Developing Online Evidence-Based Nutrition Practice Guidelines
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**Problem:** Disease specific nutrition related health care guidelines need to be developed and health care professionals need assistance and support to move to an evidence-based practice.

**Evidence:** Hundreds of peer-reviewed nutrition research articles are published each month; but it is too many for an individual practitioner to read and appraise.

**Strategy:** Develop a rigorous process that involves multiple contributors (analysts, experts, oversight committees); utilize an online resource and make the final product accessible to health care practitioners. The process for guideline development includes the following steps: selecting an expert panel, articulating a question important to practice, identifying relevant research through a systematic literature review, evaluation the quality of the research and abstracting the research findings, creating an evidence summary and summary tables reflecting the body of research, developing conclusions and assigning grades based on the quality and depth of the research to support the conclusion statement. The next steps are to formulate recommendations, develop treatment algorithms, create companion toolkits for implementation, and review/revision.

**Practice Change:** Health care practitioners can implement evidence based recommendations published on the Evidence Analysis Library (EAL) in their practice. Since 2004, ADA has published fourteen evidence based nutrition practice guidelines and has abstracted over five thousand articles in an online library.

**Evaluation:** Forms for feedback are continuously collected on the EAL and surveys are conducted periodically.

**Results:** This online resource has been accessed by individuals from two hundred different countries and has received a total of more than eight million page views. EAL users can search by topic, disease/condition, food, nutrient, nutrition care process, life cycle, key word, and/or author.

**Recommendations:** Continue to develop disease-specific nutrition related guidelines. Also recommend that other professional associations adopt a similar process and share content to avoid duplication of effort and resources.

**Lessons Learned:** Involving practitioners to develop guidelines increases usage; implementation tools and educator modules are critical for using the guideline recommendations in practice.