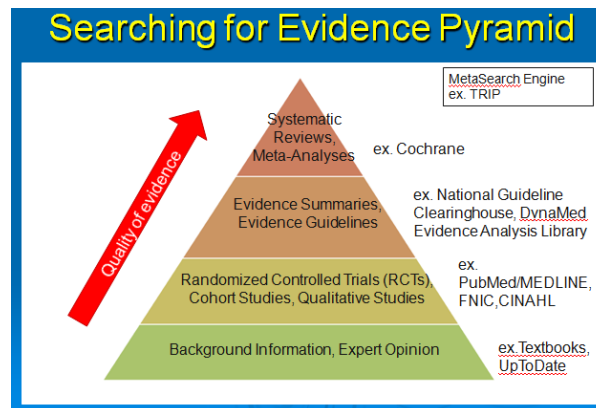


Locating Evidence-Based Pediatric Nutrition Resources on the Web

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1. Search a Database to Find Research Journal Articles

- a. PubMed pubmed.gov
 - i. Provides access to NLM's MEDLINE and other health-related databases
 - ii. Limit Type of Article to *Randomized Controlled Trial* or *Clinical Trial* or use *Clinical Queries* Section
 - iii. Limit to *Dietary Supplements* under Filters>Choose additional Filters>Subjects
 - iv. PubMed at the UW libguide libguides.hsl.washington.edu/pubmed
 - v. Medline with Full-Text available through HEAL-WA **(\$),H**
- b. AGRICOLA agricola.nal.usda.gov
 - i. National Agricultural Library Catalog including citations to government child and adolescent nutrition publications and materials from associations, universities, etc.
- c. CINAHL Cumulative Index to Nursing and Allied Health Resources with Full Text **(\$),H**
ebscohost.com/biomedical-libraries/the-cinahl-database
 - i. Includes citations from journals in Nutrition & Dietetics
 - ii. Refine search to *Research Article* or *Evidence-Based Practice*
- d. Food and Nutrition Information Center (FNIC) Databases fnic.nal.usda.gov/databases
 - i. Education and Training Materials [combined database]
 - ii. Food Safety Education and Training Materials
 - iii. Food Safety Research Projects
 - iv. Healthy Meals Resource System Education and Training Materials
 - iv. Native American Nutrition Education
 - v. SNAP-Ed Connection Resource Finder
 - vi. WIC Works Education and Training Materials
- e. GeneReviews www.ncbi.nlm.nih.gov/books/NBK1116/
 - i. Expert-authored, peer-reviewed disease descriptions that apply genetic testing to the diagnosis, management, and genetic counseling of patients and families with specific inherited disorders.
- f. Obtain Articles
 - i. Check HEAL-WA.org. HEAL-WA (Health Electronic Resource for Washington) heal-wa.org **H**
 Online access to evidence-based health info resources for selected WA health professionals.
 - ii. Free and Open Access e-journal websites
 - Biomed Central biomedcentral.com
 - Free Medical Journals freemedicaljournals.com
 - Highwire highwire.stanford.edu

- PubMed Central: free full-text archive of biomedical and life sciences journal literature at the National Library of Medicine pubmedcentral.gov
- iii. Order Articles Online for a Fee (\$) UW Document Services www.lib.washington.edu/ill/
Loansome Doc hsl.uw.edu/topics/document-delivery-services

2. Use A Textbook

- a. Pediatric Nutrition Care Manual (\$) Academy of Nutrition and Dietetics (AND) Foundation, 2011. [update coming]
- b. Pediatric Nutrition Handbook (\$) AAP, 6th ed., 2009.
- c. Merck Manual Online merck.com/mmpe
- d. Medscape emedicine.medscape.com
 - i. Clinical textbook on diseases, practice guidelines, and evidence-based content
- e. UpToDate (\$) uptodate.com
 - i. Concise comprehensive up-to-date reviews of clinical topics in multiple specialties
- f. Selected eBooks on HEAL-WA H
 - i. Clinical Nutrition in Practice, 2010 H
 - ii. Five Minute Pediatric Consult, 2012 H
 - iii. Health Professional's Guide to Popular Dietary Supplements, 2007 H
 - iv. Nelson Textbook of Pediatrics, 2011 H
 - v. Nutrition & Diet Therapy, 2011 H
 - vi. Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians, 2010 H

3. Search Practice Guidelines

- a. National Guideline Clearinghouse: Public resources for evidenced-based clinical practice guidelines. guideline.gov
- b. AND Evidence Analysis Library (\$) (free to AND members) adaevidencelibrary.com
- c. PubMed pubmed.gov or MEDLINE H
 - i. Limit to *Practice Guideline* under the filter Article Type
- d. CINAHL Cumulative Index to Nursing and Allied Health Resources with Full Text (\$),H ebscohost.com/biomedical-libraries/the-cinahl-database
 - i. Limit to *Practice Guidelines* under Publication Type
- e. Advanced Google google.com/advanced_search?hl=en

4. Search Evidence Summaries

- a. AND Evidence Analysis Library adaevidencelibrary.com [mobile app available (\$)]
 - i. Free to AND members; summaries of best available research in dietetics and nutrition and evidence-based guidelines
 - ii. Evidence Analysis Manual: Steps in the ADA Evidence Analysis Process 2012 www.adaevidencelibrary.com/files/Docs/2012_Jan_EA_Manual.pdf
- b. DynaMed (\$),H dynamed.ebscohost.com
 - i. Evidence-based clinical resource providing summaries of 3500+ diseases and conditions
- c. Natural Standard (\$),H naturalstandard.com
 - i. Evidence-based articles on complementary and alternative therapies, including herbs, supplements, and modalities.

5. Use a MetaSearch Engine

- a. Trip Database tripdatabase.com
- b. SUMSearch2 sumsearch.org

6. Search for Systematic Reviews and Meta-Analyses Resources

- a. Cochrane Database of Systematic Reviews (\$),H cochrane.org/cochrane-reviews

- b. PubMed pubmed.gov or MEDLINE **H**
 - i. Use Clinical Queries-Systematic Reviews section or *Meta-Analysis* as an Article Type filter
- c. CINAHL Cumulative Index to Nursing and Allied Health Resources with Full Text **(\$),H**
ebSCOhost.com/biomedical-libraries/the-cinahl-database
 - i. Use *Systematic Review* or *Meta Analysis* as a Publication Type

7. Use Nutrition Websites

- a. Academy of Nutrition and Dietetics eatright.org
 - i. Includes food and nutrition info, nutrition fact sheets, position papers, food pyramids, etc.
- b. American Academy of Pediatrics. Section on Breastfeeding. Policy Statement: Breastfeeding and the use of human milk. *Pediatrics* 2012 Mar;129(3):e827-41. Epub 2012 Feb 27 (doi: 10.1542/peds.2011-3552)
pediatrics.aappublications.org/content/early/2012/02/22/peds.2011-3552
- c. Assuring Pediatric Nutrition Care in the Community depts.washington.edu/nutrpeds
 - i. University of Washington site including CE and training opportunities, and links to pediatric nutrition web resources
- d. CDC Growth Charts cdc.gov/growthcharts
 - i. CDC and WHO Growth charts for boys and girls
- e. CDC Nutrition Resources for Health Professionals www.cdc.gov/nutrition/professionals/index.html
- f. Dietary Guidelines for Americans, 2010 health.gov/dietaryguidelines/2010.asp
 - i. Published jointly every 5 years from HHS and USDA
- g. Dietary Supplements Labels Database dietarysupplements.nlm.nih.gov/dietary/
 - i. Includes information about label ingredients of over 8,000 dietary supplements sold in the US and uses in human, adverse effects and mechanism of action.
- h. Food and Nutrition Information Center fnic.nal.usda.gov/
 - i. USDA-sponsored site; links to quality food and nutrition resources from government and non-government sources, educational materials, resources lending library, consumer information, searchable databases (National Nutrient Database, Nutritive Value of Foods), and materials related to the Food Guide Pyramid and Dietary Guidelines
- i. Food and Nutrition Service www.fns.usda.gov/fns
 - i. Administers nutrition assistance programs of the USDA; links to information about WIC, Supplemental Nutrition Assistance Program, School Meals, National School Lunch Program, School Breakfast Program, Special Milk Program, and Food Distribution
- j. MicroMedex CareNotes® **(\$)** truvenhealth.com/products/Default.aspx
 - i. Dietetics includes diet plans under Care and Conditions section of CareNotes®
- k. Nutrition in Children and Adolescents Knowledge Path mchlibrary.info/KnowledgePaths/kp_childnutr.html
 - i. Guide to websites, e-publications, databases, projects, electronic newsletters, and online discussion groups from Maternal and Child Health Library, Georgetown University; links to Knowledge Paths on Overweight and Obesity in Children and Adolescents
- l. Nutrition.gov nutrition.gov
 - i. Consumer guide to nutrition/health information on federal government websites
- m. Pediatric Nutrition Practice Group pnpg.org
 - i. Links and resources from AND's Pediatric Nutrition Practice Group (PNPG)

8. Patient Education Websites, including Cross-Cultural Sites

- a. Patient Education Reference Center **(\$),H** ebSCOhost.com/nursing/products/patient-education-reference-center
 - i. Current, evidence-based patient education information for point-of-care; includes illustrations
- b. Health and Wellness Reference Center **(\$)**
 - i. Bibliographic coverage of consumer health literature including full-text articles, pamphlets, and reference books; available free through many public libraries with your library card number
- c. HealthFinder healthfinder.gov
 - i. U.S. government gateway to consumer health information websites, government agencies, associations, and more
- d. KidsHealth: Nutrition & Fitness Center kidshealth.org/parent/centers/fitness_nutrition_center.html

- e. Medical Library Association's For Health Consumers "Top Ten" Most Useful Web Sites
mlanet.org/resources/medspeak/topten.html
- f. MedlinePlus *medlineplus.gov*
 - i. **Best** starting point for consumer health materials with links reviewed for quality by the National Library of Medicine
 - ii. Includes health topics (900+ diseases); illustrated medical encyclopedia; drug/herbal information; Clinical Trials; interactive health tutorials; latest Health News
 - iii. Nutrition page includes up-to-date information, also specific to children
- g. NIH Food, Nutrition and Metabolism *health.nih.gov/category/FoodNutritionandMetabolism*
 - i. Consumer information from the National Institutes of Health
- h. Sugar Stacks *sugarstacks.com*
- i. Cross-Cultural Healthcare Sites
 - i. Consumer Health Information in Many Languages Resources
nlm.gov/outreach/consumer/multi.html
Includes Resources with Items in Multiple Languages and Resources for Specific Languages
 - ii. Culture Clues *depts.washington.edu/pfes/CultureClues.htm*
Tip sheet to increase awareness about concepts/preferences of patients from diverse cultures
 - iii. EthnoMed *ethnomed.org*
Cross-cultural medicine database containing information about cultural beliefs and medical issues pertinent to healthcare of recent immigrants in the Northwest
 - iv. MedlinePlus Health Information in Multiple Languages
nlm.nih.gov/medlineplus/languages/languages.html
 - v. RHIN *rhin.org*
Multilingual health information for refugees and their health providers
 - vi. SPIRAL: Selected Patient Information Resources in Asian Languages *spiral.tufts.edu*
Patient information by language (Cambodian/Khmer, Chinese, Hmong, Japanese, Korean, Laotian, Thai, Vietnamese) and topic

9. Navigate the Web Beyond Basic Google to Find Evidence

- a. Google Scholar and Advanced Search *scholar.google.com*
- d. A User's Guide to Finding and Evaluating Health Information on the Web
mlanet.org/resources/userguide.html

10. Keep Current With Alerting Services (Email and RSS)

- a. My NCBI for PubMed *pubmed.gov*
 - i. My NCBI (PubMed) Libguide *libguides.hsl.washington.edu/myncbi*
- b. AND Publications: *Eat Right Weekly* and *Daily News* *eatright.org/enewsletters.aspx*
- c. Arbor Clinical Nutrition Updates *www.nutritionupdates.org*

11. Contact your Ultimate Search Engine...a librarian.

H = Available through HEAL-WA.org to mandated Washington State health professional groups. Dietitians and Nutritionists will have access beginning January 1, 2014. See heal-wa.org
⌘ = Available by subscription or fee

- Handout and PowerPoint found under "Presentations" at: *libguides.hsl.washington.edu/schnall*
- Reference: Schnall JG. Clicking your way to nutrition resources on the web. *Nutrition Focus* 2007 Jan/Feb; 22(1): 1-9. *depts.washington.edu/cshcnut/download/resources/nutfocus22_1.pdf*