

Winter 2020 House of Delegates Meeting Recap: Evidence-Based Practice

The Academy of Nutrition and Dietetics House of Delegates (HOD) held its winter 2020 Virtual Meeting on Saturday, January 25, 2020 where delegates discussed the topic Evidence-Based Practice (EBP).

What is Evidence-Based Practice?

Evidence-based practice is an approach to health care wherein credentialed nutrition and dietetics practitioners use the best available evidence to make decisions for patients/clients, customers, individuals, groups, or populations.

The full definition of **Evidence-Based Practice** and **Evidence-Based Dietetics Practice** are available in the [September 2019 Academy of Nutrition and Dietetics Definition of Terms List](#) on pages 19-20.

Why Discuss Evidence-Based Practice?

We have an urgent need to educate and align credentialed food and nutrition practitioners around the foundational values of evidence-based practice. Practitioners need to be equipped with the knowledge, skills, and competencies to protect our relevance, credibility, and integrity as a science and evidence-based profession. Additionally, we need to speak in one voice utilizing the Academy’s three-pronged approach to evidence-based practice: best available evidence, a practitioner’s clinical experience and the client’s needs/wants.

Evidence-Based Practice: Three Prongs

Professional Expertise

Best Available Evidence

Client Preferences

Professional Issue Question:

During the January virtual meeting Delegates and auditors engaged in dialogue designed to answer the following question:
What more needs to be done to support and communicate evidence-based practice within the nutrition and dietetics profession?

From the Meeting Dialogues, the Top Items Reported by Tables are:

Top Barriers	Additional Actions or Tools Needed to Promote EBP
<ul style="list-style-type: none"> Adequate Time to Research, Utilize Evidence, and Communicate it Effectively Lack of Critical Thinking Skills Personal or Professional Bias Education and Competency 	<ul style="list-style-type: none"> Collaboration and Communication <ul style="list-style-type: none"> Internally with Academy members and organizational units Externally (other professionals and healthcare organizations/associations) Upgrade the Evidence Analysis Library Add an EBP CPE Requirement from CDR Academics/Professors/ ACEND <ul style="list-style-type: none"> Training tools for students Toolkits for educators and practitioners

Next Steps:

The HLT will provide a report to the Academy’s Board of Directors in February to inform future recommendations and actions to further support and advance evidence-based practice within our profession.

Details of the table discussions have been provided to Leadership Staff of the Academy, CDR and ACEND to inform efforts across Academy organizational units.

We will provide updates as they are available.

Additional Information:

[Evidence Based Practice Backgrounder](#)

[Contact Your Delegate](#)