



*The Global Resource  
for Nutrition Practice*

Practice-based Evidence in Nutrition (PEN)

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*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?*

As a busy food and nutrition professional, you need PEN to keep you on the leading edge of dietetic practice.

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
- » Full text or abstract links to cited references
- » 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 dietetic practice setting

*Review the current list of knowledge pathways at:*

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

<b>Practice Category</b>	<b>Sample Questions</b>
<b>Population Health</b>	What steps can be taken to decrease the risk of <i>Enterobacter sakazakii</i> infection from powdered infant formula among infants? How much fruit juice is appropriate to include in the diet of toddler/preschool children?
<b>Health Condition/Disease</b>	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?
<b>Food/Nutrients</b>	What is the impact of caffeine on human health? Is it safe to heat food in cans with bisphenol A (BPA) linings?
<b>Professional Practice</b>	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 international 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 practice 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

Practice Situation	Ways to Use PEN
As a community educator	As a research tool to identify “hot topics” and evidence-based answers when you’re planning a talk to a community group
As a credible source for the media	As a quick way to find the answer to an emerging issue in the news
As an addition to your professional development portfolio	Use your experience as a volunteer author or reviewer for a PEN practice question
As a university educator	To update your lecture notes or give your students an assignment to research and answer a practice question for PEN
As a practitioner	To answer a challenging question from a colleague or client
As a resource developer	To find evidence-based guidance for “best practice” in resource design
As a counselor	To help develop skills in working with clients from diverse cultural backgrounds
As a preceptor or mentor	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 license basis. Find out what is the best option for you and how to subscribe or sign up for a free trial at: [www.pennutrition.com](http://www.pennutrition.com)



Make **PEN** your  
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