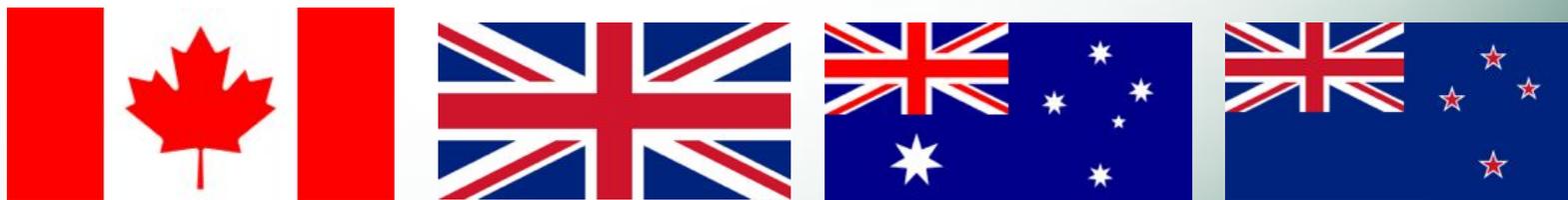




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# Practice-based Evidence Toolkits [PETs]

***Orientation Module***  
***August 2013***



# About this Module



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This module provides an orientation to Practice-based Evidence Toolkits (PETs).

You will learn:

- What PETs are
- Why they were developed
- Key design features
- How to access and navigate through PETs
- Contact information and how to provide feedback



# What are PETs?



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PETs:

- replace Practice Guidance Summaries (PGSs), with slight modifications made to Backgrounds (i.e. move nutrition diagnosis into the toolkits)
- are a 'one-stop-shop' for evidence-based **practice guidance**
- relate to a particular knowledge pathway
- are organized according to the Nutrition Care Process (NCP) steps, as described by standard terminology (International Dietetics and Nutrition Terminology – IDNT)



# What are PETs cont'd



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PET sections fall into the four NCP steps for specific nutrition related conditions/diseases:

- 1. Nutrition Assessment** - with links to professional tools and calculators
- 2. Nutrition Diagnosis** - include PES statements (problem, etiology, signs and symptoms)



# What are PETs cont'd



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- 3. Nutrition Intervention** - include Nutrition Prescription, Goals and Key Findings & Recommendations, critical for practice guidance
- 4. Nutrition Monitoring and Evaluation** – provide guidance for monitoring and evaluating NCP outcomes.





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Looking for Help?

## Osteoarthritis: Toolkit

Reviewed by:

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Print This Page

Print Toolkit

### Description and Key Nutrition Issues

#### Disclaimer

#### Description

Osteoarthritis (OA) is a common chronic condition characterized by joint pain and stiffness, and decreased function. Individuals with OA may experience a number of challenges as a consequence of their symptoms, including disability and diminished quality of life. Typically OA affects older people, and coexists with other conditions associated with aging and obesity (e.g. cardiovascular disease, diabetes), as well as with sensory (e.g. poor vision) and psychosocial problems (e.g. anxiety, depression). Medications are used to treat the symptoms of OA but do not affect disease progression and may have substantial side-effects. Consequently, a number of complementary therapies (nutritional and herbal supplements) have been investigated as alternative or adjunctive therapy for treating OA symptoms.

See Additional Content: [Osteoarthritis Background](#)

#### Key Nutrition Issues

Individuals with OA may be overweight/obese and may have other chronic conditions associated with aging and obesity, such as cardiovascular disease and diabetes. The nutritional management of OA should also take into consideration co-morbidities in addition to the joint disease.

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### Toolkit Table of Contents

Description and Key Nutrition Issues

Nutrition Assessment

Professional Tools and  
Calculators

Nutrition Diagnosis

Nutrition Intervention

Goals

Key Findings and  
Recommendations

Nutrition Monitoring and Evaluation

ii Nutrition Education Materials

iii Additional Information

References



# Why PETs vs PGSs?



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User feedback, focus and pilot testing of PET prototypes revealed:

- Users love the evidence-based Backgrounds and Practice Questions in PEN® -  
**BUT**, users desired quicker access to practical guidelines and information, including practice tools such as calculators.



# PET Design Features



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- To minimize scrolling, focus on NCP steps and be easy to navigate, PETs:
  - are presented as small “bits” of information on several different pages
  - have:
    - lots of white space
    - use anchor tags (to link to related information within the toolkit)
    - more tables and bullet points.



# PET Design cont'd



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In addition, PETs provide quick access to practical resources and tools including:

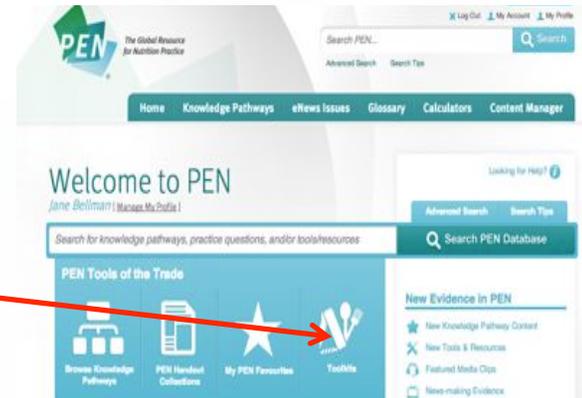
- PEN client handouts
- Other key peer reviewed 3<sup>rd</sup> party handouts
- Practice guidelines (where available)
- Calculators – BMI for adults, BMI for children, metric converters.



# Navigating Through PETs

Three main ways to find PETs:

1. PEN Home page: Click on the Toolkit icon.



2. Knowledge Pathway Table of Contents page:

- Click any of the 🔍 under the Toolkit/PGS column.

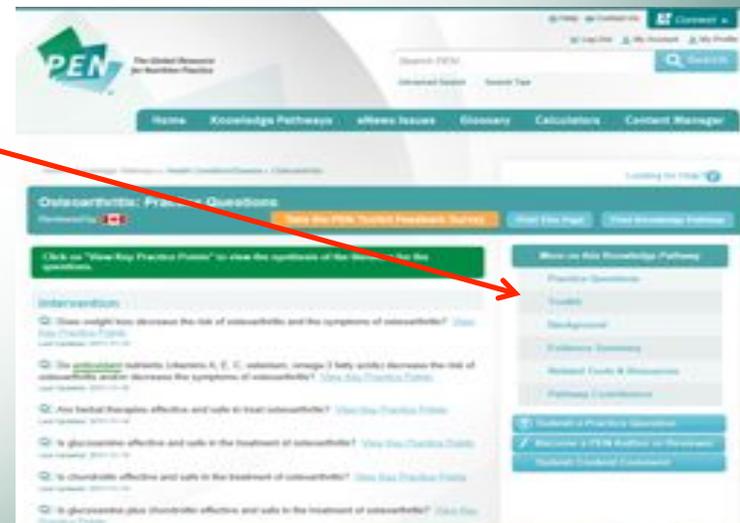
A screenshot of the 'Knowledge Pathway Table of Contents' page. The table has six columns: Knowledge Pathway, Practice Questions, Background, Evidence Summary, Toolkit/Practice Guidance Summary, and Related Tools & Resources. Each row represents a different knowledge pathway, and the 'Toolkit/Practice Guidance Summary' column contains magnifying glass icons (🔍) that correspond to the text in the list item above.

Knowledge Pathway	Practice Questions	Background	Evidence Summary	Toolkit/Practice Guidance Summary	Related Tools & Resources
Diabetes				🔍	
Diabetes				🔍	
Nutritional Implications of Treatment				🔍	
Medications				🔍	
Protein				🔍	
Cardiovascular Disease				🔍	
Cholesterol				🔍	
Dyslipidemia				🔍	
Heart of Failure				🔍	
Hypertension				🔍	
Obesity (Metabolic Phenomena) Disease (MPPD)				🔍	
Obesity (Metabolic Phenomena) Disease (MPPD)				🔍	
Obesity (Metabolic Phenomena) Disease (MPPD)				🔍	
Endocrine and Metabolic				🔍	
Endocrine (Diabetes) Medication				🔍	
Lactation				🔍	
Cardiovascular Disease				🔍	
Cardiovascular Disease (Metabolic Phenomena) Disease (MPPD)				🔍	
Diabetes (Supplements)				🔍	



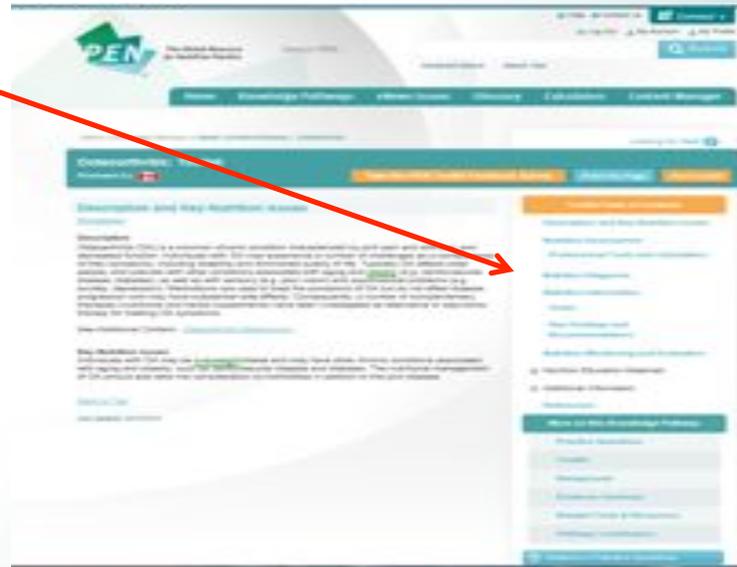
# Navigating cont'd

3. In a knowledge pathway:
  - Click on the “Toolkit” tab on the right hand side.
  - The Toolkit tab will only display as an option if the knowledge pathway has a toolkit.



# Navigating cont'd

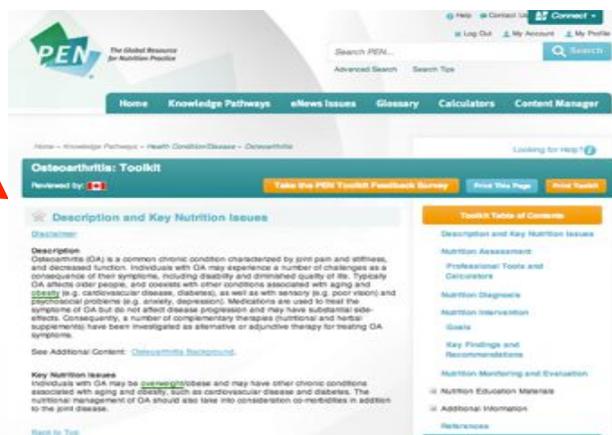
- Once you are in a toolkit, click on any of the items in the Table of Contents (TOC) to access specific sections.



# Navigating cont'd

You can save your most used toolkits into My Favourites on the PEN home page.

- Click on the star on the left hand side of the toolkit to add it.



# Navigating cont'd



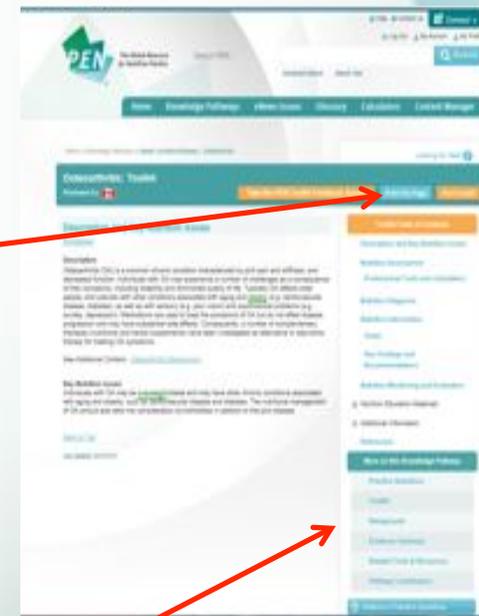
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Print or view a pdf of a page or the complete toolkit:

- Click the tabs above the toolkit TOC.

View other great PEN features:

- Backgrounds, Practice Questions and other knowledge pathway resources are always available under the toolkit TOC.



# Navigation Basics cont'd

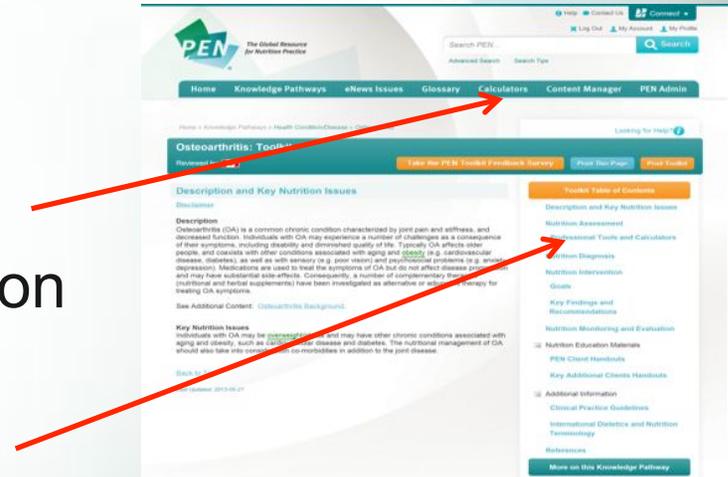
## Professional Tools and Calculators

Quick access to practice calculators:

- within the Toolkit Assessment section
- on each PEN page on the top bar.



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# Navigation cont'd



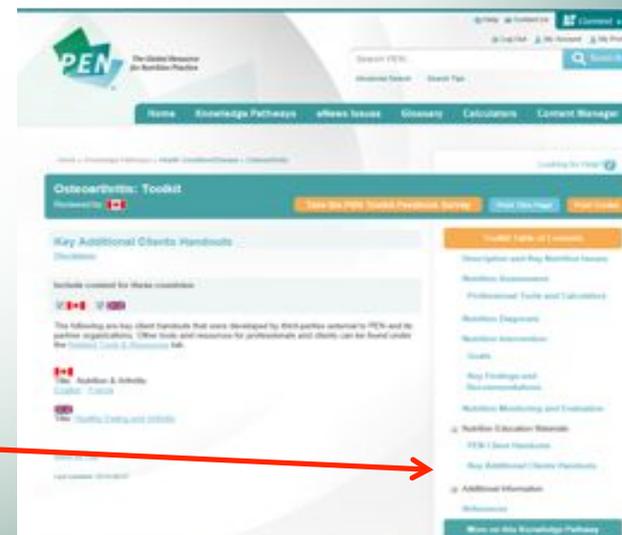
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PETs also provides quick access to specific topic related client resources.

- Watch for TOC headings with a "+". There are contents hidden underneath the heading, so be sure to click on it to see other topics!

## PEN client handouts

## 3<sup>rd</sup> party handouts



# Navigation Basics cont'd



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## Country Flags:

Country-specific information is available for Canada, Australia, New Zealand and the United Kingdom, and depending on which country has reviewed the content, it will be displayed.

- Users can click the box at the top of the page to view the desired country information (or alternatively unclick the box to hide it).

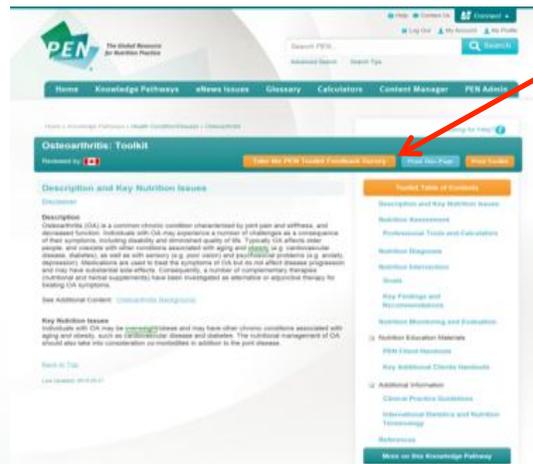
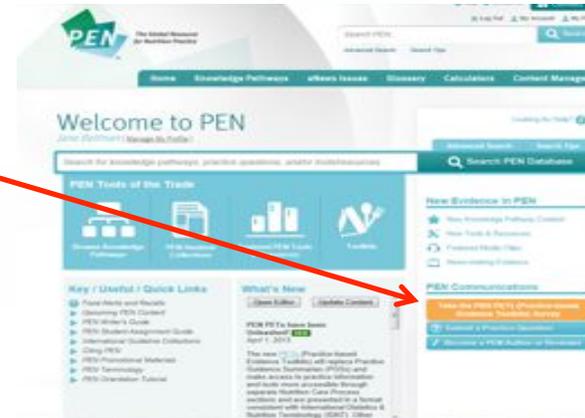


# Take the PEN PET Survey



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- On the PEN home page.
- At the top of the toolkit page.



# Contacts:



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Feedback, comments and ideas welcome!

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