

An Introduction to Practice-based Evidence in Nutrition (PEN[®])

Introduction – why is this task important?

As busy students, it can be challenging to stay on top of the latest evidence in food and nutrition - especially in today's ever-changing environment. To address this need, Dietitians of Canada developed PEN[®] - the global resource for nutrition practice.

PEN[®] interprets evidenced based research into practical information to support dietetic practice on more than 200 nutrition and dietetic-related topics.

This task will help to orientate you around the PEN[®] system so you can use this to support your evidenced-based practice.

Instructions

- Identify a condition/disease you have come across during placement.
- Go onto PEN[®] (sign into your BDA account and visit [this page](#) then click on the 'sign up/login' button) and find the Background document and Summary of Recommendations and Evidence page on PEN.
- Identify 3 key points from the background document and 3 key recommendations from the Summary of Recommendations and Evidence page.
- What practice questions are linked to this topic? Do any of these questions apply to the service user you saw during placement?
- What other questions may service users ask, and how would you answer these?
- Review the Related Tools and Resources for this condition/disease. Are there any handouts that would have been helpful to give to the service user?
- Share answers to the above with your supervisor for discussion or write a reflection on what you've learnt from this task and how you envisage you will use this learning in practice.

The following resources will be useful

- PEN[®]
- NICE/SIGN
- Relevant European guidelines

Highlight which learning outcomes you feel this task relates to: