



The Global Resource  
for Nutrition Practice

# Practice-based Evidence in Nutrition

[www.pennutrition.com](http://www.pennutrition.com)

**Are you using the most up-to-date evidence to inform your dietetic practice?**

**Are you challenged to find, evaluate and synthesize the growing body of evidence in food and nutrition in a timely way?**

**Do you wonder if the food and nutrition resources and tools that you use are current?**

**PEN – The Global Resource for Nutrition Practice is now available to BDA Members to help you stay on the leading edge with evidence-based decisions!**

Developed by Dietitians of Canada in consultation with leaders in innovative knowledge translation tools, PEN provides evidence-based answers to your everyday practice questions with just a click of your computer mouse.

**Here are some of the key features of this dynamic service to ensure that you have the latest information about food and nutrition at your fingertips.**

- Powerful search capabilities
- Graded key practice points synthesized from the literature by experts
- Abstract-or-full-text links to cited references
- Background documents
- Evidence and Practice Guidance Summaries
- Tested “best practice” client tools, professional tools and resources including practice guidelines, position papers, websites
- Searchable glossary
- Updated regularly as evidence changes to inform a change in practice
- Full accessibility through your computer at work, home or on the road
- Applicable to all nutrition and dietetic practice settings

**Review the current list of knowledge pathways at:**  
[www.pennutrition.com/ViewPublicCurrentTopics.aspx](http://www.pennutrition.com/ViewPublicCurrentTopics.aspx)

## Sample questions PEN has answered

Practice Category	Sample Questions
Population Health	What steps can be taken to decrease the risk of Enterobacter sakazakii infection from powdered infant formula among infants? How much fruit juice is appropriate to include in the diet of toddler/preschool children?
Health Condition/Disease	Do all out-patients with chronic Heart Failure (HF) need to follow a sodium restricted diet to manage their HF symptoms and reduce morbidity and mortality?
Food/Nutrients	What is the impact of caffeine on human health? Is it safe to heat food in cans with bisphenol A (BPA) linings?
Professional Practice	Is there evidence that use of a computerized nutrient analysis/assessment program improves client intake reporting & motivation to make diet changes compared with traditional & manual recording methods?

## **What leading Canadian practitioners and educators are saying about the BDA/PEN collaboration...**

"What an exciting development, perhaps the start of an international dialogue on how dietetic knowledge is created and validated." *Karol Traviss RD- Dietetic Education Coordinator, University of British Columbia*

"Going international will facilitate resource sharing and will bring about critical thought and the brightest minds in the world of nutrition and dietetics. It will strengthen dietetic practice. It will also facilitate consistent messaging and practice all around the world - thereby strengthening the leadership profile of dietitians." *Kristyn Hall RD, MSc*


"This is very exciting! PEN going international positions Canadian dietitians at the forefront for evidence based practice. As RDs globally practise using high quality guidelines, the stronger our voice as RDs." *Brenda Hotson, RD - Clinical Nutrition Manager, Winnipeg Regional Health Authority*

## **How PEN can support your practice – the possibilities are unlimited**

<b>Practice Situation</b>	<b>Ways to use PEN</b>
<b>As a clinician</b>	As a research tool to update nutrition support protocols
<b>As a credible source for the media</b>	As a quick way to find the answer to an emerging issue in the news
<b>As a practice leader</b>	As a professional development tool to update the team's knowledge on topics of relevance to their practice
<b>As a university educator</b>	To update your lecture notes or create an assignment for student to appraise a research article and compare their appraisal to PEN
<b>As a food service manager</b>	To use the best evidence in providing food safety training for food handlers
<b>As a resource developer</b>	To find evidence-based guidance for "best practice" in resource design
<b>As a private practice counselor</b>	To help develop skills in working with clients from diverse cultural backgrounds
<b>As a student preceptor or mentor</b>	To enhance your knowledge of ways to build relationships between you and your students

## **How to put the power of PEN to work for you:**

PEN is available as an annual subscription on an individual, group or site licence basis. Find out the best option for you and how to subscribe at: [www.bda.uk.com/pen](http://www.bda.uk.com/pen)



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Practice**