

## Exploring the PEN<sup>®</sup> System - Quick Assignment

### THE PEN<sup>®</sup> SYSTEM

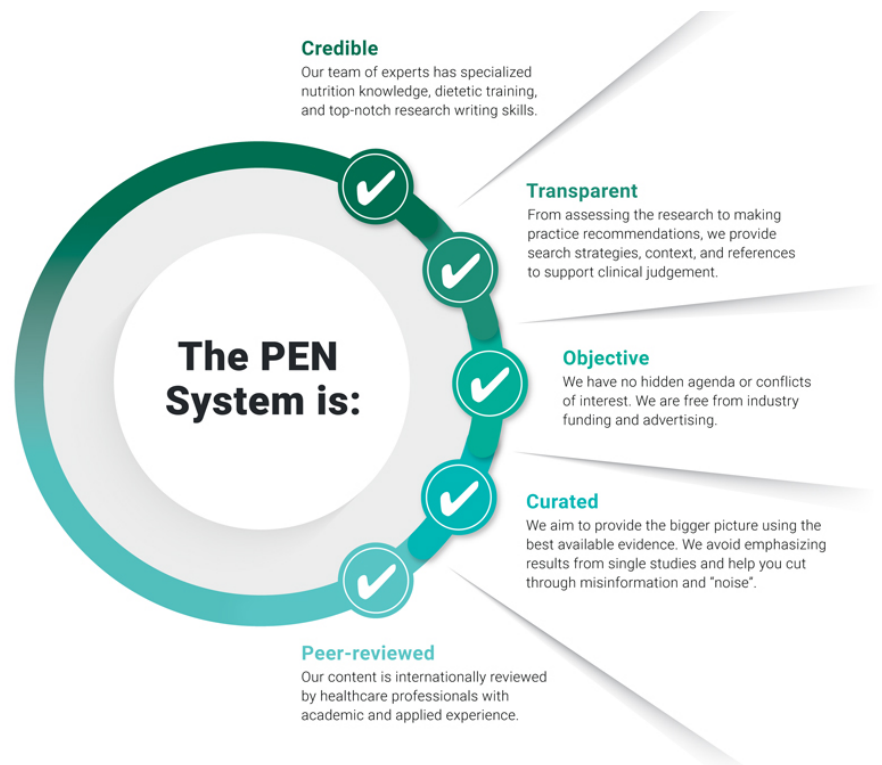
**Practice-based Evidence in Nutrition<sup>®</sup> (PEN)** is an online food and nutrition database filled with summaries of evidence and recommendations for practice. Our expert team continuously reviews the science and creates new content to make sure dietitians and other health professionals, including students and those in practicum, have the best available evidence to inform their education and practice.

As a student, 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 .

PEN 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

This quick assignment will help you learn about the nutrition topics available in the PEN System and the different knowledge products you can use in your learning, training and practicum. This assignment should take about 20-30 minutes to explore the PEN System comfortably.



## 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 something you've recently heard in the media and are curious about the evidence or nutritional recommendation.

### EXAMPLES

- What are the key nutritional considerations for individuals who follow a vegetarian eating pattern?
- What is the latest evidence about dietary strategies for persons living with dementia?

2. **Log onto [www.pennutrition.com](http://www.pennutrition.com)** (you may access this through your institution's library). There are two ways you can access PEN System content:

**1>** Look at the [practice categories](#) or full [Table of Contents](#) to see a list of nutrition topics that are addressed in the PEN System.

Select a Practice Category:

[Population Health / Lifecycle](#)



[Health Condition / Disease](#)



[Food / Nutrients](#)



[Professional Practice](#)



[View Full Table of Contents](#) →

**2>** Use the [Search bar](#) and enter keywords related to your topic.

Type search term, press Enter

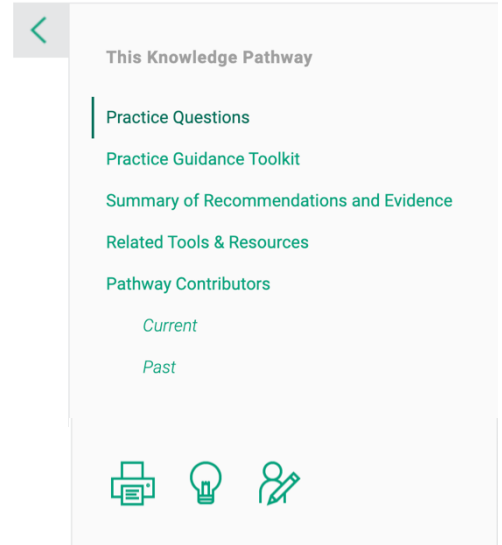
[ADVANCED SEARCH](#) | [SEARCH TIPS](#)

### Suggested PEN Quick Links

<a href="#">PEN Handout Collections</a>	<a href="#">Practice Guidance Toolkits</a>	<a href="#">Trending Topics</a>	
<a href="#">International Guidelines Collections</a>	<a href="#">PEN Training Materials</a>	<a href="#">PEN Tours and Video Tutorials</a>	
<a href="#">Alerts &amp; Recalls</a>	<a href="#">ICDA Definition of Evidence-based Practice</a>	<a href="#">Calculators</a>	<a href="#">FAQs</a>

### 3. Look at the evidence by finding the following on your topic.

(**Hint:** You can filter your search by looking at the navigation bar on the right of the webpage.



- Review the **Summary of Recommendations and Evidence** for your topic.
- Read the **Evidence Summary** and **Grade of Evidence** (**Hint:** You can find the Grade of Evidence by clicking on the 'Show More' button in the Evidence Summary).



**Evidence Summary**  
▣ [Show More](#)

What do you think about the quality of evidence used to inform the practice recommendation?

- Is there a **Practice Guidance Toolkit** for your topic? Follow the steps of the Nutrition Care Process (NCP).
- Look at the available **Related Tools and Resources** and note the support for practitioners and clients. Use the filter function to refine your search.



**Related Tools & Resources**



### 4. Ask yourself:

- What are the most recent practice recommendations for my topic (**Hint:** These are organized by **Key Practice Points**)? Was there any information you couldn't find that you were looking for?
- What is the **quality of the evidence**? How might I apply the evidence in practice, given the availability of the best quality of the evidence?
- How do I see myself using the PEN System as a student or when in practice? (**Hint:** Think about the Summary of Recommendations and Evidence, Practice Guidance Toolkits, and Client Handouts)