



PEN: Practice-based Evidence in Nutrition® 2014 Update

Supporting Dietitians to be Evidence-based Practitioners

PEN: Practice-Based Evidence in Nutrition® is essential for practicing RDs to remain current as well as be on the leading edge of dietetic practice. Originally developed to replace the hard copy diet manual, the PEN® system is designed in a question and answer format, each topic area includes a collection of questions with graded, evidence-based answers synthesized from the best international literature, references, tools, resources and background information. The PEN® system accepts no corporate sponsorship for content development. As an online dynamic database, the PEN® system is fully searchable, providing easy access to over 180 topics reflecting all areas of dietetic practice. More topics are being added as practice questions and as new evidence emerges. Led by Dietitians of Canada (DC) and managed by a global partnership of national dietetic associations including the British Dietetic Association (BDA) and Dietitians Association of Australia (DAA), the PEN® system helps establish dietitians around the world as THE evidence-based nutrition practitioners. This is in keeping with the [Integrated Competencies for Dietetic Education and Practice](#) and the ICDA International standard of good practice for the dietetic profession: <http://www.internationaldietetics.org/International-Standards/Evidence-based-Dietetics-Practice.aspx>

PEN® subscription is currently only \$60.00 for Dietitians of Canada members – simply go to: www.pennutrition.com/subscribe.aspx to subscribe.

PEN: Practice-based Evidence in Nutrition® celebrates important achievements

PEN® website achieves international certification

The Practice-based Evidence in Nutrition® (PEN) Global team takes great pleasure in announcing that the [PEN website](#) earned Health on the Net (HON) Code of Conduct certification. HON is a non-profit, non-government organization dedicated to promoting credible health information on the Internet. The PEN website proudly joins other websites such as Cochrane.org and MayoClinic.com as a source of trustworthy online health and nutrition information.

To receive HONcode certification, a website undergoes scrutiny by HON officials and must comply with [criteria](#) established by HON. There is ongoing surveillance of the website and a systematic biennial review. There is no cost associated with the certification. HON certified sites receive the 'HON Code of Conduct' logo to identify certification status.



Please join the PEN® Global Team in spreading the news about our success in achieving the HONcode as a reliable and credible health and nutrition web site.

PEN® system selected for Accreditation Canada's *Leading Practice Database*

Accreditation Canada is an independent not-for-profit organization that provides health service accreditation processes across Canada. PEN: Practice-based Evidence in Nutrition® was recently accepted into Accreditation Canada's **Leading Practice Database**. Accreditation Canada notes, "Leading Practices are innovative and creative, client and family-centred, evaluated, able to demonstrate intended results, sustainable and adaptable." The PEN® system provides evidence-based practice guidance so that dietitians can achieve positive health outcomes for their clients and communities.

<http://www.accreditation.ca/innovative-practices-coast-coast-coast-now-fully-integrated-leading-practices-database-accreditation>

Implementing IDNT? The PEN® system can help!

PEN Evidence Toolkits provide a quick summary of evidence-based practice guidance organized according to steps in a standardized Nutrition Care Process (NCP) as described by the Academy of Nutrition and Dietetics. For those groups adopting the International Dietetics and Nutrition Terminology – IDNT, you’ll find practical examples to assist with implementation. We have launched 55 toolkits since March 2013 and more are coming in 2014.

NEW Modules to support critical appraisal and evidence-based practice available FREE to PEN subscribers

Initially created by the PEN® team’s Evidence Analysts the set of 5 modules were designed to support authors and students working on PEN content. These modules are now available to PEN subscribers at no cost. Simply go to the PEN® Home Page and look under Key Useful Quick Links. Here is what one of our partners had to say about the modules:

*“Although these are hot off the press, the new PEN® Tutorials are my most frequently used, cited and forwarded PEN® resource! Used with the PEN® Writers Guide, the new self-guided and stand-alone PEN Writer’s Training Modules provide the background to PEN® System knowledge transfer principles and format. This is particularly useful for those new to the PEN® System, or to reviewing and writing for the PEN® database, **but is also an authoritative refresher for anyone wishing to hone their skills in evidence-based dietetics practice.**”*

Ingrid Darnley BSc, PhD – Policy Officer, Clinical Quality British Dietetic Association

More countries join the PEN global collaboration

In December, the PEN® global partnership welcomed a new national dietetic association to the international collaboration. Members of the Irish Nutrition and Dietetics Institute (INDI) can now access the PEN® system’s evidence-based dietetic practice guidance, client tools, toolkits and more.

International working groups formed to create new content for The PEN® system

Writing or reviewing for the PEN system is an excellent way to demonstrate competence in a given practice area and these activities can be part of the registered dietitian’s annual college competency plan. The PEN® global team is leading a number of new working groups involving academic experts and practitioners from Canada and our partner countries to create PEN® content in the following areas:

- Parkinson’s Disease
- Cystic Fibrosis
- Chronic Kidney Disease
- Allergy Prevention and Management
- Chronic Obstructive Pulmonary Disease
- Amyotrophic Lateral Sclerosis
- Mental Health

Dietitians interested in serving as a writer or reviewer in any of these areas or if you have suggestions for other areas, please contact Dawna Royall at dawna.royall@dietitians.ca

Quick-Synching – easy access to best evidence for practice

DC’s Professional Practice Team has been collaborating with the PEN® Team to create a new special feature for dietitians’ professional development toolbox – Quick-Synch Service (QSS). Focus-tested by DC members and showcased at the ICD in Australia, this innovative service was enthusiastically reviewed.

Each Quick-Synch Service module provides a focused overview of a single practice topic/issue selected from a Knowledge Pathway in PEN. The QSS is structured as a one-hour self-study learning project, including a practice-based evidence toolkit and background, and presented in an easily “digestible” format. A self-scoring quiz at the end of each module provides immediate feedback on what was learned. A certificate of completion is available for printing upon successful completion of the quiz. Click [here](#) to see how the QSS modules can support your learning plan.

Join in the evidence-based practice discussions through social media at:

