

**BIRTH OF A PEN  
PATHWAY**

**HOW DO I...**  
*Customize PEN  
Client Handouts?*

**THE  
BOTTOM LINE**  
*Deciphering Media  
Stories on Diet*

**PEN GOES TO  
BARCELONA**



*The Global Resource  
for Nutrition Practice*

eNews

**FEBRUARY 2012**  
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*British Dietetic Association, Dietitians Association of Australia,  
Dietitians New Zealand and Dietitians of Canada.*



## FROM THE EDITOR

Tweets, posts, likes and connections – a new year, and now, another way to reach PEN... PEN has launched its Facebook and Twitter accounts! Did you know that various social networking sites have been around since 1997? Since that time, these sites have evolved and grown, including the popular sites Facebook and Twitter, both launched in 2006. According to Eric Qualman, author of the book “Socialnomics”, social media is not a fad, but rather, may be the biggest shift since the industrial revolution. [For a video summary of The Social Media Revolution Socialnomics, view the following YouTube video.](#)

PEN would like to connect with you on Facebook and Twitter. If you don't already have accounts, you can sign up for free Facebook and

Twitter accounts at [www.facebook.com](http://www.facebook.com) and [www.twitter.com](http://www.twitter.com). Once you have your own accounts, you can “like” our PEN page on Facebook and “follow” @pennutrition on Twitter. PEN will be publishing a series of Current Issues on social media which will describe the different kinds of social media platforms and suggest some important aspects for dietitians’ social media use. We look forward to connecting with you!

Here are our top 10 reasons to “like” us on Facebook and “follow” us on Twitter:

- 1) Receive timely updates on new content, tools and resources available in PEN
- 2) Have input into PEN content and future topics
- 3) Help you to optimize the time you spend in PEN and get the most from your subscription

## TWEETS, POSTS, LIKES, CONNECTIONS

- 4) Receive timely information on hot topics in nutrition
- 5) Help you to build your social authority using Social Media
- 6) Link you into news making evidence
- 7) Increase your knowledge of and participation in knowledge transfer
- 8) Join a conversation with an international community of evidence-based dietetic practitioners
- 9) Separate yourself from other nutrition professionals by practicing concepts of evidence-based dietetic practice
- 10) Receive notification of knowledge transfer events and resources

For a video demonstration of how to set up a Facebook and a Twitter account, go to [http://www.youtube.com/watch?v=\\_zf5q0oS0FM](http://www.youtube.com/watch?v=_zf5q0oS0FM) and <http://youtu.be/4YGp4cWdndc>

The initial responses to our Facebook and Twitter accounts have been very positive. Join the growing number of dietitians from around the globe who are liking and following the PEN community.

In PEN eNews 1(5), we have many great articles for you including

Birth of a PEN Pathway, Part II The Bottom Line: Deciphering Media Stories on Diet, What’s New in PEN, you’ll meet one of PEN’s Evidence Analysts, Heather Petrie as well as a PEN in Action spotlight on New Zealand dietitian, Angie Lucas. This, and more in PEN eNews 1(5).

Happy 2012 everyone! A new year, full of unlimited possibilities for dietitians and PEN subscribers.

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

## PEN GOES TO BARCELONA!

At the end of October 2011 representatives from the Canadian and UK PEN teams attended the 5th DIETS2 (Dietitians Improving Education and Training Standards) and EFAD (European Federation of the Associations of Dietitians) conference in Barcelona, Spain. Building a strong evidence-based approach to nutrition and dietetics was the theme of the conference and the aim was “to engender new methods and actions for dietitians to use, in order to work, in evidence based ways and also to develop and disseminate their own profession-led evidence”.

With PEN now leading the way for evidence-based dietetic practice in the UK, the conference provided the perfect opportunity for the PEN message to be introduced to dietetic colleagues from across Europe.

Participants enjoyed networking, debating and several presentations including a collaborative effort by Jayne Thirsk (PEN Director) and Sue Kellie (Head of Education and Professional Development at BDA), entitled Applying Practice to Evidence and Evidence to Practice.

The session focused on the fundamentals of evidence-based dietetic practice, knowledge transfer principles and how PEN can support dietitians everywhere to be leaders in evidence-based practice. Presentation slide decks are available at: <http://www.thematicnetworkdietetics.eu/publicitem.m?key=everyone&pgid=3370&trail=/everyone/3159/3370>

In addition PEN was supported by a number of other speakers, who highlighted the advantages

of using PEN in practice and also by a poster presentation by Sylvia Turner, Project Development Officer at the BDA. The poster reported the results of a survey of BDA members, which aimed to investigate attitudes to, and experience of, evidence-based practice. The PEN poster presentation and all other poster presentations which were presented at DIETS can be found at <http://www.thematicnetworkdietetics.eu/publicitem.m?key=everyone&pgid=3362&trail=/everyone/3159/3313/3362>

*We invite you to like us on Facebook and Follow us on Twitter @pennutrition, both of which provide forums to continue the conversation about evidence-based dietetic practice.*



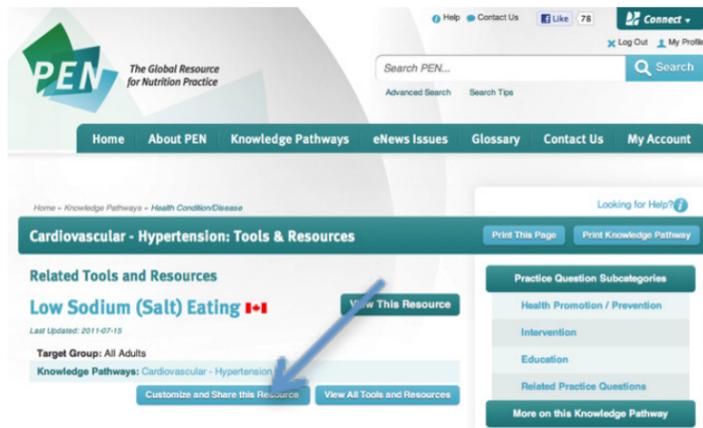
# HOW DO I... Customize PEN Client Handouts?

Written by Lisa Koo, RD  
PEN Quality Assistant

The PEN client handouts are a uniquely branded collection of handouts that users can give to their clients. We have included a “Distributed by” box at the end of each handout where contact information can be provided. This information can either be filled in by hand or electronically. Below are the step-by-step instructions on how PEN users can fill in their contact information electronically so it appears in the “Distributed by” box when they email or print out the handout.

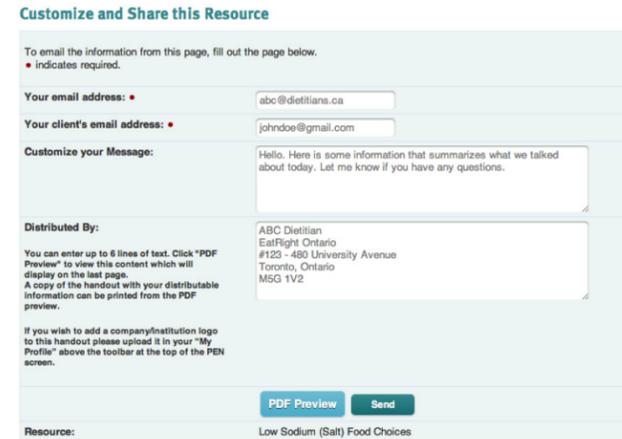
## Steps for filling in the “Distributed by” box electronically:

1) When you view a handout from the PEN client handout collection, you will notice a button located underneath the title labeled “Customize and Share this Resource”.

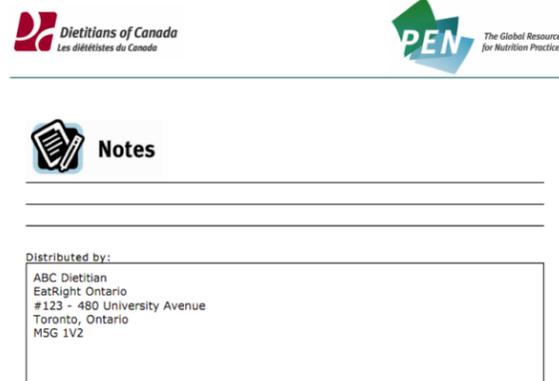


If you click on the “Customize and Share this Resource” button, a pop-up window will appear.

2) Here, you can enter your email address, your client’s email address, a personal message and your contact information. You can also choose whether or not to include your handout distribution image (more on this later).



3) Click on the “PDF Preview” button. The handout will preview with your contact information in the “Distributed by” box. While the Dietitians of Canada logo is shown here, please note that resources will be branded with your respective Dietetic Association’s logo.



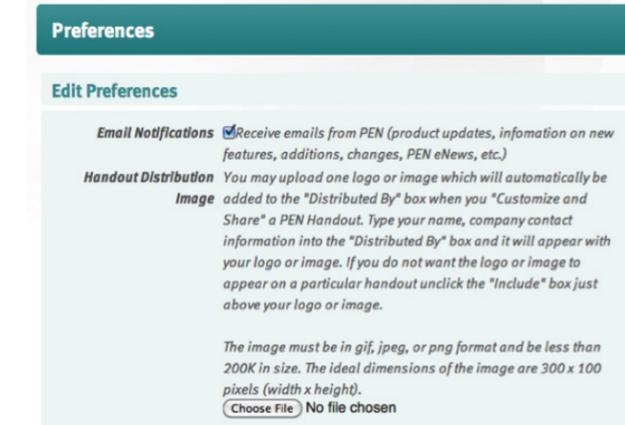
4) When you click the “Send” button the handout will be sent to your client with your contact information included in the “Distributed by” box.

Time saving tip: If you tend to email handouts to clients, it is a good idea to save your contact information in a separate file where you can call it up and copy and paste it when you need it. This saves you from having to type in the contact information every single time.

## Steps for including a handout distribution image:

You can also include a handout distribution image (e.g. your company or health clinic logo) in the “Distributed by” box on your handout.

- 1) Click on the “My Profile” tab on the top right hand corner of PEN.
- 2) Click on the button labeled “Edit Preferences”.
- 3) One of the preferences listed is for a “Handout Distribution Image”. There are instructions and technical specifications provided on how large the image can be. You can upload and save an image in your “My Profile” that will be available for you to place into the “Distributed by” box of PEN client handouts.

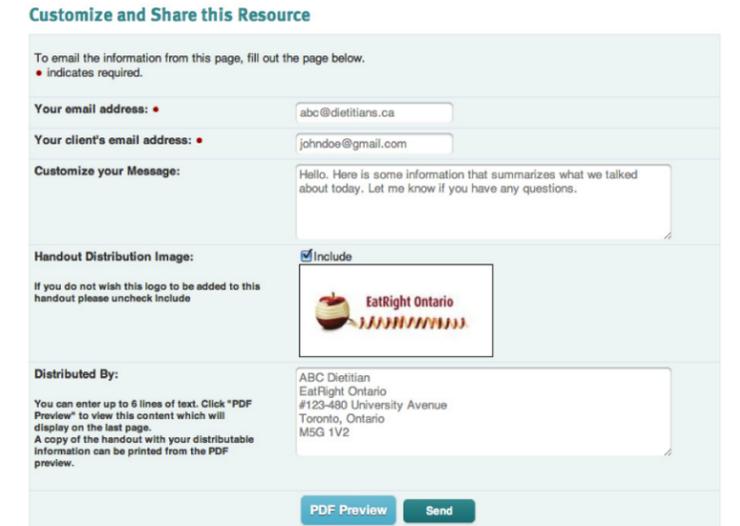


- 4) Click on the button labeled “Choose File”. Choose the file on your computer that contains the logo you want to use.
- 5) Once you have chosen the file you want to use, click the “Save” button. You will now have saved the image in “My Profile”. The image should now automatically appear in your preferences. (see top right)

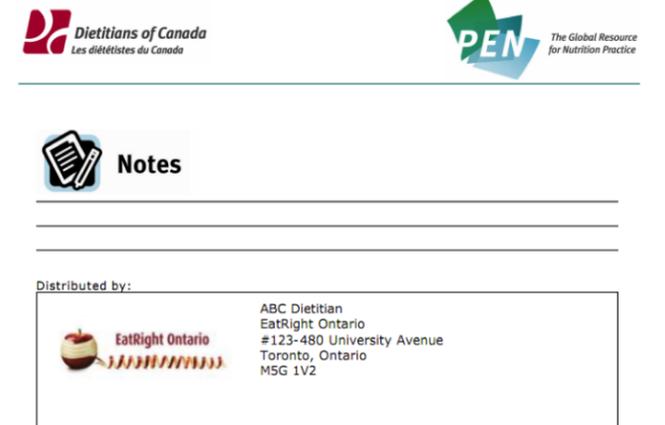
We love to hear from our users! If you have any questions or suggestions about PEN or this article, please email us at: [eNews@pennutrition.com](mailto:eNews@pennutrition.com).



Now when you go to Customize a handout, your handout distribution image will be automatically checked off for including with your contact information. (see screenshot below)



When you enter your contact information, your Handout Distribution Image will appear to the left of your contact



information. While the Dietitians of Canada logo is shown here, please note that resources will be branded with your respective Dietetic Association’s logo.

# BIRTH OF A KNOWLEDGE PATHWAY

Written by: **Beth Armour, PDt, MEd, PEN Content Manager**  
& **Heather Alaverdy, RD, MA, PEN Editor**

It doesn't happen overnight and it often takes more than a nine-month gestational period!

Occasionally we get an email from a keen PEN subscriber saying "I submitted a PEN question a week ago and I don't see the answer in PEN yet". One has to smile and explain to the subscriber why the answer to

the practice question isn't there yet. In this article we give you an overview of the steps taken to create a PEN Knowledge Pathway (KP) and why it is rare to have a quick turnaround from question or topic submission to question or topic posting in PEN.

Looking at the flow chart, below, one can see there are a number of steps involved when developing a KP. The first trimester is identifying questions and topics for development.

**For an identified topic** - the global PEN team reviews the relevance and urgency of the topic in relation to PEN. If deemed relevant and non urgent it is added to the annual PEN Content Development Plan, which goes into effect April 1st each year. If deemed relevant and important to be included in PEN sooner rather than later, we bypass the PEN Content Development Plan and go right to engaging an author for the topic.

**For an identified "HOT" topic** - the global PEN team assesses if it is a topic which needs to be fast tracked, in which case an author could be identified, the relevant evidence searched for and assessed, the PEN content written, reviewed, edited and posted in two to three weeks.

**For an identified question** - the PEN Content Manager evaluates if the question is appropriate to include in PEN and if so, would the question be part of an existing KP or would a new KP have to be created. If there is an existing KP the question will be added to the list of new questions to be developed when the KP undergoes its regular review and updating. This could be anywhere from immediate, as the updating is in progress, to 18 months. A future article will include guidelines on what makes a submitted question appropriate or not.

The second trimester is developing the evidence-based answers for the questions.

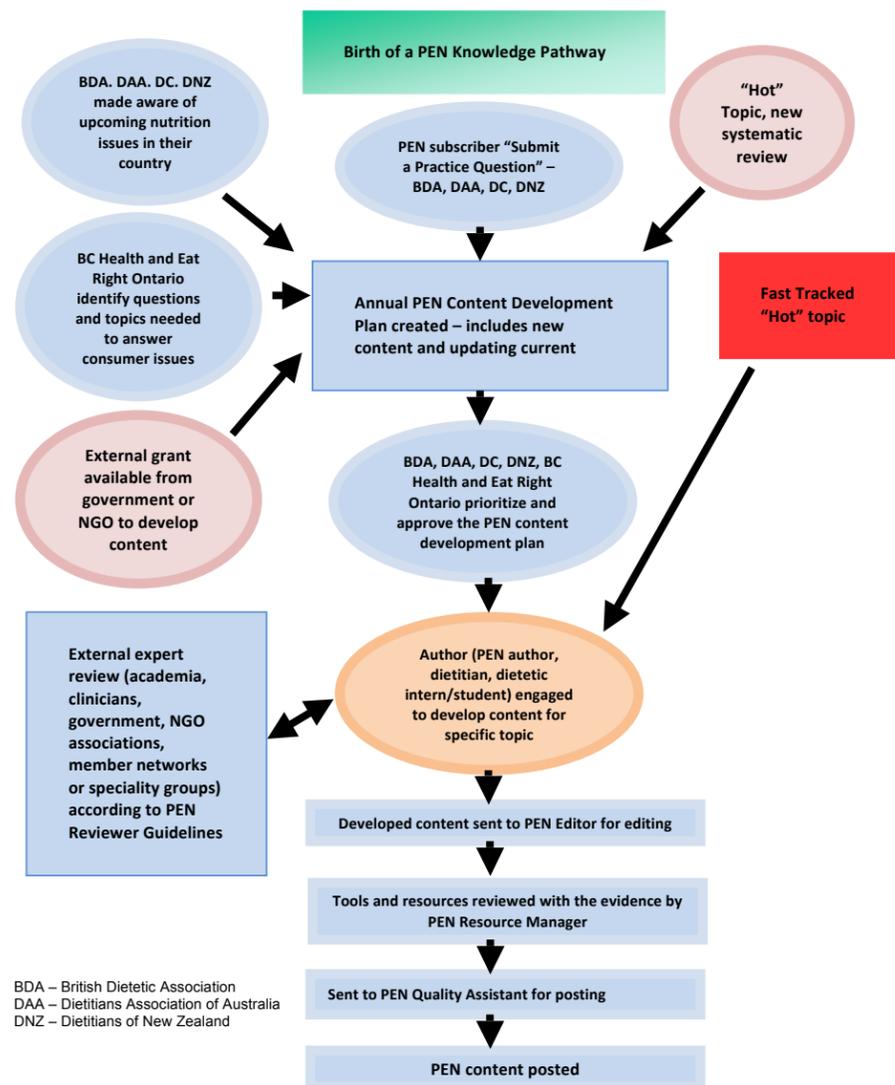
**Authoring a KP** - while on the flow chart it looks like there is only one step in authoring a KP there are many! Authors use the evidence-based cycle to develop content: assess, ask, acquire, appraise and apply. Once the KP questions have been determined, the author begins a systematic search of literature for studies related to the question topics. If they find a Cochrane Review or a systematic review on the topic this is a bonus. Studies providing the evidence for answering the PEN questions are read and critiqued by the authors who then decide how strong the evidence is for the question. The grade of evidence for each Key Practice Point is one of the unique features of PEN.

**Reviewing a KP** - once the content is drafted it is sent out for external review by practitioners working in the particular field, call centre dietitians, academics and sometimes other health professionals who have an expertise in the topic area. This is a critical stage in the KP development as it adds credibility and practicality to what is written in PEN.

The third trimester is doing the behind the scenes work to get the developed content into PEN.

**Editing and posting content** - this involves several key members of the PEN team. Our PEN Editor ensures the content is consistent within the knowledge pathway as well as with other content in PEN, follows the PEN Style Guide, is grammatically correct and that it reads well. Our PEN Resource Managers ensure that only tools and resources that match the evidence in PEN are posted. Our PEN Quality Assistant loads the content and tools and resources into PEN so you, the PEN subscriber, can get your hands on the latest evidence and quality tools with a few clicks of the mouse. Once everything is loaded, the editor reviews the KP and clicks the publish button. A KP is born - let the celebrations begin!

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



October 2011

Reprinted with permission  
from *The Nutrition Source*, Dept. of Nutrition,  
Harvard School of Public Health, *The Bottom Line:  
Deciphering Media Stories on Diet*  
<http://www.hsph.harvard.edu/nutritionsource/nutrition-news/media/index.html>  
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## THE BOTTOM LINE

### *Deciphering Media Stories on Diet*

*This is part II of an article published in PEN eNews 1(4): The Nutrition Source: Nutrition Research and Mass Media: An Introduction.*

Science is a painstaking, deliberate process, which doesn't fit very well into the simplistic, newer-is-always better world of the mass media. Recommendations are made based on the best science available at the time. With new research and new results, these recommendations may be revised. But contradictions in research results do occur. They are an inevitable and healthy part of the scientific process.

Yet when it comes to research on nutrition and health, media reports are often responsible for much of the frustration the public feels toward the public health community. With their emphasis on short, "newsworthy" pieces, the media often only report the results of single studies, and many stories are chosen simply because the results run contrary to current health recommendations. Because such reports provide little information about how the new results fit in with other evidence on the topic, the public is left to assume that, once again, the scientists are contradicting each other, leaving the public totally confused.

Don't get discouraged! In many cases it only takes a few incisive questions to get at the heart of a research-related news story and see how important the results are for you personally. One of the most crucial things to keep in mind is, how does a given study fit into the entire body of evidence on a topic? What is the weight of the evidence?

Read more about how to decipher media stories on diet.

<http://www.hsph.harvard.edu/nutritionsource/nutrition-news/media-full-story/index.html>

## IN THE NEWS: DO CANCERS CRAVE CARBS?

Written by: **Cheri Van Patten MSc, RD** Published with permission.

The publicized research findings from British Columbia Cancer Agency Scientist Dr. Gerry Krystal, was of interest to many oncology dietitians and other health professionals. As a result of several inquiries Cheri Van Patten, BC Cancer Agency Research Dietitian provided a response. Most inquiries have been related to the investigator's press release and to the interpretation of that evidence for the public. A link to the press release ("Did you know cancers crave carbs?: Low-carb, high protein diet shown to reduce cancer risk", June 14, 2011) is provided here. Published in *Cancer Research*, the primary findings of their study were that tumours grew more slowly and were prevented in mice predisposed to breast cancer, in those mice consuming a low carbohydrate (15%), high protein (60%) diet compared to a test diet that provided 55% carbohydrate and 23% protein.

The press release implied that the study findings might be relevant to human nutrition. However, a closer look at the research highlights that it remains largely unknown what effect the test diet would have in humans as this has not been studied. The findings

are not generalizable to humans because the data available were derived exclusively from an animal-based model under experimental conditions that would be unrealistic in humans. This includes the controlled environment, induction of cancer in animals predisposed to (breast) cancer and the use of a test diet providing 60% of total calories from protein. In terms of the diet alone, the protein intake which was consumed by the mice (formulated as "mouse chow") could not be easily achieved and maintained in humans and would not be possible to achieve by diet alone without the use of specially formulated protein supplement(s). The misleading features of this press release appear to be the title, along with inferences to human nutrition and use of terminology such as "Western diet" which convey to the public that the results may be applicable to either cancer prevention or treatment in humans – when they are clearly not.

Lastly it is important to put this new evidence in larger context. Overall at this point in terms of human nutrition there has been limited research on "high protein", "low carbohydrate" diets (terms used here to include various

definitions with respect to each macronutrient, as no standardized definition exists). Research in this area however has increased over time and the quality of studies have also improved, in that newer studies have used research designs with suitable comparison groups and have controlled for caloric intake in energy balance studies (to provide isocaloric test diets).

To date, several short-term clinical trials have evaluated low carbohydrate diets against outcomes related largely to weight loss and biomarkers of cardiovascular disease risk (i.e. blood lipids). Within these studies there have been some positive findings, i.e. weight loss in some cases equal or greater than comparison diets and more so, stronger evidence of favourable effects on triglycerides (in particular) as well as HDL and LDL cholesterol. To my knowledge there are NO studies in cancer in humans with outcomes related to either primary prevention (development of cancer) or secondary prevention (development of recurrence), and therefore it is not possible to suggest a high protein low carbohydrate diet for these outcomes.

*“Where do I begin? PEN is a living, breathing encyclopedia, but with key practice points and handouts!”*

# PEN INSIDER

## *Spotlight on Heather Petrie*



**Heather Petrie**  
MSc, RD  
*Evidence Analyst Contractor*

**My role in the PEN Team involves...** Reading and writing! As a PEN Evidence Analyst, I help develop knowledge pathways (KPs) and answer single practice questions. This can involve updating existing content or researching new topic areas. It also involves identifying tools and resources that are consistent with the KP that I am writing. Three examples of KPs that I developed are weight loss supplements, sports nutrition and infant formula preparation (with an emphasis on the issue of *Enterobacter sakazakii* (*Cronobacter* spp.) in powdered formula).

**A day in my life as an evidence analyst...** It depends on what phase I have reached in the KP development. (See the article Birth of a PEN Pathway for more information on the different stages of KP development.) I particularly enjoy the early days of content development when I am surfing my favorite databases (Pubmed in particular) and identifying relevant literature. Reading, appraising and summarizing evidence is the longest phase. After the content comes back from external review I incorporate feedback and then enter my favorite phase: sending the content to the PEN editor where it begins its journey onto the PEN site.

**Biggest learning from evidence-based practice; from taking a PEN approach...**

A continual and significant enhancement of my critical appraisal skills.

**What impact does evidence-based practice have on nutrition and dietetics?**

It increases the quality of our recommendations and actions in nutrition and dietetics and enhances our credibility.

**My favourite thing about PEN is...**

Where do I begin? PEN is a living, breathing encyclopedia, but with key practice points and handouts! The peer-reviewed, evidence-based and electronic nature is golden. What PEN has uncovered in digging up the evidence behind new and old topic areas has allowed for both a strengthening in our recommendations and also a good bit of evidence-based myth busting! All together this improves the care we can provide to people around the world.

**What strategies do I use to stay on top of my topic areas?**

I subscribe to content email alerts from a number of nutrition journals, from databases like TRIP, and to newsletters from organizations such as Medscape. I also try to keep up on consumer health information from sources such as magazines and health shows.

**How to reach me...**

Send an email to: [heatherpetrie@hotmail.com](mailto:heatherpetrie@hotmail.com)

*“Saving time, and being an evidence-based leader - just some of the ways that PEN has helped me.”*

# ANGIE LUCAS

*New Zealand evidence-based leader in dietetics*



**N**ame: Angie Lucas, NZRD, Grad Dip Diet

**Designation:** Dietitian for Nutrition Services and Child Development Service, North, Waitemata District Health Board (WDHB), Auckland, New Zealand.

PEN is now the first place I go to for up-to-date, evidence-based nutrition information. I work part time as a community paediatric dietitian and part time as a clinical dietitian. Juggling two part time jobs means there is not always a lot of time to research and read the latest literature. PEN has allowed me to get accurate information when I need it.

**Here are three recent examples of how I have used PEN:**

**1. Writing guidelines:** I developed standards of care for the nutritional management of Hyperemesis Gravidarum in 2008. These were up for review in 2011 and the first place I went to for current information was PEN. The evidence summary and knowledge pathway allowed me to quickly review current management guidelines for Hyperemesis Gravidarum. I was then able to assess if we needed to make any changes to our current standard of care document.

**2. Updating nutrition information sheets:** As part of the WDHB paediatric dietitians group I helped update a number of nutrition information sheets.

When we needed some simple questions answered e.g. what is the current guideline for fibre intake for children, we went straight to PEN.

**3. Clinical questions:** On the Maternity ward we were receiving a number of referrals for women with preeclampsia. My colleague and I were not sure of the dietetic treatment for this condition and therefore consulted PEN for the most up-to-date guidelines. We were able to get succinct, practical answers to our questions in a very timely manner. Prior to PEN we would have spent many hours researching and reading the current literature.

Saving time, and being an evidence-based leader - just some of the ways that PEN has helped me.

*Want to contribute to PEN? There are many ways! To find out more, go to [www.pennutrition.com](http://www.pennutrition.com) or email us at: [eNews@pennutrition.com](mailto:eNews@pennutrition.com).*

## **PEN eNews Fact**

PEN eNews is available to students, dietetics interns, and dietitians around the world - you do not have to be a PEN subscriber. Sign-up to receive PEN eNews at [www.pennutrition.com](http://www.pennutrition.com).

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# KNOWLEDGE TRANSFER EVENTS AND RESOURCES

**Applying Practice to Evidence and Evidence to Practice** Presentation from the 5th DIETS2 (Dietitians Improving Education and Training Standards) and EFAD (European Federation of the Associations of Dietitians) conference in Barcelona, Spain. This session focused on the fundamentals of evidence-based dietetic practice, knowledge transfer principles and how PEN can support dietitians everywhere to be leaders in evidence-based practice. Presentation slide decks are available at: <http://www.thematicnetworkdietetics.eu/publicitem.m?key=everyone&pgid=3370&trail=/everyone/3159/3370>

**WHO Growth Charts Training Package** A new self-instructional, web-based learning package on the use and interpretation of the WHO Growth Charts adapted for Canada are available to support your professional development. Six leading Canadian health professional associations and agencies have worked collaboratively to produce this training package based on the most current evidence. Each of the five modules in the training package will provide 45-60 minutes of study using a self-pacing narrated PowerPoint video, case scenarios and reflective practice questions, self-scoring pop quizzes, pre/post knowledge evaluation, references and resources for further study and a personal certificate of completion. Topics addressed in the modules include:

- Introduction to the WHO Growth Charts
- Monitoring Growth: Measurements and Calculations
- Interpreting the WHO Growth Charts

- Childhood Obesity
- Counselling to Support Healthy Growth and Development

For more details and to access this FREE 5-module training package visit: [www.dietitians.ca/growthcharttraining](http://www.dietitians.ca/growthcharttraining)

**How PEN can help Dietitians to apply the evidence base?** This is a poster presentation by Sylvia Turner, Project Development Officer at the British Dietetic Association (BDA). The poster reported the results of a survey of BDA members, which aimed to investigate attitudes to, and experience of, Evidence-based Practice. The PEN poster presentation and all other poster presentations which were presented at DIETS can be found at: <http://www.thematicnetworkdietetics.eu/publicitem.m?key=everyone&pgid=3362&trail=/everyone/3159/3313/3362>

**Webcast Food can change your life** We're all used to discussions about how changing one's diet or attitude towards food can lead to better health and a better life. But food columnist Liane Faulder, food blogger, says rethinking your relationship with food can lead to meaningful change in other ways. Food – the appreciation of it, the cooking of it and the sharing of it – can also be a valuable life guide, a tool for personal growth and a way to create community. Access this free webcast <http://www.dietitians.ca/Knowledge-Center/Events-and-Learning/Webinars-Podcasts/Food-Can-Change-Your-Life-Faulder.aspx>

**Enhancing health promotion efforts to promote healthy food choices through social marketing** What are innovative strategies to enhance effectiveness of health promotion messages with new approaches such as social marketing? In this presentation, Dr. Sameer Deshpande, PhD, Associate Professor of Marketing, University of Lethbridge highlights practical ways to apply social marketing principles to nutrition communications so that dietitians may better achieve behaviour change objectives. Dr. Deshpande's research interests include many areas of health promotion, healthy lifestyle and behaviour change where applying principles of social marketing have been shown to be effective.

Access this free webcast: <http://www.dietitians.ca/Knowledge-Center/Events-and-Learning/Webinars-Podcasts/Health-Promotion-through-social-marketing.aspx>

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

*PEN does not have editorial or other control over the contents of the referenced Web sites. We are not responsible for the opinions expressed by the author(s) of the knowledge transfer events and do not endorse any product or service.*

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## WHAT'S NEW IN PEN

### Updated Practice Questions

What effect do sugar alcohols have on the management of diabetes?  
When carbohydrate counting, what nutrient information should individuals with diabetes consider?

Diabetes – Carbohydrate Counting Evidence Summary  
Eye Health Evidence Summary  
Eye Health Practice Guidance Summary

### New Handouts Available

[Eating Guidelines for Fibromyalgia](#)  
[Tips for Staying Well during the Cold and Flu Season](#)

### New Professional Tools

Immune System Practice Guidance Summary  
Food Safety – Home Canning Background  
Irritable Bowel Background

### Updated PEN Client Handouts

Guidelines for Staying Hydrated, available in both [English](#) and [French](#). This was previously titled "How Much Water do I Need to Stay Healthy"  
[Inflammatory Bowel Disease](#) PEN Handout has been updated in English, French to be updated soon.

### Updated Professional Tools

Nutrient Requirements and Recommendations –  
Vitamins and Minerals Evidence Summary  
Cardiovascular Evidence Summary

# ANNOUNCEMENTS FROM PEN

You asked for it – PEN promotional materials, including a flyer in English and French, and a marketing letter about PEN to give to your administrators, describing what is PEN, benefits of PEN to achieve organizational goals, features of PEN to better serve users, and site license subscriptions rates.

Go to <http://www.pennutrition.com/PENPromotionalMaterials.aspx>

## Reviewers Wanted!

Two new PEN handouts are available:

- Eating Guidelines for Fibromyalgia
- Tips for Staying Well During the Cold and Flu Season

These handouts have been reviewed by a number of dietitians, but we welcome further feedback from our PEN users who specialize in practice areas where these resources would be used. Feedback can be provided via this [Handout Feedback survey](#). Professional as well as client feedback is welcomed; just tick off the source of feedback at the top of the survey. If major changes are identified, the handouts will be updated.

The survey will be open until February 27, 2012.

Thank you for your feedback!

# COMING NEXT ISSUE 1 (6)

- *Health Literacy Part II*
- *How do I... reference PEN?*
- *What is the value of systematic literature reviews?*

## SHAPING OUR FUTURE

*“PEN has shaped how I research and interpret scientific literature. I am confident in PEN as it has been peer reviewed and is an easy and reliable source for nutrition information. Throughout my practicum the importance of practice based research has been emphasized and as a result I use PEN to further my knowledge and improve my day-to-day practice as a future dietitian.” Katie Schwenger BaSC MAN student (Masters of Applied Human Nutrition Program at the University of Guelph)*

*How has PEN influenced your nutrition and dietetic training? Email us at [enews@pennutrition.com](mailto:enews@pennutrition.com)*

# 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

To access current and archived copies of PEN eNews, go to: <http://www.pennutrition.com/enews>



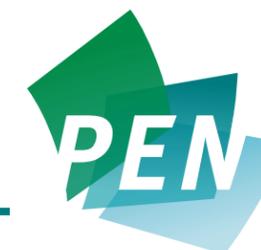
*Do you have comments, questions or feedback?  
Please contact us:*

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