



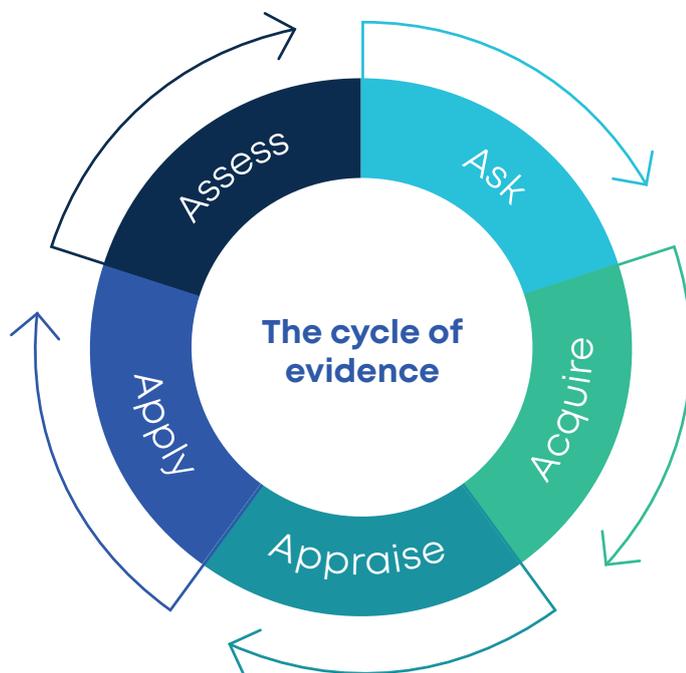
# Practice and Research: a perfect dietetic match

→ European Dietitians are **recognized healthcare professionals**, educated to Bachelor, Master or Doctorate level.

→ Dietitians **use evidence-based approaches** to work with or empower individuals, families, groups and populations to consume nutritionally adequate, safe, tasty and sustainable food.

→ Dietitians **assess health status and nutritional requirements** across the life span and then translate this information into advice and/or treatment to maintain, reduce risk or restore health, as well as lessen discomfort in palliative care.

→ Dietitians also **work with government, industry, academia and research centers** to improve the food environment for all people.



**Ask** questions about dietetic practice.

**Acquire** the evidence through systematically searching the literature.

**Appraise** the validity, applicability and importance of that evidence.

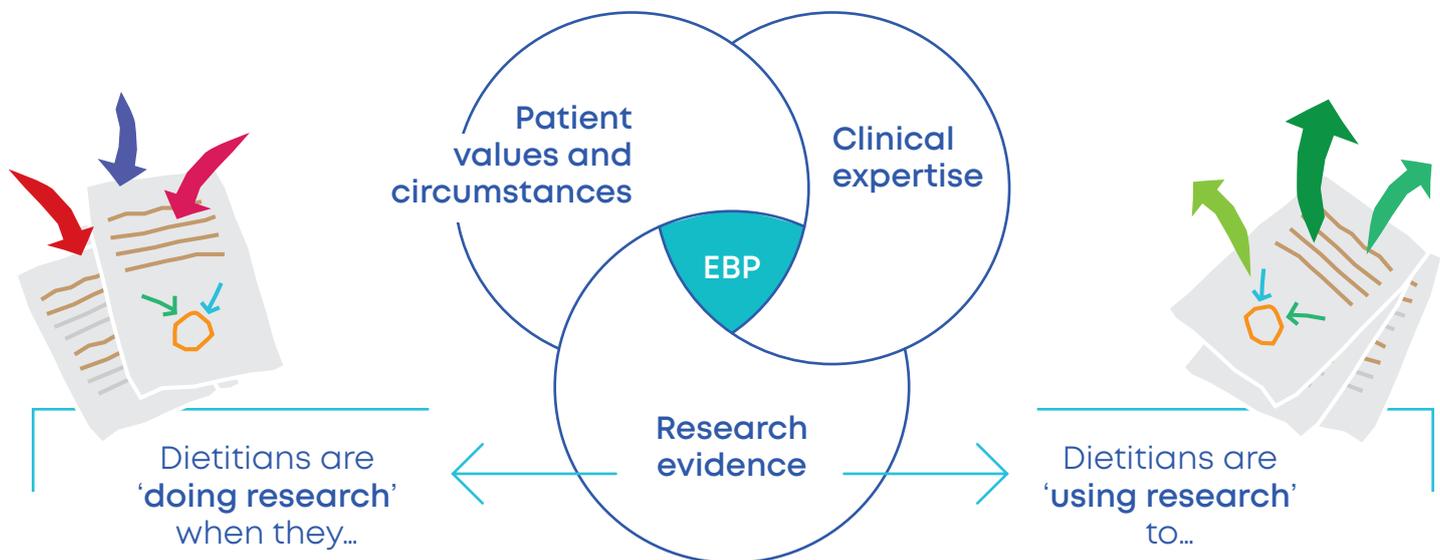
**Apply** the evidence through combining it with the dietitian's expertise and judgment and the client's or community's unique values and circumstances to guide dietetic decision-making. The application should also be informed by the ethical principles of dietetic practice and codes of good practice.

**Assess** the impact of the evidence-based practice on outcomes. <sup>(1, 2)</sup>

Using EBP to make decisions in all areas of dietetic practice will improve health outcomes in individual clients, communities and populations. It is about integrating knowledge from other disciplines to deliver relevant and effective, evidence-based care. Essentially EBP in dietetics is about **using research and doing research**.



“Dietitians translate dietetic science into practice. They use all available evidence to give recommendations on nutrition and diet that meet the needs and wishes of individuals and groups of people whether healthy or ill and in all age categories.”



- Are involved in all or some steps of research in projects:
  1. Identify the problem and formulate an answerable research question<sup>3, 4</sup>.
  2. Search for a systematic review in this topic.
  3. Explore whether new research is needed and develop an appropriate study design<sup>5</sup>.
  4. Write a research protocol and compete in funding calls<sup>6, 7</sup>.
  5. Submit for ethical approval, if appropriate.
  6. Register the study, if appropriate<sup>8</sup>.
  7. Conduct the research according to protocol, including collection and analyses of data.
  8. Publish and disseminate the results.
- Act as members of advisory boards for projects for their expertise in dietetic research or in translation and implementation of scientific outcomes into routine dietetic practice through behavior change.

- Keep up-to-date by reading and critically appraising research from others.
- Consult and/or develop evidence-based dietetic guidelines.
- Identify research needs and share practical dilemmas or knowledge gaps with researchers. Researchers can then turn these practical questions into answerable research questions and protocols.
- Collect data in practice for research projects.
- Translate research outcomes into dietetic practice with clients/patients to build evidence and expertise to further develop dietetics.

References:

1. ICDA Evidence-based Practice Working Group. Final Report of the International Confederation of Dietetic Associations (ICDA) Evidence-based Practice Working Group. International Confederation of Dietetic Associations (ICDA); 2010. Available in: <http://www.internationaldietetics.org/Downloads/ICDA-Report-Evidence-based-Dietetics-Practice-2010.aspx>
2. International Confederation of Dietetics Associations (ICDA). International Code of Ethics and Code of Good Practice. ICDA; 2014. Available in: <https://www.internationaldietetics.org/Downloads/ICDA-Code-of-Ethics-and-Code-of-Good-Practice.aspx>
3. Speckman RA, Friedly JL. Asking Structured, Answerable Clinical Questions Using the Population, Intervention/Comparator, Outcome (PICO) Framework. PM R. 2019;11(5):548-553.
4. Joossens S. EFAD Webinar 'Evidence-based Dietetics'; 2017: [https://www.youtube.com/watch?v=iv9L\\_IJFQA](https://www.youtube.com/watch?v=iv9L_IJFQA)
5. Lund H, Brunnhuber K, Juhl C, Robinson K, Leenaars M, Dorch BF, Jamtvedt G, Nortvedt MW, Christensen R, Chalmers I. Towards evidence based research. BMJ. 2016;355:i5440
6. Chan AW, Tetzlaff JM, Altman DG, Laupacis A, Gøtzsche PC, et al. SPIRIT 2013 statement: defining standard protocol items for clinical trials. Ann Intern Med. 2013 ;158(3):200-7.
7. Moher D, Shamseer L, Clarke M, Ghersi D, Liberati A, Petticrew M, Shekelle P, Stewart LA; PRISMA-P Group. Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. Syst Rev. 2015;4:1.
8. World Health Organization (WHO). International Clinical Trials Registry Platform (ICTRP). Geneva. Available in: <https://www.who.int/ictpr/en/>
9. PCORI Board of Governors. Patient-Centered Outcomes Research. Patient-Centered Outcomes Research Institute (PCORI); 2012. Available in: <https://www.pcori.org/research-results/patient-centered-outcomes-research>

All dietitians participate in the development of research and use research in their day-to-day practice because this research answers critical patient-centered questions<sup>9</sup>.

This factsheet was produced by EFAD's Research and Evidence Based Practice Committee. (April 2020)

