 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 UNIFY

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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Thank you!

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