



*The Global Resource  
for Nutrition Practice*

# CONGRATULATIONS!



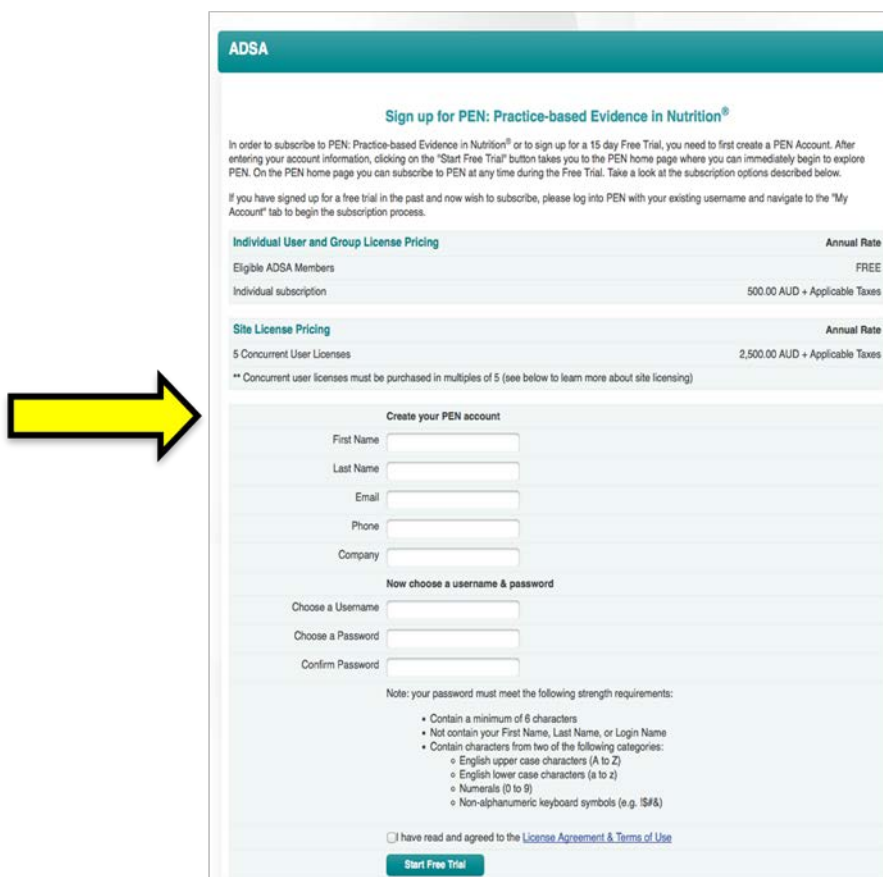
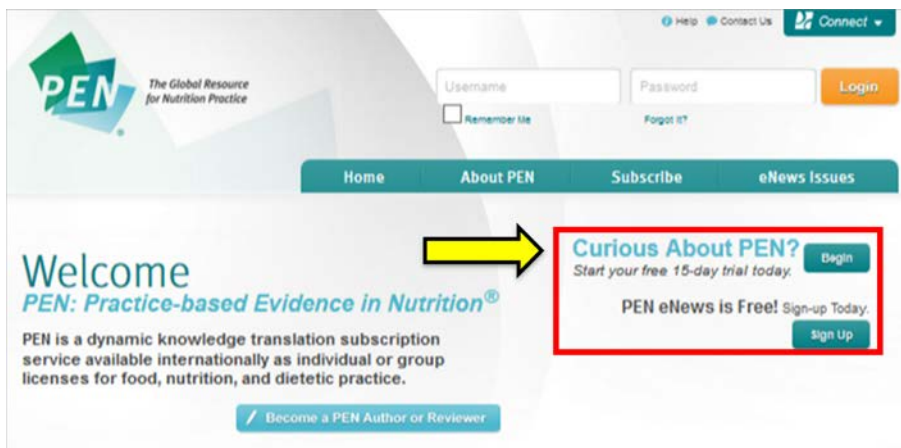
ADSA members now have access to PEN® Practice-based Evidence in Nutrition – the global resource for Nutrition and Dietetic Practice. It doesn't matter where you work, there's something in PEN for YOU!

Go to the [PEN website](#) – there is a special welcome message waiting for you in the [What's New](#) section of the website.



The Global Resource  
for Nutrition Practice

To start your journey, you need to sign up for PEN<sup>®</sup> and the PEN e-news from the Home page.





*The Global Resource  
for Nutrition Practice*

From the Home page, go to PEN Orientation tutorial. Click the WATCH button for a self-guided tour. There are four videos of about 10 minutes long. You can also print these sections.

## Module 1 - An introduction to PEN

A screenshot of the PEN website's user interface. At the top left is the PEN logo and tagline. To the right are links for 'Help', 'Contact Us', and 'Connect'. Below these are login fields for 'Username' and 'Password', a 'Remember Me' checkbox, a 'Forgot it?' link, and an orange 'Login' button. A navigation bar contains 'Home', 'About PEN', 'Subscribe', and 'eNews Issues'. Below the navigation bar is a teal header for 'PEN Orientation Tutorial: Module 1'. The main content area features a video player with a title 'PEN Orientation Module 1'. The video frame shows the PEN logo and the text 'Module I An Introduction to the Power of PEN'. The video player includes a play button, a progress bar showing '10:40', and standard video controls.

After this module, go to About PEN and click on the Table of contents. This shows the large range of topics covered and will help you explore PEN.



The Global Resource  
for Nutrition Practice

## Module 2 - Searching PEN Using the Table of Contents

A screenshot of the PEN website's user interface. At the top right, there are links for 'Help', 'Contact Us', and a 'Connect' dropdown menu. Below these is a login section with 'Username' and 'Password' input fields, a 'Remember Me' checkbox, a 'Forgot it?' link, and an orange 'Login' button. A navigation bar contains 'Home', 'About PEN', 'Subscribe', and 'eNews Issues'. A teal banner reads 'PEN Orientation Tutorial: Module II'. The main content area features a video player with a title 'PEN Orientation Module 2' and a slide that says 'Module II Searching PEN Using the Table of Contents'. The video player has a play button and a progress bar showing 12:09.

## Module 3 - More search strategies using key words

A screenshot of the PEN website's user interface, similar to the one above. It shows the same navigation and login elements. The teal banner now reads 'PEN Orientation Tutorial: Module III'. The video player has a title 'PEN Orientation Module 3' and a slide that says 'Module III Search Strategies'. The video player has a play button and a progress bar showing 08:02.



*The Global Resource  
for Nutrition Practice*

**Module 4 - More great PEN features** allowing you to interact with PEN by asking PICO questions and using the customisable handouts.

A screenshot of the PEN website. At the top left is the PEN logo and tagline. To the right is a navigation menu with 'Help', 'Contact Us', and 'Connect'. Below this is a login form with fields for 'Username' and 'Password', a 'Remember me' checkbox, a 'Forgot it?' link, and an orange 'Login' button. A teal navigation bar contains 'Home', 'About PEN', 'Subscribe', and 'eNews Issues'. Below the navigation bar is a teal header for 'PEN Orientation Tutorial: Module IV'. The main content area features a video player with a title 'PEN Orientation Module 4'. The video frame shows the PEN logo and tagline, followed by the text 'Module IV More Great PEN Features'. The video player includes a play button, a progress bar showing '06:39', and volume and full-screen controls.