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*There Are No  
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*The Global Resource  
for Nutrition Practice*

eNews

# **SUMMER 2011**

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***A Publication of PEN Global Partners***

*British Dietetic Association, Dietitians Association of Australia,  
Dietitians New Zealand and Dietitians of Canada.*



## FROM THE EDITOR

At a recent conference, Lynda Corby, one of PEN's founding members, gave a lecture highlighting the value of change as a common theme in her career. How change can be a renewing and revitalizing force in our careers and in dietetics. She spoke about the power of teamwork to bring about the best results, and the importance of shared knowledge and tools to extend our reach. This year, PEN has undergone exciting changes with the addition of our international dietetic association partners – the United Kingdom, Australia and New Zealand.

The article, <sup>1</sup> *There are no passengers on spaceship earth. We are all crew* highlights this global partnership which will facilitate shared knowledge creation and will yield many benefits for dietitians. You can get to know our international partners Megan Alsford of the Dietitians Association of Australia, and Sylvia Turner of the British Dietetic Association, as they reflect on the value of the PEN partnership.

<sup>1</sup> Marshall McLuhan

## WELCOME TO PEN eNews!

PEN eNews further celebrates this global partnership with an array of articles, including *PEN Has Gone Global – What do the flags mean?* You can find out what is happening in the PEN world in our regular features – thanking our PEN contributors, what is new in PEN, and PEN announcements. In our section on knowledge transfer events you will find a variety of online events that show knowledge transfer in action!

While the world is a big place, the dietetics field is small. The international partnership with PEN has already brought about many exciting changes to dietetics. It showcases the value of teamwork and partnership. Shared knowledge and tools, and a coordinated, collaborative approach can only serve to advance our dietetic profession. Change is good. This change is great.

**Kristyn Hall MSc, RD**  
Editor, PEN eNews



# PEN HAS GONE GLOBAL

## What Do The Flags Mean?

Written by Lisa Koo, RD  
PEN Quality Assistant

You may have noticed a number of different country flags appearing on PEN. PEN now has partnerships with the British Dietetic Association (BDA), Dietitians Association of Australia (DAA) and the Dietitians New Zealand. So in addition to seeing the Canadian flag and the Union Jack (UK), you will also see the Australian and New Zealand flags on PEN.

The flags are there to help you identify tools or resources containing content that is country specific.

## What Do The Flags Mean?

- The flags are there to help you identify tools or resources containing content that is country specific. Guidelines and/or regulations may vary from country to country. Flags will appear next to the titles of tools and resources that are specific to that country. You can still access another country's tools and resources.
- You may also see more than one flag appear next to a tool or resource. This means that the tool meets the guidelines for those specific countries.
- A tool or resource without any flags means that it contains advice that is broadly applicable.

Our advanced search function will allow you to specify which resources you would like to access according to which country.



- If you would like to specify your search to e.g. Canadian resources only, go to the Advanced Search section below the general search box and choose Target Country and then select Canada. Choosing this action will filter out resources specific to other countries that may also be applicable to your needs.
- Using the general search box will give you search results that contain resources from all the different countries (Canada, United Kingdom, Australia and New Zealand).

These are just a couple of things happening in the world of PEN.

If you have any comments or suggestions, we would love to hear from you.

Contact us at [eNews@pennutrition.com](mailto:eNews@pennutrition.com)

# <sup>1</sup>‘THERE ARE NO PASSENGERS ON SPACESHIP EARTH

*We Are All Crew’*

## Submitted by

Megan Alford, Dietitians Association of Australia and Dietitians New Zealand  
Sue Kellie, The British Dietetic Association  
Jayne Thirsk, Dietitians of Canada

Globalization – love it or hate it, it impacts dietitians around the globe in small and big ways every day. Whether it be

- Staying abreast of new science and technology
- Incorporating new nutrition knowledge or new food products into our practices
- Respecting and understanding the health beliefs or food habits of new immigrants
- Responding to global health threats such as HIV/AIDS, SARS, BSE, food borne E. coli outbreaks
- Or contributing to or advocating for policies designed to ensure food security for all in an environmentally sustainable manner

PEN will provide evidence-based guidance for practice.

Recognizing it’s a big job and that we are a relatively small profession, we set about creating a global nutrition resource for dietitians that would enable dietitians across the world to collaborate to advance knowledge, to share their resources and to lead the development of practice within their own countries and globally.

PEN is the foundation for this exciting vision as the knowledge base and decision-support tool for dietitians and nutrition professionals, which provides accessible, affordable and sustainable products to support evidence-based practice.

## Benefits of the global collaboration

- A shared database is more resource efficient than each country having a unique database and it can grow “faster, broader and deeper” with contributions from more than one country
- Promotes evidence-based practice as outlined in the International Code of Ethics and Code of Good Practice
- Builds capacity for generation and use of evidence-based practice guidance within national dietetic association partner organizations
- Challenges entrenched thinking
- Fosters international networking amongst dietitians
- The wisdom of crowds solves many problems
- Enhances the profile of the profession around the world.

Our PEN Global Partnership principles ensures an equitable partnership that builds on the strengths of all participants for the benefit of everyone. The partnership is built upon open communication with shared responsibility, accountability and decision-making. We are learning about and respecting the processes and legal systems within which we each have to work and recognizing that we may have different drivers or priorities.

The beneficiaries of the PEN global partnership are members of the dietetic association partners, their stakeholders and the dietetic profession as a whole.

As a global team we have developed many new skills and are learning all the time. This encompasses issues like how to effectively horizon scan across three continents, appreciating the many different ways we choose to describe a healthy diet and how to incorporate different dietary reference values. We are also learning to overcome everyday concerns such as the use of technology to meet across time zones, spelling and terminology differences and discovering a shared sense of humour/humor. These wonderful unexpected consequences of the partnership are ones that everyone who joins us can benefit from.

We are inspired by Steve Jobs, co-founder and CEO of Apple Inc., who said “You can’t just ask customers what they want and then try to give that to them. By the time you get it built, they’ll want something new”.

We aim to provide what you need before you are aware of the need, so that PEN is your one-stop-shop for practice-based evidence in nutrition and dietetics, wherever you are in the world.

*“For those who contribute to PEN, it provides the opportunity to collaborate with international colleagues as well as offering recognition of their skills and knowledge.”*

## PEN INSIDER

### *Spotlight on Megan Alford*



**Megan Alford, B Hlth Sci (Nut & Diet),  
Grad Cert Media & Comms, APD, AN  
Professional Services Dietitian,  
Dietitians Association of Australia**

I am the project manager for PEN Australia and New Zealand. As part of this role I coordinate the development and review of PEN materials, coordinate the Australian/New Zealand PEN Working Party, support members with login and usage issues, and promote PEN to our members and stakeholders. Our new partnership with PEN provides Australian and New Zealand dietitians with the exciting opportunity to be part of a global, evidence-based resource.

I really enjoy seeing the differences in practice between our countries and was quite surprised to see there really aren't many! Coming together in a global partnership will:

- Advance the science and practice of dietetics. We can learn so much from our international colleagues and them from us. We have been using evidence from around the world for many years. PEN allows this knowledge to be pooled together and transferred amongst the world's dietitians in real time, meaning we'll progress the dietetics knowledge base more efficiently than we have ever done before.
- Help to further our nation's dietitians as the 'go to' experts in nutrition, and the dietetics profession as a leader in evidence dissemination.

- Facilitate dietetic skill building. For those who contribute to PEN, it provides the opportunity to collaborate with international colleagues as well as offering recognition of their skills and knowledge.
- Benefit our patients and clients. Dietitians will be better able to stay abreast of the evidence in nutrition, allowing them to provide the best quality, expert nutrition advice to their patients or clients. This will inevitably translate into better health outcomes for patients and clients.

PEN offers dietitians access to up-to-date, evidence-based guidance. The resource is easy to use, relevant to a dietitian's practice and in a format that suits their busy schedules. I also really appreciate how easy it is to navigate and use especially for those of us who aren't exactly technology savvy. PEN will continue to evolve as more and more dietitians (and countries!) see the benefits and get involved.

# WHAT'S NEW IN PEN

PEN never sleeps – its content is continually being updated. Whether it is

- an entire Knowledge Pathway that has been reviewed,
- a Practice Question that is updated due to new and exciting research or
- a tool that is enhanced to reflect the latest evidence, PEN is “awake” 24/7.

Below is a quick glance at some of the updated content in PEN. Look for the updated symbol next to the Knowledge Pathways to see more enhanced content!

## Updated Knowledge Pathways

Diabetes – Continuous Subcutaneous Insulin Infusion  
Hypertension  
Parkinson’s Disease  
Pediatrics/Paediatrics - Child Growth

## Updated Practice Questions

- What steps can be taken to decrease the risk of *Enterobacter sakazakii* (*Cronobacter* spp.) infection and illness from powdered infant formula among infants?
- Does supplemental conjugated linoleic acid (CLA) or high dietary CLA reduce the risk of pregnancy-induced hypertension (PIH)?

- Do dietary supplements affect glucose control in adults with diabetes and can these products be recommended for use for this population?
- Does vitamin C have a role in the prevention or treatment of the common cold?
- Does the consumption of *Salvia Hispanica* L. (chia) improve glycemic control, body weight or other cardiovascular disease risk factors?

## Coming Soon

Within the next month, updates will be posted to the following Knowledge Pathways:

Attention Deficit Hyperactivity Disorder  
Food Security  
Healthy Weight/Obesity - Natural Health Products  
Healthy Weight/Obesity - Pediatrics/Paediatrics  
School Health  
Toddler and Preschool Nutrition  
Vegetarianism

If you have a practice question or a suggested tool/resource, email us at [eNews@pennutrition.com](mailto:eNews@pennutrition.com)

For a fun look at why knowledge translation matters to you, go to <http://youtu.be/SavsJYXWgm8>

# KNOWLEDGE TRANSLATION

## What Dietitians Need To Know

Written by **Kristyn Hall MSc, RD**  
PEN Evidence Analyst

The science of knowledge translation is the set of skills and tools needed to facilitate change in practice.

## 3 Reasons Knowledge Translation Matters To You

- Nutrition information is highly accessible but not all of it is credible.
- Diet manuals and textbooks, which served practitioners well in the past as authoritative resources on clinical and other nutrition-related topics, are often out of date even before they are published.
- The most recent science in food and nutrition occurs in ever-changing environment. How can you ensure your advice is grounded in the latest evidence?

How can you cut thru the nutritional crud and offer the best information to your patients and clients? For dietitians, there is Practice-based Evidence in Nutrition (PEN) – a knowledge translation tool available to support your dietetic practice. PEN translates the science and art of nutrition through bite-size evidence-guidance statements from practice through to client resource materials consistent with the evidence.

Dietitians need to be effective knowledge managers with ready access to timely, current and authoritative guidance on food and nutrition questions in everyday practice. In this ever-changing world of food and nutrition, what knowledge are you translating to your clients?

*References are available upon request.*

Was this article helpful? Email us at [eNews@pennutrition.com](mailto:eNews@pennutrition.com)

While there are increasing amounts of health research being conducted, there is a gap in applying the results to every day health decisions. “Billions of dollars are invested globally each year in the world’s smartest people and best research technologies to advance the frontiers of health knowledge. It is critical that this new knowledge be harnessed more effectively in ways that deliver meaningful health and commercial benefits to individuals across this country and around the world.”<sup>1</sup>

How do we move newly created knowledge to practice? Through the science of knowledge translation. To put it simply, knowledge translation is the use of knowledge in healthcare decision-making.

“Knowledge translation is a dynamic and iterative process that includes the synthesis, dissemination, exchange and ethically sound application of knowledge to improve the health of Canadians, provide more effective health services and products and strengthen the healthcare system (Tetro 2007).”

<sup>1</sup> Dr Alain Beaudet, president of the Canadian Institute of Health Research.

*“Coming together in a global partnership will save valuable time for dietitians as it means that the hours previously spent doing lengthy literature reviews can be freed up allowing more time to be spent with clients.”*

## PEN INSIDER

### *Spotlight on Sylvia Turner*



**Sylvia Turner BSc Dietetics**  
PEN Project Development Officer/KTP Associate

I lead the UK implementation, development and dissemination of PEN. Engaging with the dietetic community in the UK and introducing them to PEN as an invaluable resource for practice, has been central to my role; as has coordinating the inclusion of UK content. This has involved recruiting subject and research experts to review content, ensuring that it sits comfortably with UK practice. I have also had the opportunity to contribute to PEN content myself.

When PEN was launched in the UK in December 2010, for the first time UK dietitians had access to a dietetic specific resource that addresses their evidence-based practice needs. Our subscribers are reassured that the latest guidelines and research from around the world have been appraised,

synthesized and published by a team who are experts in research and dietetics.

**I personally love the breadth of the content on PEN, there really is something for everyone.**

At the British Dietetic Association we believe that this international collaboration can only advance the science and practice of dietetics in the UK and globally. Coming together in a global partnership will save valuable time for dietitians as it means that the hours previously spent doing lengthy literature reviews can be freed up allowing more time to be spent with clients. This resource could not have come at a better time for UK dietitians. For many, especially those working in the National Health Service their caseloads are bulging, leaving

limited time to carry out reviews of the evidence base. PEN answers this problem providing them with evidence-based answers to their everyday practice questions alongside being a valuable source of high quality resources.

I personally love the breadth of the content on PEN, there really is something for everyone. In addition, having completed a systematic review myself, I am all too aware of the amount of effort and man hours that it takes to undertake a rigorous literature review. With time being so precious for us all, PEN literally provides the answers to so many of a dietitian's needs.

# CURIOUS ABOUT PEN?

FREE  
15 DAY  
TRIAL

*Sign-up for a free 15-day trial subscription!*

Want to try before you buy? PEN offers a free 15-day trial subscription. This gives potential users the chance to explore PEN and decide whether they would like to sign up for an annual subscription. To sign up for a one-time free 15-day trial, go to [www.pennutrition.com](http://www.pennutrition.com) and go to the “Subscribe” button on the top tool bar. You will be prompted to register for a PEN account and sign up for a free 15-day trial. At any time during the 15 day trial you can change the trial to a subscription by clicking on “My Account”.

*To sign up for a one-time free 15-day trial, go to [www.pennutrition.com](http://www.pennutrition.com) and go to the “Subscribe” button on the top tool bar.*

## IN THE NEWS: PASS THE SALT OR PASS ON THE SALT?

Written by Dawna Royall MSc, RD  
PEN Evidence Analyst



A recent study made sensational on-line and television news with the findings that a lower salt intake increased cardiovascular (CV) deaths. In this observational study, European researchers followed 3681 men and women for 8 years to examine whether salt intake reduces CV events (1). Results showed that individuals with the lowest urinary sodium excretion at baseline had increased CVD mortality. Furthermore, urinary sodium excretion had no effect on developing hypertension in individuals who had normal blood pressure at the start of the study. The authors conclude that their findings do “not support the current recommendations of a generalized and indiscriminate reduction of salt intake at the population level” (1). The results, however, have been criticized by experts as being based on a relatively small

cohort, with low event rates (only 84 CV deaths) and relatively young participants (about 40 years of age) (2). Other criticisms include:

- **An unreliable measure of sodium intake.** Salt intake was measured by only one calculation of urinary sodium excretion at the start of the study. This does not reflect people’s long-term salt intake. Additionally, the urine volumes and urine creatinine suggest that urine collection was incomplete for some individuals who were categorized in the low-sodium group. At follow-up, there was also missing or incomplete urine data from large numbers of participants.

- **Differences between groups.** The study did not account for other factors that influence sodium intake and heart disease risk. For example more people in the low-sodium group were smokers and had lower education levels, which could have confounded the results. Other factors that influence sodium intake and heart disease risk were not evaluated, such as height, physical activity and total calories consumed. Taller and more active people have a lower

risk of heart disease and tend to have higher sodium intakes due to higher caloric intake.

As a small observational study, this study contributes very little to our understanding of salt and cardiovascular disease, and contradicts many other studies that have shown a clear association between higher sodium intake and hypertension, and its complications (3). Questions of intervention and outcome cannot be answered by small observational studies and it is dangerous to recommend changes to practice on the basis of one study while ignoring the totality of the evidence. The majority of adults consume salt in excess of the tolerable upper intake level (UL) for sodium (4), and current guidelines for prevention and treatment of hypertension recommend that adults consume the adequate intake (AI) for sodium (5). Since many adults will develop hypertension at some point in their lives, it makes sense for us all to **Pass on the salt.**

*References available upon request.*

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## PEN has many client handouts on sodium and how to encourage clients to pass on the salt.

Here are a few that can be found on PEN.

### Client Handouts

**Description:** A resource that gives consumers helpful guidelines for cooking and flavouring food without salt.

English: Low Sodium (Salt) Cooking

French: Fr: Cuisine faible en sodium (sel) (Low Sodium (Salt) Cooking)

Chinese: Ch: Low Sodium (Salt) Cooking

**Description:** This handout has information on low sodium (salt) eating.

English: Low Sodium (Salt) Eating

French: Fr: L'alimentation faible en sodium (sel) (Low Sodium (Salt) Eating)

Chinese: Ch: Low Sodium (Salt) Eating

**Description:** A resource to help consumers lower the sodium in meals eaten in restaurants.

English: Low Sodium (Salt) Eating Out

French: Fr: L'alimentation faible en sodium (sel) au restaurant (Low Sodium (Salt) Eating Out)

Chinese: Ch: Low Sodium (Salt) Eating Out

**Description:** A resource that lists foods low and higher in sodium, to help consumers plan a low sodium eating plan.

English: Low Sodium (Salt) Food Choices

French: Fr: Les aliments faibles en sodium (sel) (Low Sodium (Salt) Food Choices)

Chinese: Ch: Low Sodium (Salt) Food Choices

*If you aren't a current PEN user and would like to see these handouts, sign-up for a free 15-day trial subscription of PEN. Details for doing so are on the previous page.*

## KNOWLEDGE TRANSFER EVENTS

*Canadian Foundation for Dietetic Research and the Canadian Council on Food and Nutrition: Educating Consumers on Sodium: Worth its Weight in Salt* This webcast is available for one year, until June 28, 2012, at no cost. To register, go to <http://www.cfdrc.ca/>

*Canadian Obesity Network's Presentation Portal: Second National Obesity Summit 2011* Videos of the plenary sessions are available at the Canadian Obesity Network presentation portal covering a range of topics presented at the 2nd National Obesity Summit. Go to <http://hosting2.epresence.tv/obesitynetwork/1/Page/Published/13.aspx>

*Canadian Obesity Network's Presentation Portal: First Canadian Summit on Weight Bias and Discrimination* Presentations and video slide shows are available at the Canadian Obesity Network's Presentation Portal covering a range of topics presented at the January 17, 2011 summit on weight bias and discrimination. Go to <http://hosting.epresence.tv/obesitynetwork/1/Page/Published/11.aspx>

*Cochrane Canada 9th Annual Symposium* Slides from the 9th Annual Cochrane Canada Symposium are available covering a range of topics, including "The Use of Social Media to Promote Evidence-based Practice: a Primer on Blogs, Wikis and Twitter". <http://www.ccc-symposium.org/Presentations.html>

*2010 Dietitians of Canada Conference Podcasts* These podcasts are available at <http://www.dietitians.ca/Downloadable-Content/Public/Podcast-Series-2010.aspx> To register for podcasts, visit <https://secure.affreg.com/register/dcpod2010>

*LEAP: Leadership, Evidence & Advanced Practice 16th International Congress of Dietetics* On behalf of the Congress Organising Committee, we would like to warmly invite you to attend the 16th International Congress of Dietetics in Sydney, Australia from 5-8 September 2012. Visit <http://www.icd2012.com/> for more information.

*nutritionDay Canada 2010: Preliminary Results of the Nationwide Survey.* This is a podcast from an event held May 31, 2011, and features results of a survey designed to determine the effect of food intake on all cause 30-day mortality in a large number of hospitalized patients in addition to nutritional and clinical risk factors. This was a one day cross sectional audit, designed to collect information that will help hospitals improve how they identify patients that may be at risk of malnutrition, and the nutritional care of all their patients. <http://event.on24.com/eventRegistration/EventLobbyServlet?target=lobby.jsp&eventid=314775&sessionId=1&key=9051B655C6056B4B38B77856C0276996&eventuserid=49519949>

*WOW : Global – Local – Us – 2011 Dietitians New Zealand Conference* From thinking Globally to acting Locally, speakers and presenters will be asked to incorporate how their presentation and ideas relate to this important ethos and our practice. Join us in Nelson, New Zealand from the 22 – 24 August 2011. Visit <http://www.confer.co.nz/dietitians/index.htm> for more information.

*Know of a knowledge transfer event? Email us at [eNews@pennutrition.com](mailto:eNews@pennutrition.com)*



# Thank you to PEN volunteers

Our global PEN partnership has benefited from volunteer efforts around the world! Please take a moment to read and acknowledge your colleagues who have served as authors or peer reviewers for PEN content since January 2011. If you would like to be a PEN author or reviewer, please send us your contact information and area of interest to: [eNews@pennutrition.com](mailto:eNews@pennutrition.com)



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## ANNOUNCEMENTS FROM PEN

Your PEN user account is separate from your National Dietetic Association account, and so needs to be updated separately. To avoid missing any communications from PEN, please ensure your PEN user account is kept up-to-date. *Login at [www.pennutrition.com](http://www.pennutrition.com) and select Change Contact Information.*

*Call for nutrition experts in gastrointestinal health! We have many questions that need answering in PEN. If you have expertise in gastrointestinal health, please email us at [eNews@pennutrition.com](mailto:eNews@pennutrition.com).*

## COMING NEXT ISSUE

*What is Healthy Literacy?*

*PEN turns 6!*

*Asking a PICO question*

*Profiling a PEN super-user*

*You Asked for It! A Marketing Letter to use with Administrators*

## CONTACT US

PEN eNews is a newsletter to help you:

- keep up to date on new content, features and technology available in PEN
- optimize your time spent in PEN
- enhance your skills in critically appraising the literature
- enhance your knowledge of and participation in knowledge transfer
- position yourself as a leader in evidence-based practice

*Do you have comments, questions or feedback?  
Please contact us:*

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