

THE PEN SYSTEM ®

Practice-based Evidence in Nutrition (**PEN**) is a dynamic knowledge translation tool that provides nutrition practitioners with ready access to timely, current and authoritative guidance on food and nutrition. It offers evidence-based answers to questions encountered in every-day practice. PEN makes it easy for you to look up the evidence whether you're pressed for time and looking for a quick answer, or you want to review the evidence in more depth.

QUICK ASSIGNMENT

Here's a quick assignment to help you learn about the PEN System. It should take about 20-30 minutes.

STEPS >

1. Think about a **nutrition topic** you want to know more about. This could be something you have encountered in your own professional journey (i.e., course work, practicum) or perhaps it is something you've recently heard in the media and are curious about the evidence or nutritional recommendation.

E.g., What are the key nutritional considerations for vegetarians?

E.g., What is the latest evidence about dietary strategies for persons living with Dementia?

2. Log into www.pennutrition.com (you may access this through your institution or organization's library). Enter your topic in the search bar on the main page.
3. Take a look at the evidence by finding the following on your topic:
(**Hint:** These are found on the right-hand menu once you've selected your topic)
 - What are the relevant **Practice Question(s)**?
 - Look at the **Key Practice Point(s) (KPPs)**. What is the evidence saying?
 - Are there any **Nutrition Care Process steps (Toolkits)** for your topic of interest?
 - Take a look at your topics' **Related Tools and Resources**.

4. Ask yourself:

What did I find? Is there anything I couldn't find that I wanted to know more about?

What is the quality of evidence? How might I apply the evidence in practice?

How do I see myself using the PEN System in practice?

(**Hint:** Think about the Summary of Recommendations and Evidence, Nutrition Care Process steps (Toolkits), Handouts)

The PEN System is a Dietitians of Canada member benefit – use it to keep active by being up to date with the evidence and practice recommendations!