

PEN Knowledge Pathway Template Non GRADE Example

KP Category: Health Condition/Disease

Knowledge Pathway: Immune System

Subcategory: Intervention

Question

1. Are there herbal supplements that can help prevent the common cold?

Key Practice Point

1. Evidence Synthesis

A meta-analysis of RCTs does not show that use of North American ginseng extracts reduce the incidence or severity of colds. However, some studies have found ginseng to shorten the duration of acute respiratory infections (including colds) among healthy adults.

Grade of Evidence: B

Practice Guidance

In healthy adults a daily dose of 2x200 mg of ginseng may shorten the duration of a cold but does not appear to reduce the incidence or severity of colds. Ginseng appears to be safe to use.

Evidence

- a. A systematic review assessed the efficacy of North American (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*) on the prevention of acute respiratory infections (ARIs) (1). Randomized controlled trials (RCTs) and controlled clinical trials (CCTs) consisting of healthy adults on oral preparations of North American or Asian ginseng were included for review. The search criteria yielded five RCTs (with 747 study participants) that tested 200 mg given twice daily for 8-16 weeks. Methodological quality varied widely between studies. Four out of the five studies were funded by manufacturers. Meta-analysis results of five trials found no significant difference in having at least one ARI in treatment groups receiving ginseng (RR: 0.70; 95% CI, 0.48-1.02). However, two trials found supplementation of ginseng to significantly reduce the length of cold/ARIs by 6.2 days (RR= -6.18, 95%CI, -9.00 to -3.36). Overall, there was no difference between placebo and ginseng for side effects. The study authors concluded that insufficient evidence is available to support the use of ginseng to reduce the incidence and severity of common colds. However, evidence exists to support supplementation of North American ginseng in reducing the duration of common colds in healthy adults.

Comments

The active ingredient in ginseng is thought to be ginsenoside. All studies demonstrated an excellent safety profile for the standardized ginseng extracts studied, with few adverse events reported (1).

Rationale

Ginseng extracts have been shown to enhance lymphocyte proliferation and antibody production in mice, and increase production of various cytokines in vitro (2).

References

Beth 2016-4-9 12:44 PM

Comment [1]: Arial 10 font throughout the document

Beth 2016-4-9 12:44 PM

Comment [2]: Left justified and single line spacing throughout the document

Beth Armour 2016-4-9 12:46 PM

Comment [3]: Possible Categories:
Assessment
Diagnosis
Intervention
Monitoring
Evaluation

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Comment [4]: If more than 1 question number them: bulleted with a number with a period after it – Arial, regular, 10

Beth 2016-4-9 12:45 PM

Comment [5]: Succinct statement of the answer to the question – supported by evidence. These are bulleted with a number with a period after it. **This is two sections: graded section – Evidence Synthesis and a non-graded section Practice Guidance - that needs to be from referenced material and often material from the Comment or Rationale section.**

Beth 2016-4-9 12:44 PM

Comment [6]: Should be a summary of the **evidence supporting the KPP** for each article used. These are bulleted with a letter with a period after it.

Beth 2016-4-9 12:44 PM

Comment [7]: You may or may not have comments associated with your Key Practice Point – in particular with the Practice Guidance piece. Must be from referenced information.

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Comment [8]: You may or may not have a Rationale associated with your Key Practice Point. It explains the mechanism of action or the theory behind the KPP and must be from referenced information.

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Comment [9]: Note the reference format: authors names separated by commas, no periods between initials; journal title is the abbreviated form found on PubMed link, no spaces between the year and the volume, issue and page numbers. **Note:** cited date – year, month, day is the date you accessed the link are only added if there is no hard copy and the reference is only available on line – not for articles.

Link to the PubMed article abstract even if you have a link to the full article. ... [1]

1. Seida JK, Durec T, Kuhle S. North American (Panax quinquefolius) and Asian Ginseng (Panax ginseng) preparations for prevention of the common cold in healthy adults: a systematic review. Evid Based Complement Alternat Med. 2011;2011:282151. Epub 2011 Feb 14. Abstract available from: <http://www.ncbi.nlm.nih.gov/pubmed/19592479>
2. Wang M, Guilbert LJ, Ling L, Li J, Wu Y, Xu S, Pang P, Shan JJ. Immunomodulating activity of CVT E002, a proprietary extract from North American ginseng (Panax quinquefolium). J Pharm Pharmacol. 2001;53(11):1515-23. Abstract available from: <http://www.ncbi.nlm.nih.gov/pubmed/11732754>

Key Practice Point

2. Evidence Synthesis
While one RCT reported a decrease in the incidence of the common cold with garlic supplementation, overall there is a lack of high quality evidence available to conclude or refute that garlic supplementation will effectively prevent or treat the common cold.
Grade of Evidence: C

Practice Guidance
Garlic supplementation will not prevent or treat the common cold.

example:

<http://www.pennutrition.com/KnowledgePathway.aspx?kpid=7550&pqcatid=146&pqid=7470>

KP Category:
Knowledge Pathway:
Subcategory:

Question

1.

Key Practice Point

1. Evidence Synthesis
Grade of Evidence: A, B, C, or D

Practice Guidance

KP Category:
Knowledge Pathway:
Subcategory:

Question

2.

Key Practice Point

2. Evidence Synthesis
Grade of Evidence: A, B, C, or D

Practice Guidance

Beth Armour 2016-4-9 12:44 PM
Comment [10]: Must log into PEN for link to work

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Comment [11]: If more than 1 question number them: bulleted with a number with a period after it – Arial, regular, 10

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Comment [12]: More information on completing this assignment is in the PEN Student Assignment D Guide:
<http://www.pennutrition.com/StudentAssignmentGuide.aspx>

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Comment [13]: If more than 1 question number them: bulleted with a number with a period after it – Arial, regular, 10

Evidence

a.

Comments

Additional information relevant to the KPP

Rationale

Rationale of

References

1.

Key Practice Point

2. Evidence Synthesis

Grade of Evidence: A, B, C, or D

Practice Guidance

Evidence

a.

Comments

Additional information relevant to the KPP

Rationale

Rationale of

References

1.

Glossary Items (with reference)

Key words:

Tools and Resources

Tool name

Description

URL

Key words

Target Country

Developer/Publisher

Author

Other examples of Knowledge Pathways (KP) to look at:

[Immune System](#)

[Caffeine](#)

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Comment [14]: Note the reference format: authors names separated by commas, no periods between initials; journal title is the abbreviated form found on PubMed link; cited date - year, month, day is the date you accessed the link; no spaces between the cited date and the volume, issue and page numbers.

Link to the PubMed article abstract even if you have a link to the full article.

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Comment [15]: New terms which may need defining. Check to see PEN doesn't already have a definition:
<http://www.pennutrition.com/GlossaryList.aspx>

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Comment [16]: A list or key words that would be relevant for searching in PEN to find this question