

## **Workshop 08: Introduction to Practice-based Evidence in Nutrition (PEN)**

### **Presenters**

- Kelly Boorer, Dietitians Australia (Primary Presenter)
- Rebecca Mete, Dietitians Australia

### **Overview**

Do you want to learn how to keep up to date with the latest evidence-based research and apply it to practice? The Practice-based Evidence in Nutrition (PEN) system was developed by dietitians for dietitians to help busy practitioners bridge the gap between nutrition research and nutrition practice. Join Dietitians Australia Introduction to PEN Workshop for to learn about PEN and put skills into practice.

### **Learning outcomes**

- List the key features of the PEN System and understand how they can support you in practice
- Know how to access the additional features in PEN
- Understand the standardised grading system PEN uses
- Understand and know how to navigate the PEN search functions

### **Target audience**

Emerging dietitians or anyone wanting to refresh their skills in using PEN

### **Workshop abstract**

Background / rationale: How do we stay on top of the latest nutrition research? To ensure our dietitians are able to keep up to date, they must have the skills to navigate various research tools. Practice-based Evidence in Nutrition is a tool that synthesises the best available evidence to help accelerate the application of research into dietetic practice.

Content overview: Learn about the key features of the Practice-based Evidence in Nutrition System and how to use them in a practical setting. Learn about the grading system as well as how to navigate the website and search functions. Attendees will participate in interactive

case studies on how to use Practice-based Evidence in Nutrition in different areas of dietetic practice. Come with questions and we can workshop answering your questions at the session. Evidence base: The Practice-based Evidence in Nutrition database is a synthesis of the most valid, highest levels of research in the literature and draws on international literature and experts, and it is peer-reviewed. Come along to this interactive workshop and put skills into practice.