



going to **sustainable** eating

## SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

**17th** International  
Congress of Dietitians  
**GRANADA**  
**SPAIN**  
**2016**  
7, 8, 9 and 10 September

### **General information**

- **Symposiums** can take up to two hours and will offer a strong scientific focus and approach. They
- **Workshops** can take up to two hours and will have a practical, professional and hands on structure. Will be held simultaneously to other workshops. Registration will be needed. Limited places 70-120 attendees.
- **Breakfasts** can take up to one hour and will have an informal set up where all Associations' members - both directors and associates - can discuss a specific scientific or professional subject in an enjoyable and colloquial environment.

Food industry and/or a pharmaceutical company can sponsor the Symposium /Workshop/ Breakfast. Sponsor 's details will be provided as part of the proposal.

#### **SYMPOSIUM/WORKSHOPSTitle/Theme:**

Please insert the title/theme of your symposium. Titles will be used in all pre-Congress promotion. Titles must accurately describe the content of your session and be no more than 10-12 words long.

### **Building Capacity for Dietitians to be Leaders in Evidence-based Practice**

#### **SYMPOSIUM/WORKSHOPS Facilitators: Names and main filiation**

**A/Prof Judy Bauer BSc, MHIthSc, PhD FDAA, Translational Research  
Leader– Dietitians Association of Australia**

**Dr Judy Lawrence RD PhD FHEA, Research Lead – British Dietetic  
Association**

**Dr Jayne Thirsk, RD, PhD FDC, Director – Dietitians of Canada**

#### **SYMPOSIUM/WORKSHOPS Presenters: Names and main filiation**

**A/Prof Judy Bauer BSc, MHIthSc, PhD FDAA, Translational Research  
Leader– Dietitians Association of Australia**

**Dr Judy Lawrence RD PhD FHEA, Research Lead – British Dietetic  
Association**

**Dr Jayne Thirsk, RD, PhD FDC, Director – Dietitians of Canada**



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### **SYMPOSIUM/WORKSHOPS History:**

*Has the symposium/workshop been held previously? If yes, please describe previous symposium details and rationale for repeating session.*

**NO**

### **SYMPOSIUM/WORKSHOPS Overview:**

*Insert a short **overview** of your symposium/workshop proposal. If accepted, this information will be used in publications to promote your session. Overview should not exceed 100 words.*

**As busy nutrition professionals, you need PEN: Practice-based Evidence in Nutrition to keep you on the leading edge of evidence-based practice. Developed by Dietitians of Canada and now partnering with the Dietitians Association of Australia and The British Dietetic Association, the PEN system is a fully searchable online nutrition database. It includes practice questions and graded answers in the form of key practice points, evidence summaries and links to relevant tools and resources for your clients.**

**This workshop will explore how the PEN system can accelerate the application of research evidence to inform your dietetic practice and enhance your skills in grading evidence using the PEN-GRADE system.**

### **SYMPOSIUM/WORKSHOPS Proposal: All details**

In English, with a limit of 800 words: you must include a minimum of 3 references and a maximum of 10 references (will follow the consecutive order in which they appear in the text with the corresponding consecutive numbering in Arabic numerals in parentheses; Vancouver style).

**As part of the International Code of Good Practice, The International Confederation of Dietetics Associations (ICDA) has defined evidence-based dietetic practice as:**

***Evidence-based dietetics practice is about asking questions, systematically finding research evidence, and assessing the validity, applicability and importance of that evidence. This evidence-based information is then combined with the dietitian's expertise and judgment and the client's or community's unique values and circumstances to guide decision-making in dietetics (1).***



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**Finding and using the best evidence is an important element of quality care in all domains of dietetic practice. It is essential to optimize outcomes for clients/patients, improve practice, achieve cost-effective nutritional care and ensure accountability and transparency in decision-making.**

**This workshop will demonstrate how the various tools within the PEN system transform research evidence into practical tools for use by the dietitians. Presenters will guide dietitians through the evidence-based process from developing searchable practice questions, acquiring best evidence, critically appraising research and guidelines and effectively applying this information to specific practice situations using the PEN GRADE system (2,3).**

1. International Confederation of Dietetic Associations [Internet]. Final Report of the International Confederation of Dietetic Association (ICDA) Evidence-based Practice Working Group; 2010 [cited 2015October26]. Available from: <http://www.internationaldietetics.org/International-Standards.aspx>
2. Balshem H, Helfand M, Schünemann HJ, Oxman AD, Kunz R, Brozek J, Vist GE, et al. GRADE guidelines: 3. Rating the quality of evidence. J Clin Epidemiol. 2011 Apr;64(4):401-6.
3. GRADE working group [Internet]. Grade Handbook;2013 [cited 2015 October 26]. Available from: <http://www.guidelinedevelopment.org/handbook/>



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**Proposed Program**

**3-hour session**

**Proposed Program**

<b>Title(s)</b>	<b>Time</b>	<b>Speaker(s)</b>
Workshop overview and introductions	10 min	Marsha Sharpe, RD, MSc, CEO Dietitians Canada
PEN – an international partnership initiative that positions dietitians as leaders in evidence-based practice	20 min	Dr Jayne Thirsk, RD, PhD, FDC (Canada)
Integrating evidence into practice – maintaining currency with the PEN system	20 min	A/Prof Judy Bauer BSc, MlthHSc, PhD, FDA (Australia)
PEN tools for your practice – clinical, community/public health, food service and university case examples	20 min	Dr Judy Lawrence RD, PhD (Britain)
BREAK	20 min	
How the growing body of evidence in food and nutrition is evaluated and synthesized – the PEN-GRADE system in action	80 min	Dr Jayne Thirsk, RD, PhD, FDC (Canada) Dr Judy Lawrence RD PhD FHEA (Britain) A/Prof Judy Bauer BSc, MlthHSc, PhD FDA (Australia)
Conclusion	10 min	



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**Please include a picture of the speakers:**

**Judy Bauer**



**Judy Lawrence**



**Jayne Thirsk**

