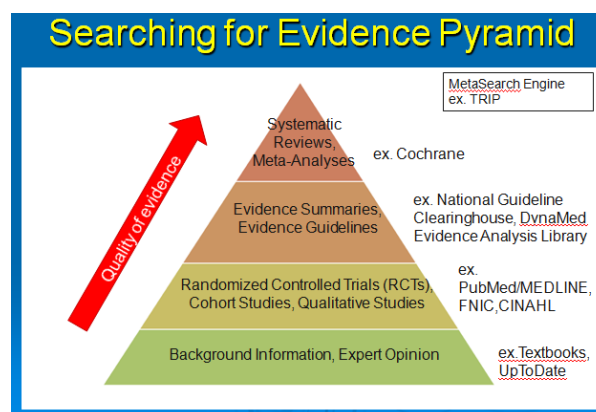


Locating Evidence-Based Pediatric Nutrition Resources on the Web

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Evidence Based Dietetics Practice is the “use of systematically reviewed scientific evidence in making food and nutrition practice decisions by integrating best available evidence with professional expertise and client values to improve outcomes.” *Approved by ADA House of Delegates February 2006; Updated by ADA 2007.*



KEY:

- H** = Available through HEALWA.org to mandated Washington State health professional groups. Dietitians and Nutritionists have access beginning January 1, 2014. HEALWA includes over 5000 health-related journals, eBooks, databases and other evidence-based information resources. See healwa.org
- \$** = Available by subscription or fee

1. Find Background Information

- a. Use the **eBooks on HEALWA**, for example:
 - i. **AND Nutrition Care Manual** \$H
 - ii. **Clinical Nutrition in Practice, 2010** \$H
 - iii. **Current Diagnosis and Treatment: Pediatrics, 21st ed., 2011** \$H
 - iv. **Nutrition & Diet Therapy, 2011** \$H
 - v. **Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians, 2010** \$H
 - vi. **Sports Nutrition: A Practical Manual for Professionals, 2012** \$H
- b. **Pediatric Nutrition Care Manual** \$ Academy of Nutrition and Dietetics (AND) Foundation, 2014 update.
- c. **Pediatric Nutrition** \$ AAP, 7th ed., 2013.
- d. **Merck Manual Online** merck.com/mmpe
- e. **Medscape** emedicine.medscape.com
 - i. Clinical textbook on diseases, practice guidelines, and evidence-based content
- f. **UpToDate** \$ uptodate.com
 - i. Concise comprehensive up-to-date reviews of clinical topics in multiple specialties

2. Search a Database to Find Research Journal Articles

- a. **PubMed** pubmed.gov or **MEDLINE** \$H
 - 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*
 - iii. Limit to *Dietary Supplements* under Filters>Choose additional Filters>Subjects
 - iv. PubMed at the UW libguide libguides.hsl.washington.edu/pubmed
 - v. **Medline Complete with Full-Text** available through HEALWA \$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 Complete** Cumulative Index to Nursing and Allied Health Resources [with Full Text] \$H
ebscohost.com/biomedical-libraries/cinahl-complete
 - i. Includes citations from journals in Nutrition & Dietetics
 - ii. Refine search to *Research Article*, *Randomized Controlled Trial* 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
 - 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 HEALWA (Health Electronic Resource for Washington) healwa.org H
Online access to evidence-based health info resources for selected WA State health professionals.
The website includes over 5000 full text journals.
 - ii. Free and Open Access e-journal websites:
Biomed Central biomedcentral.com
Free Medical Journals freemedicaljournals.com
Highwire home.highwire.org
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

3. Search Practice Guidelines

- a. **National Guideline Clearinghouse** guideline.gov
 - i. Public resources for evidenced-based clinical practice guidelines
- 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 or Publication Type
- d. **CINAHL Complete** Cumulative Index to Nursing and Allied Health Resources [with Full Text] \$H
ebscohost.com/biomedical-libraries/cinahl-complete
 - i. Limit to *Practice Guidelines* under Publication Type
- e. **Nursing Reference Center** &H [See entry under 4.c]
- f. **Advanced Google** google.com/advanced_search?hl=en or **Google Scholar** scholar.google.com

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. **Nursing Reference Center** \$H ebscohost.com/nursing/products/nursing-reference-center
 - i. Provides evidence-based resources for point-of-care access including Quick Lessons with disease/condition overviews, Evidence-Based Care Sheets with summaries of diseases and best treatment options, patient education handouts, drug information, CE, etc.
- d. **Natural Standard** \$H naturalstandard.com
 - i. Evidence-based articles on complementary and alternative therapies, including herbs, dietary supplements, alternative practices modalities, and comparative effectiveness charts. [Note: Natural Medicines will merge with Natural Standard in 2014].

5. Use a MetaSearch Engine

- a. **Trip** 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
 - i. Systematic reviews of primary research in human health care and health policy that investigate the effects of interventions for prevention, treatment, and rehabilitation. Internationally recognized as the highest standard in evidence-based health care
- b. **PubMed** pubmed.gov or **MEDLINE** \$H
 - i. Use Clinical Queries-Systematic Reviews section
 - ii. Select *Meta-Analysis* or *Systematic Reviews* as an Article Type filter
- c. **CINAHL Complete** Cumulative Index to Nursing and Allied Health Resources [with Full Text] \$H
ebscohost.com/biomedical-libraries/cinahl-complete
 - i. Use *Systematic Review*, *Meta Analysis* or *Meta Synthesis* 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 Supplement Labels Database** www.dsld.nlm.nih.gov/dsld/
 - 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®** [\\$truvhealth.com/products/Default.aspx](http://$truvhealth.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 Evidence Library (USDA)** www.nel.gov
 - i. Conducts a wide range of systematic review projects to inform federal nutrition policy and programs
- m. **Pediatric Nutrition Practice Group** pnpg.org
 - i. Links and resources from AND's Pediatric Nutrition Practice Group (PNPG)

8. Drug Information

- a. **AFHS Drug Information \$H**
 - i. Source of comprehensive, unbiased, evaluative drug data.
- b. **LexiComp \$H**
 - i. Comprehensive clinical drug database including Lexi-Drugs, Pediatric and Neonatal Lexi-Drugs, and Lexi-Interact
- c. **LactMed H** toxnet.nlm.nih.gov
 - i. Peer-reviewed, referenced database of drugs to which breastfeeding mothers may be exposed

9. Patient Education Websites, including Cross-Cultural Sites

- a. **Patient Education Reference Center \$H** ebscohost.com/nursing/products/patient-education-reference-center
 - i. Current, comprehensive collection of evidence-based patient education information for clinicians to print and distribute at the point-of-care; includes illustrations
- b. **MedlinePlus H** 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
- c. **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
- d. **HealthFinder** healthfinder.gov
 - i. U.S. government gateway to consumer health information websites, government agencies, associations, and more
- e. **KidsHealth: Nutrition & Fitness Center** kidshealth.org/parent/centers/fitness_nutrition_center.html
- f. **Medical Library Association's For Health Consumers Top Health Websites**
mlanet.org/resources/medspeak/topten.html
- g. **Nutrition.gov** nutrition.gov
 - i. Consumer guide to nutrition/health information on federal government websites
- h. **Patient Education Reference Center (PERC)**
ebscohost.com/nursing/products/patient-education-reference-center
 - i. Comprehensive collection of current, evidence-based patient education information for clinicians to print and distribute right at the point-of-care
- i. **Sugar Stacks** sugarstacks.com

j. **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 H** *depts.washington.edu/pfes/CultureClues.htm*

Tip sheet to increase awareness about concepts/preferences of patients from diverse cultures

iii. **EthnoMed H** *ethnomed.org*

Cross-cultural medicine database containing information about cultural beliefs and medical issues pertinent to healthcare of recent immigrants in the Northwest. Cultural profile includes description of the group's country of origin, language, interpersonal relations, and health/death issues

iv. **MedlinePlus Health Information in Multiple Languages H**

nlm.nih.gov/medlineplus/languages/languages.html

v. **RHIN H** *rhin.org*

Multilingual health information for refugees and their health providers

vi. **SPIRAL: Selected Patient Information Resources in Asian Languages H** *spiral.tufts.edu*

Patient information by language (Cambodian/Khmer, Chinese, Hmong, Japanese, Korean, Laotian, Thai, Vietnamese) and topic

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

- Handout: <http://media.hsl.washington.edu/media/schnall/pednutr2014handout.pdf>
- PowerPoint: <http://media.hsl.washington.edu/media/schnall/pednutr2014pp.pdf>

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