



eNews

SPRING 2011

FIRST EDITION



FROM THE
DIRECTOR

The year was 2002... and like many great ideas, it began around a dining room table! Soon after, an advisory meeting was held with leaders across Canada to envision a living and dynamic tool that would put dietitians on the leading edge of evidence-based practice in food and nutrition. A tool that would:

- *Provide immediate access to succinct evidence-based guidance statements prepared by leading experts and practitioners addressing current dietetic practice questions.*
- *Help dietitians find the latest information on a broad range of topics in nutrition and dietetics, quickly and easily.*
- *Link dietitians to the best evidence-based practice guidance tools and client resources.*

Launched in Canada in 2005 and internationally in 2010, Practice-based Evidence in Nutrition (PEN) is now The Global Resource for Nutrition Practice. Today's busy practitioners are challenged to stay abreast of current science in food and nutrition in an ever-changing environment, and ensuring their advice is grounded in the latest evidence. Dietitians need to be effective knowledge managers with ready access to timely, current and authoritative guidance on food and nutrition questions encouraged in every day practice.

PEN presents its evidence in a way to enable you, the busy practitioner, to quickly find the answer to a specific question, as well as “drill down” to review the evidence in more detail, when time permits. It supports you with practice-guidance summaries, topic backgrounders and client resources consistent with the evidence.

WE WELCOME YOUR IDEAS

We are thrilled to launch this first edition of PEN eNews, 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.*

As your Global Resource for Nutrition Practice, PEN lives and breathes seven days a week, 365 days a year. Users like you power PEN. We welcome your ideas and suggestions for making PEN even more valuable to you. Email us at PENeNews@dietitians.ca. The PEN team looks forward to sharing what is happening in PEN, and helping to power your practice.

Sincerely,



Jayne Thirsk RD PhD FDC
Director, Practice-based Evidence In Nutrition [PEN],
Dietitians of Canada

MOVING TOWARD EVIDENCE-BASED PRACTICE

DID YOU KNOW?

- 340 people have signed up to take a 15-day free trial of PEN since that option became available in Dec 2010.
- Most downloaded handout - Heart Healthy Eating: Cholesterol is the most downloaded handout in PEN.
- Vitamin D and Calcium are the most viewed questions in PEN.
- There are 161 knowledge pathways.
- 963 questions.
- 1841 tools and resources .

5 Steps You Can Take

There is no shortage of nutrition information available – and no shortage of misinformation! Dietitians need to be knowledge managers, able to distill fact from fiction. We can do this with evidence-based practice, a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and values (1). You can move your practice to being more evidence-based through this five-step process:

Written by Kristyn Hall MSc RD,
Evidence Analyst, PEN, PENeNews@dietitians.ca

1

Assess - Have curiosity about why you do what you do, and what is the best evidence for making a decision (2). Assess what information you need for your practice.

2

Ask a PICO question. This helps create a framework for searching electronic databases to retrieve only those articles relevant to your question (1, 2).

- Population – who are the relevant patient, clients or groups
- Intervention or exposure
- Comparison or control
- Outcome (the patient, client or group-relevant consequences of the exposure that you are interested in).

3

Acquire the evidence from high-quality repositories of health literature (3). Many databases exist that will help you answer your question such as PEN, Cochrane, MEDLINE, and TRIP.

4

Appraise the evidence to determine which articles are relevant to your question. Are the research methods rigorous to render findings as close to the truth as possible? Did the intervention work? What was its impact on outcomes and the likelihood of you achieving similar results in your practice setting? Do benefits of the intervention outweigh the risks? Is the intervention cost-effective?

5

Apply the information to your practice by determining the applicability of evidence to specific problems, given client preferences and values (3).

Taking these steps leads to higher quality care, improved client outcomes, and reduced costs (1).

References available on request.

LEARN MORE

To learn more about Evidence-based practice go to:
<http://www.dietitians.ca/EBT>.

DIETETIC PRACTICE AND SYSTEMATIC REVIEWS

The dietetic profession has an opportunity to build capacity for evidence-based practice and critical appraisal of research in the dietetic and nutrition areas. Right now there are over 4500 Cochrane reviews with more than 2000 in production and about 30 reviews published each month. If more dietitians participated in the Cochrane systematic review process it would enrich the reviews and their relevance to dietitians and other practitioners.

Increasing Dietitians' Roles in Knowledge Synthesis and Use is a project underway spearheaded by Cochrane Canada and PEN [Practice-based Evidence in Nutrition] to involve dietitians in the systematic review process to expand their role in research.

One of the main goals of this project is to involve dietitians in the peer review of Cochrane reviews before they are written and published.

We need your feedback on:

- What you think are the key skills and knowledge you need to participate in Cochrane systematic reviews.

&

- What content you would like provided in an education module to learn about providing a peer review.

CLICK THIS LINK

<http://app.fluidsurveys.com/surveys/dietitians-of-canada/increasing-dietitians-roles-i/>

Answer six questions that will inform the development of an online education module on how to participate in the Cochrane review process.

Please complete the survey by May 20, 2011 and direct any questions to Jane Bellman at PENeNews@dietitians.ca.

HOW DO I... ?

Sign-up for the Evidence-Based Decision Making Course

We are excited to announce that Dietitians of Canada is once again offering the Evidence-based decision making course this year. The course has been updated and revised. The Users' Guide to the Medical Literature is no longer a required textbook resulting in the course fees being significantly lower.

Evidence Based Decision Making Online Course for 2011 features:

- Better access.
- Updated content.
- A new lower price!

What is Evidence-Based Decision Making?

Evidence-based decision making refers to making decisions that affect client/patient care based on the best available evidence. This course is designed to improve your ability to find, appraise and use evidence

appearing in the health sciences literature and learn rules of evidence supporting decisions in health care.

An evidence-based approach can be applied to health policy making, public health, systems-level decisions as well as those involving individual client care. Experiential learning is emphasized with many nutrition-specific cases and appraisal exercises featured throughout the course.

This course has been updated and revised and is now available via the web. It is compatible with both PC and Macintosh computers.

The course will run from May 16th, 2011 to December 16th, 2011.

INFO AND REGISTRATION

To find out more information about the course and to register go to:
<http://www.dietitians.ca/EBT>.

ENHANCING INTERNS' RESEARCH COMPETENCIES WHILE CONTRIBUTING TO THE DIETETIC EVIDENCE BASE

Kingston's KFL&A Internship Program in Kingston Ontario has a unique way of helping dietetic interns develop their research competence – they work with PEN to have interns complete an evidence review of a nutrition topic, including answering practice questions and developing background content, and then have the opportunity to broadly disseminate their work in PEN.

It starts with a workshop that helps interns develop skills for research – using the PICO framework for asking research questions, searching and critiquing the literature, translating the evidence into practice recommendations and learning how to use the PEN database.

Throughout the year, these skills are further developed and refined with support from the PEN Content Manager who precepts the project.

The interns learn valuable and practical skills for their career as a dietitian. “The research experience builds competence and confidence, is accessible regardless of geographic location, and contributes to unique expertise and facilitates professional networking” says Marie Traynor, Dietetic Internship Coordinator/Research Associate for KFL&A Public Health.

“I really enjoyed the experience and the preceptor was very helpful and supportive. I use PEN regularly in my practice, it takes the work out of finding the answer as the research has already been done for you.”

Elizabeth Ailles MBA, RD, graduate of the KFL&A Program

“I was introduced to different techniques on how to search effectively

and [using] different search portals that I was not exposed to in University. I was able to critique quantitative research better, and have enhanced skills in independent research.” Leah Curle BASc, RD, graduate of the KFL&A Program.

Real experience, resulting in real-life benefits, with an opportunity to extend research – that is a win-win result.

Other ways to further develop partnerships with interns are being considered and explored. Are you interested? Contact Beth Armour at PENeNews@dietitians.ca.

WHAT'S NEW IN PEN?

PEN is a dynamic and living tool to support your practice. Questions from the new/updated Sweeteners pathway include:

- Are there any specific considerations with regard to the use of sugar alcohols as sweeteners in pregnancy/lactation?
- What effect do sugar alcohols have on the management of diabetes?
- What effect sweeteners have on weight management?
- What is the evidence on the safety of sugar alcohols?.

New tools include:

- healthy weight gain during pregnancy
- pregnancy weight gain calculator
- sugar substitutes
- flaxseed monograph
- how to start a good food box program in your community
- and much more!

Check out the new material added to PEN at www.pennutrition.com

Dietitians have practice-based questions. PEN has evidence-based answers.

4 New Current Issues are now available!

Current Issues takes an evidence-based approach, consistent with PEN, in answering dietitian's questions about the latest public issues. Get the latest facts in the following topics:

- Probiotics in the Marketplace
- Bariatric Surgery for the Treatment of Obesity
- Pediatric Obesity Part I – Finding Common Ground for Obesity Intervention and Eating Disorders Prevention
- Pediatric Obesity Part II – Defining the Elements of Successful Intervention

Available at <http://www.dietitians.ca/Knowledge-Center/Publications/Current-Issues.aspx>

Do you have an evidence-based review or resource that you would like to see in PEN?

Contact Beth at PENeNews@dietitians.ca

PEN INSIDER

Spotlighting Lisa Koo

It takes a community to power PEN.
This month, we are spotlighting Lisa Koo, RD,
PEN Quality Assistant.

“It’s nice to know that you can count on the information in PEN as being evidence based and not have to second guess what is true or not.”

Hi! I’m the PEN Quality Assistant and work with the other members of the PEN team to make sure that the information on PEN gets posted and updated onto the website in an accurate and timely matter. I’m responsible for posting new and revised content onto PEN as well as answering and forwarding on questions that I received from PEN users about content, issues or questions they have about the PEN website.

A large part of my day involves posting new and updated content onto PEN, writing newsletters, fixing links, answering questions from users, and working with our technology department to fix glitches or make improvements to the PEN system.

I was very fortunate to become a part of the team in the early stages. The thing I like the most about PEN is that the information is right at your fingertips and it’s all based on evidence. What a relief it is to have PEN and instead of having to spend time looking up information in journal articles on clinical cases and even then, not being completely convinced of the reliability of the study. Now we have excellent researchers and authors who spend dedicated time and research reviewing the studies so that you don’t have to.

PEN has done wonderful things for the profession. There are new ideas and enhancement brought into PEN each year and I am very excited to be involved in such a progressive and constantly evolving initiative. PEN is now on an international platform that includes partnerships with Britain, Australia and New Zealand. I can only see more great things in the future for PEN.

PEN would be nothing without its users who access it on a regular basis. We love receiving insight from our subscribers and end users as you provide us with very valuable insight and can really help to make the service even better. We would love to hear from you if you have any ideas, suggestions on content you would like to see on PEN.

Contact Lisa at PENeNews@dietitians.ca if you have any feedback, suggestions or questions

KNOWLEDGE TRANSFER ACTIVITIES & UPCOMING EVENTS WITH PEN

Join PEN at the DC Conference in Edmonton

Your GPS From Evidence to Practice Wednesday June 15, 1pm–4:30 pm

Tanis Fenton (Nutrition Research Lead – Foothills Hospital, Calgary), Kristyn Hall and Dawna Royall (PEN Evidence Analysts), Host: Clinical Managers Network

With the ever-expanding volume of published research, effective knowledge synthesis skills are needed by all practitioners to evaluate new scientific literature and integrate appropriate findings into practice more quickly. This workshop will give participants hands-on opportunities to critique new research literature, use existing knowledge synthesis tools to evaluate nutrition myths, apply new evidence to emerging clinical issues, and to integrate already synthesized evidence into practice. Don't be lost in translation; this workshop will provide the tools needed to navigate your way from evidence to practice.

Applying Health Literacy to Your Practice – Saturday June 18, 1pm – 3pm

Kerri Staden and Jane Bellman (PEN Resource Managers) Host: Practice-based Evidence in Nutrition

Both health literacy (the ability to access, understand and act on information for health) and plain language (which organizes information in ways that people can understand and use it) are vital for designing and delivering successful health promotion and prevention strategies. Dietitians who determine individual learning styles and needs, consider social determinants of health, and who communicate clearly will be better able to help others manage their own health. This session will focus on: health literacy –what is it, who is at risk, assessment and how to remove barriers; and interactive case studies in a variety of health settings, where participant will learn effective health communication strategies.

Sponsor Showcase on Friday June 17, 11:30 am–3:30 pm

Stop by our PEN booth to find out the latest things that are happening in the world of PEN. Talk to members of the PEN team regarding content and initiatives that are currently happening. If you have any ideas or suggestions on how to make PEN even better, feel free to visit and give us your feedback. We are always interested in hearing from our users.

COMING NEXT ISSUE

PEN Goes Global – Implications for Dietitians

Knowledge Translation - What Dietitians Need To Know

How do I...optimize my PEN search results?

What's New in PEN?

PEN Insider – spotlighting Beth Armour, P.Dt., M.Ed., PEN Content Manager

Knowledge transfer activities and upcoming events with PEN

CONTACT US

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Do you have comments, questions or feedback?

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