

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. The expert PEN team continuously reviews the science and creates new content to make sure dietitians and other health professionals, including students and those in practicum, have the best available evidence to inform their education and practice.

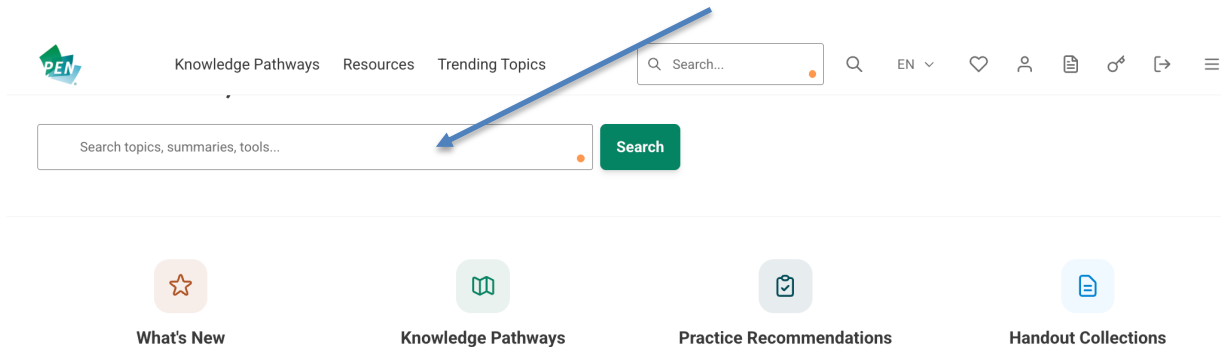
Time, effort and skills are needed to access the right (best) information among massive amounts of research ([Cabana et al, 1999](#)). It can be challenging to keep on top of the latest science in food and nutrition - especially in today's ever-changing environment. The PEN System offers evidence-based answers to dietetic related questions that help to support users' clinical judgement and decision-making. Users can rely on the PEN System to provide them with timely, current and authoritative content to support their everyday food and nutrition education and practice.

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 question/area** 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 / key words in the search bar on the main page.



3. Take a look at the evidence by finding the following a knowledge pathway on your topic:

(**Hint:** These are found on the right-hand menu once you've selected your topic)

 - What are the relevant **Topic(s)** and **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 Recommendations and Evidence, Nutrition Care Process steps, and client handouts)

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