

EVIDENCE-BASED PRACTICE— NUTRITION

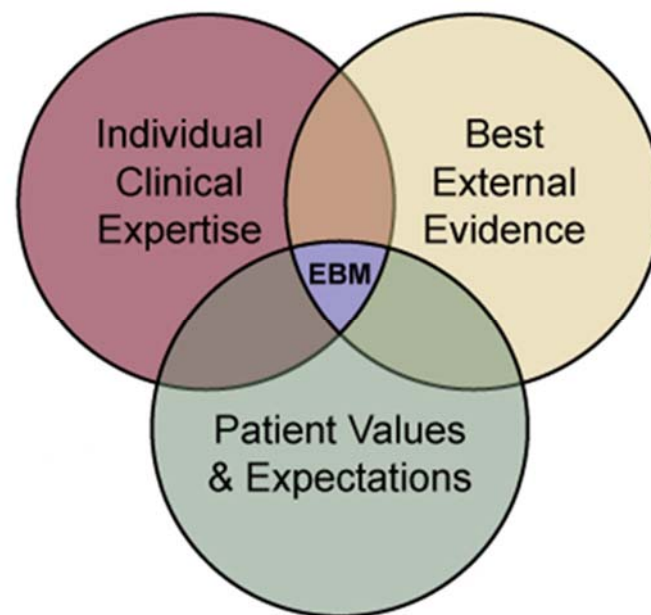
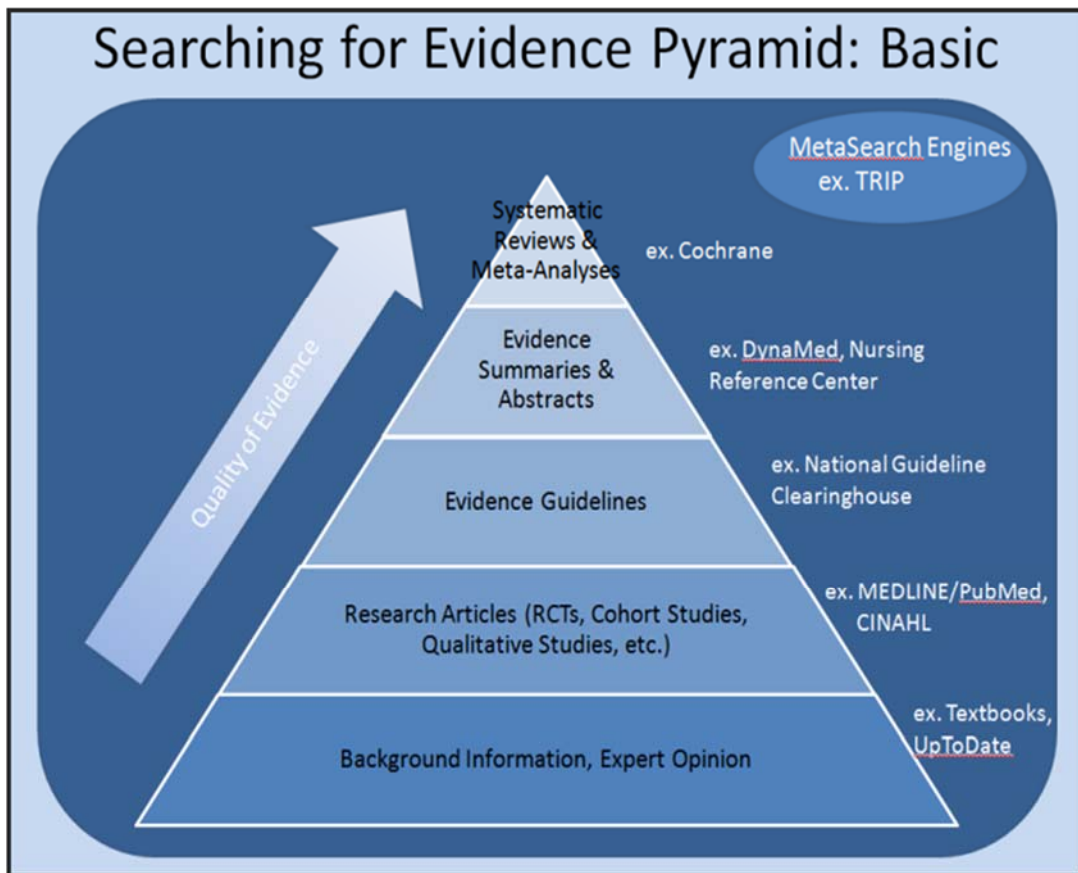
This document was prepared by the UW Dietetic Program to explain how our interns are taught to use evidenced-based practice.

Evidence-Based Medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research. (Source: UW Health Sciences Library <http://libguides.hsl.washington.edu/ebpintro>).

Types of Evidence-Based Practice

The pyramid below depicts various types of evidence used in clinical practice. As one progresses up the pyramid, the quality of the evidence increases. This means the evidence supported by Systematic reviews & Meta-Analyses is stronger than evidence provided by expert opinion alone.

(Source: <http://libguides.hsl.washington.edu/ebpintro>)



The Evidence-based Medicine Triad

Source: <http://www.cochrane.org/about-us/evidence-based-health-care>

Using the Evidence-based Medicine Triad

UW Dietetic interns are encouraged to practice Evidenced-Based Medicine (EBM). Interns learn how to find the "Best External Evidence" during coursework, are taught to inquire about "Patient's Values & Expectations," and they begin to develop their own "Individual Clinical Expertise" while working with patients under preceptors' guidance. Thank you for serving as a UW preceptor and helping students develop their own "Individual Clinical Expertise."

Evidence-Based Practice Resources

The Cochrane Collaboration is an international, non-profit, independent organization, established to ensure that up-to-date, accurate information about the **effects of healthcare interventions** is readily available worldwide. It produces and disseminates systematic reviews of healthcare interventions and tries to guide the direction of future research. Cochrane Reviews are systematic assessments of evidence of the effects of healthcare interventions, intended to help people to make informed decisions about health care. Source: <http://www.cochrane.org/>

Centre for Evidence-Based Medicine (Oxford, UK) broad aim is to develop, teach and promote evidence-based health care and provide support and resources to doctors and health care professionals to help maintain the highest standards of medicine. The CEBM 'Levels of Evidence' document sets out one approach to systematizing the process of providing advice based on often incomplete data. For levels of evidence, see: <http://www.cebm.net/index.aspx?o=1025>

The Agency for Healthcare Research and Quality (AHRQ) launched its initiative in 1997 to promote evidence-based practice in everyday care through establishment of 12 Evidence-based Practice Centers (EPCs). The EPCs develop evidence reports and technology assessments on topics relevant to clinical and other health care organization and delivery issues; specifically those that are common, expensive, and/or significant for the Medicare and Medicaid populations. Source: <http://www.ahrq.gov/clinic/epcix.htm>

Health Sciences Library* - Nutritional Sciences page <http://guides.lib.uw.edu/hsl/nutritional-sciences>
(*For University of Washington employees; log in with net ID)

UpToDate: UpToDate's mission is to help clinicians (MD focused) provide the best possible care for their patients. The editorial board of over 4,400 authors, editors, and peer reviewers contribute to this mission by writing and continuously updating over 8,500 topics addressing questions that arise in clinical practice. In addition to comprehensive presentation of the evidence, each topic offers practical, detailed, and evidence-based recommendations that clinicians can use at the point of care. UW has a subscription. See: <http://www.uptodate.com.offcampus.lib.washington.edu/index>

Academy's Nutrition Care Manual Information, tools and calculators for nutrition related diseases and conditions (RD focused) UW has a subscription. <http://nutritioncaremanual.org.offcampus.lib.washington.edu/index.cfm>

Academy's Evidence Analysis Library website houses systematic reviews and practice guidelines related to the topics of food and nutrition. An objective and transparent methodology is used to assess food and nutrition-related science. Expert workgroup members evaluate, synthesize, and grade the strength of the evidence to support conclusions that answer a precise series of questions. Source: http://www.adaevidencelibrary.com/content.cfm?content_code=about:EAL&cid=0&cat=0

American Society for Parenteral and Enteral Nutrition (ASPEN) & European Society for Clinical Nutrition and Metabolism (ESPEN) Guidelines and Standards Library has been publishing **Standards of Practice, Clinical Guidelines Statements and other Documents** for more than 20 years. These documents are designed to assist practitioners in providing safe, efficacious nutrition care to patients. They make specific practice recommendations based upon a rigorous and comprehensive evaluation of all available scientific data. Source: <http://www.nutritioncare.org/Library> & <http://www.espen.org/education/espen-guidelines> (create a free login)

Public Health Practice Resources Public health nutritionists design programs to assist groups, communities and populations in making the healthy choice, the easy choice. These are a few resources used by PH-nutritionist:

- NCCOR (National Collaborative on Childhood Obesity Research) Measures Registry: <http://www.nccor.org/projects/measures/index.php> & Catalogue of Surveillance Systems: <http://nccor.org/projects/catalogue/index.php>
- Robert Wood Johnson Foundation: <http://www.rwjf.org/en/about-rwjf/program-areas/childhood-obesity.html>
- CDC: Nutrition for everyone <http://www.cdc.gov/nutrition/everyone/>
- UW Center for Public Health Nutrition: <http://depts.washington.edu/uwcpnh/>