

# Evidence-based practice in Nutrition

- What is evidence based practice
- The overlap between evidence and ethics – why ethical practice has to be evidence based
- Bias and research
  - How bias arises in the research process
  - How bias arises in interpreting research
- Types of research
  - Lower vs. higher levels of evidence
  - What is required to infer cause and effect
  - Challenges specific to nutrition research
    - Why RCTs are often difficult or impossible to do
    - How to interpret observational research responsibly
- How to read a research paper
  - Credible sources
  - What to look out for in the methods
    - Study type, question, population/ sample, measurements (appropriateness, quality, validity), potential sources of bias/ error
  - What to look out for in the results
    - Actual sample (attrition, baseline differences between comparator and control groups), the results themselves (size, direction of difference, precision of estimates, statistical significance), figures vs. numbers, clinical significance
  - Group-level trends vs. individual-level responses
  - Red flags to look out for
- Beyond hard evidence: what to do when there is no conclusive evidence, or in other situations where following best evidence-based practice is not possible
  - Including navigating social media and other sources of information