



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:

- » Powerful search capabilities
- » Graded key practice points synthesised from the literature by experts
- » Full text or abstract links to cited references
- » Evidence and practice guidance summaries
- » “Best practice” client tools, professional tools and resources
- » Searchable glossary
- » Updated regularly as evidence changes
- » Full accessibility through your computer at work, home or on the road
- » Applicable to all dietetic practice settings

Review the current list of knowledge pathways at: www.pennutrition.com/ViewPublicCurrentTopics.aspx

Practice Category	Sample Questions
Population Health	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?
Health Condition/Disease	Do all outpatients with chronic heart failure need to follow a sodium-restricted diet to manage their symptoms and reduce morbidity and mortality?
Food/Nutrients	What is the impact of caffeine on human health? Is it safe to heat food in cans with bisphenol A (BPA) linings?
Professional Practice	Is there evidence that use of a computerised nutrient analysis/assessment program improves client intake reporting & motivation to make diet changes compared with traditional & manual recording methods?

How to put the power of PEN to work for you:

- From May 2011, eligible DAA and Dietitians NZ members, get automatic access to PEN as part of the membership benefit.
- This collaboration gives dietitians in Australia and New Zealand the opportunity to shape new and existing pathways for this global, dynamic resource.
- Students – make sure your university buys a site license to ensure you also get access to PEN.

What leading Australian and New Zealand dietitians are saying about the *PEN* collaboration...

'PEN is a fantastic, user-friendly resource developed over a number of years by our Canadian colleagues. The information is evidence based and provides not only references for our use but also client resources. The opportunity to be part of a global, evidence-based resource network is extremely valuable and exciting for all APDs in any work environment'.

Julie Dundon AdvAPD and DAA President

'Today evidence based practice is a key component of the dietitians' tool kit. The PEN resource provides an opportunity for APDs to be leaders in evaluating the state of evidence in their area of practice and rise to the challenge of translating this knowledge to practice'.

Professor Clare Collins FDAA

'Evidence based practice is the cornerstone of our practice as dietitians. The ability to assess and interpret research data and put it in to our own practice environment sets us apart from other professions - but realistically our time is so busy that we have little of it to spend finding, reading or interpreting the research, let alone implementing it. PEN is a revolutionary tool that we can use as one resource to help us easily make sure we practice evidence based dietetics. We all need to get involved in both using it and participating in reviews to make sure it is specific to our unique New Zealand client groups. It is a fantastic opportunity for Dietitians to show that, once again, they really are leaders in the field.'

Katrina Pace, Coordinator, Evidence Based Practice Committee, Dietitians New Zealand

How *PEN* can support your practice – the possibilities are unlimited

Practice Situation	Ways to Use <i>PEN</i>
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 professional development	Use your experience as a volunteer author or reviewer for a <i>PEN</i> practice question
As a university educator	To update lecture notes or give your students an assignment to research and answer a practice question for <i>PEN</i>
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 counsellor	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

**Make *PEN* your
Global Resource for Nutrition Practice.**