Welcome to nutritionDay worldwide!
Join on **Nov 9th 2023** the international audit on nutrition care in healthcare institutions

**SAVE THE DATE**

Join the worldwide 1-day audit on nutritional care

Together for a better nutritional care

**Benchmark and monitor** the nutrition care in your hospital or nursing home and your patients' nutrition risk profile. **Participation free of costs**

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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.

15-40% of hospitalised patients are "malnourished"

Various scoring systems exist but none includes validated outcome.

"hospital malnutrition"

"malnutrition of the elderly"

"disease related undernutrition"

major problems in healthcare institutions identified by experts.
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
nutritionDay is a worldwide initiative aiming to raise awareness on disease-related malnutrition in healthcare institutions and to enhance the quality of nutrition care.
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. 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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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.

Participating 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

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nDay KEY Elements

**healthcare institutions**

nDay is performed in hospitals and nursing homes

**one day audit**

Data collection takes place every year in November on one scheduled day worldwide

**Anonymity**

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

**free of costs**

All necessary documents are downloadable from nDay website

**no language barrier**

Questionnaires are available in more than 30 languages thus enabling inclusion of minority groups of patients

**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

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nutritionDay 2006-2022
from an idea to a worldwide initiative

© nutritionDay worldwide 2023
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.

**our Mission**

**Improve patient safety** by monitoring quality of healthcare.

**Raising awareness** and knowledge about disease-related malnutrition and nutrition care worldwide.
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.
nutritionDay is a 1-day data collection performed in hospitals and nursing homes.

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.
Questionnaires exist for 6 settings
(in +30 languages)
# nDay Questionnaires Overview

<table>
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<th>Filled out by</th>
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<th>nDay Category</th>
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<th>Oncology</th>
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<td>About Patient</td>
<td>Diagnose, Treatment and Nutrition Care therapy</td>
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<td>Patient questionnaire</td>
<td>Food/beverage intake on nDay, mobility, health status</td>
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<td>Outcome Evaluation</td>
<td>180/30 60-180 days after nDay</td>
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www.nutritionDay.org
nutritionDay Unit Reports

Hospital
Hospital Express
Oncology
ICU
Nursing Homes

Smart Report
with quality indicators
of nutritional care

Numerical Report

ICU Report

Nursing Homes Report
nutritionDay National Reports

Hospital

nDay Hospital National Report

Smart Report
Numerical Report
National Report

Summary on nDay

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)
## Benefits on nDay participation

<table>
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<th>Quality safety</th>
<th>Benchmarking</th>
<th>Certification</th>
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- 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.*
How to participate to nDay

EASY STEPS

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 patient about what is expected of them and what information will be collected.

4. Collect and enter outcome data
   Enter outcome data after 30/60/90 days after nDay into the database, including the results of 80% of all patients present on nDay to receive a certificate

5. Enter data and download unit report
   After nDay, login to mynDay, enter unit and patients’ data & download the unit report. Graphical and numerical report available

6. Collect data on nutritionDay
   On nDay, distribute patient questionnaires and pencils. Assist where necessary and collect completed forms

7. Check data and download report
   Check data for accuracy immediately after data entry. Redownload report inclusive outcome data.

8. Interpretation and discussion
   Discuss unit results in your team using nDay Smart Report. Think about possibilities or strategies to improve nutrition care in your unit.

9. Certificate
   Answer the feedback questionnaire and download your unit certificate. Meet quality criteria to receive the nDay certificate

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

STEP-BY-STEP GUIDANCE

HOSPITAL

ICU

NURSING HOMES

STEP-BY-STEP GUIDANCE

All categories

REGISTRATION to nDay
CODEs ORDERING
DATA ENTRY and REPORT DOWNLOAD
1. Click on "Registration" to register to nDay
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
nDay codes ordering

1. Click on “my nDay Login”

www.nutritionDay.org
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 personal account
click “login”
Order a new code (3)

This is the overview of already ordered Centers and Units’ codes.

CLICK here to Order center code.

Contact the nDay office if you need help.
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.

Order a new CENTER code.
Order a unit code

This is your ordered Center

Click here to order a UNIT code for this Center

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.
Overview of codes

- In your nDay account you can review all the center’s 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, Primary Care). You can repeat the code ordering procedure for as many units as you want.

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.
nDay DATA entry (1)

www.nutritionDay.org

ENTER data for hospitals, ICU or Nursing Homes and Primary Care by clicking on the respective button.

for Primary Care  
Data entry for nDay 2023

for Hospitals (Smart Report)  
Data entry for nDay 2022

for Hospitals (Express)  
Data entry nDay 2022

for Nursing Homes  
Data entry for nDay 2022

for ICU  
Data entry for nDay 2022

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nDay DATA entry (2)

www.nutritionDay.org

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 HCP/doctor code
Unit code: HCP/doctor code

Example:
Centre code: 1234
Unit code: 5678

Data entry code: 1234 PC 5678
unit code: 5678
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)

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

5. After you have entered data of your last patient click “Save” and “REPORT (R)”. 
nDay REPORT (1)

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)

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)
Unit reports from former years can be downloaded from the “nDay Account” for all categories (Hospital, Express, ICU, Nursing Homes).
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.
nDay Certificate (2)

Please enter info for ‘unit’ or ‘personalized’ nDay certificate

- Then click on GENERATE CERTIFICATE
We guide you step-by-step

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

4. **REGISTER AND ORDER CODES**
   - Login to your nDay account, enter unit and patients’ data & download the unit report.
   - Graphical and numerical reports available.

5. **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.

6. **ENTER DATA AND DOWNLOAD UNIT REPORT**
   - On nDay, distribute patient questionnaires and pencils. Assist where necessary and collect completed forms.

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.
Stay in contact to nutritionDay!

www.nutritionDay.org

office@nutritionDay.org
Follow us on social media!

www.nutritionDay.org
Together for a better nutrition care
Guidance links

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](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](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](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](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](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](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](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](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](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](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](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](https://www.nutritionday.org/cms/upload/pdf/3_for_nursing_homes/1.2.prepare/English_metric_measures/nH_guidance_for_data_entry_english.pdf)