

FALL NEWSLETTER

REGULATED HEALTH PROFESSION ACT

The Nova Scotia Government recently introduced the Regulated Health Professions Act. This Act is designed to provide a common foundation legislation for regulated health professions in Nova Scotia. A [news release](#) was issued to provide an overview of this new legislation. To review the full Act, please see the [Regulated Health Professions Act](#).

PROFESSIONAL SELF-REGULATION EDUCATION

In September, the College invited lawyer Ryan Baxter to offer an education session for dietitians titled *Professional self-regulation: privileges and responsibilities*. The recording of this session can be found at this [link](#) and slides are located [here](#). Dietitians are encouraged to view this session. It is a great addition to your Continuing Competency Program!

CODE OF ETHICS - A CONSULTATION OPPORTUNITY

The NSCDN is asking for your feedback on the new Code of Ethics for Dietitians in Nova Scotia.

A code of ethics serves as a framework for ethical decision-making, outlining standards and values that guide expected behaviour and conduct within the profession. These standards guide reflection on resolving ethical dilemmas to protect and prevent risk of harm to clients receiving nutrition services. A code of ethics inspires trust and confidence, demonstrating the NSCDN's legal commitment to ethical practice and accountability.

What are we asking you to do? Please provide your feedback on the new proposed Code of Ethics. When you are ready to start the survey, please click on this [link](#). To see the draft NSCDN Code of Ethics, please click on this [link](#).

What can you expect? Reading the Code of Ethics and completing the survey will take about 45-60 minutes. We recommend that you take a few minutes to review the Code of Ethics before starting the survey. The survey consists of 15 questions and space for comments.

What happens to my survey answers? Your feedback is extremely valuable. All comments will be considered. Individual responses will remain anonymous and will only be shared in aggregate.

Please respond by November 30, 2023.

NUTRITION PRESCRIPTION UPDATE

The College is extending a thank you to dietitians for their recent review and feedback on the Nutrition Prescription Learning Module. Your feedback will be reviewed and implemented into the Learning Module as it relates to our governance mandate.

The roll out of dietitian prescribing authorization was anticipated for the fall of 2023. Work is continuing to prepare for this roll out. It is anticipated that the process to become an authorized prescriber will be launched in the spring of 2024.

For more information related to dietitian prescribing, please see the [Nutrition Prescription Standards](#) and the spring 2023 [Nutrition Prescription Webinar](#).

PRACTICE QUESTION - VIRTUAL PRACTICE

Q. Can I see clients who are located in other Canadian provinces?

A. Dietitians are provincially regulated. The NSCDN is the regulatory body for dietitians who practice in Nova Scotia. To ensure you have the most up to date information regarding when registration is required, you are encouraged to contact the provincial dietetic regulatory body in the jurisdiction where your client is located to understand their registration requirements. If your client is located outside of Canada, it is important to understand the regulations for dietetic practice in that jurisdiction.

If you are planning to offer virtual care and you are not required to hold registration with the provincial regulatory body where your client is located, you should:

- disclose to the client where you are registered as a dietitian;
- become familiar with the provincial regulations, standards and guidelines;
- reach out to your insurance company to ensure that your liability insurance covers your practice across jurisdictions;
- note that some provinces require you to contact their regulatory body to inform them that you are practicing dietetics in their jurisdiction; and
- note that you are required to comply with policies and legal requirements as they relate to you as an NSCDN registrant.

REGISTRATION

The College recently published a video for new registrants that discusses administrative requirements, regulatory requirements, renewal, and practicing as a registered dietitian candidate. The video can be found [here](#).

RENEWAL Q & A

Why has the renewal deadline changed?

Under NSDA, a license that was not renewed by March 31 could remain active until May 15. With the proclamation of the Dietitians Act, an active practice license expires at the end of the license year, March 31. The College policy of having the deadline one month before expiry allows all licenses to be processed before the deadline.

If a complete renewal has not been submitted by midnight on February 28, it is considered late and will be subject to a \$300 late fee.

How will I know my CCP is complete?

A complete CCP includes:

- two learning goals related to your practice;
- learning activities related to each goal, a minimum of three per goal is suggested;
- a minimum of three 'other' learning activities not related to either goal; and
- a learning outcome for each learning activity that clearly demonstrates how learning impacted practice.

Learning goals reflect the knowledge and skills you wish to acquire and apply to your dietetic practice. They are specific and focus on increasing knowledge and competence in your area of practice.

Learning activities are activities that contribute to learning. Learning activities should include the title of the learning activity and a brief description of the activity (e.g., author, link to resource, article, webinar or book).

Learning outcomes identify any new knowledge obtained as a result of the activity, how new learning has been or will be incorporated into practice and how the incorporation of this new knowledge impacted your current practice.

A sample Continuing Competency Program is located on page 4 & 5 of this newsletter.

MORE QUESTIONS?

Staff from the NSCDN will be available on November 15 from 12-1pm to answer your questions. Registrants are welcomed to join at any time during the hour. This is not a presentation but an opportunity to ask questions about renewal. If you are unable to attend the session, please email renewal questions to:

registration@nscdn.ca.

Link to the November 15 session:

Microsoft Teams meeting

[Click here to join the meeting](#)

Meeting ID: 284 826 088 562

Passcode: 3EWLHb

I have already uploaded my insurance policy to Supporting Documents, do I need to submit it again?

A current insurance policy should be kept in Supporting Documents at all times. If you've previously uploaded a policy that is still active, you are not required to resubmit your documentation. Be sure to upload a new policy document each time your policy renews. The College conducts periodic audits of insurance documentation. Those found without a current policy on file are subject to a \$300 insurance lapse fee.

How will I know my renewal is complete?

A complete renewal package consists of:

- a completed CCP Learning Log;
- successful completion of the Jurisprudence eLearning Module;
- a completed renewal application;
- a current insurance policy uploaded to Supporting Documents (or provided to NSCDN by the employer) that meets the Liability Insurance Policy requirements;
- Payment of the \$600 registration fee for 2024-25.

If you have questions, please contact the NSCDN at registration@nscdn.ca.

Sample Learning Log (2024/2025)

Goal #1: Between March 2024 and February 2025, I will expand my knowledge of pediatric dietetics, specifically infant and toddler feeding/nutrition.

Goal #2: Between March 2024 and February 2025, I will increase my skills related to report writing and data presentation.

Log Entries

Date	Learning Activity	Related To	Learning Outcome
2024-08-19	Online Course: Soar Beyond the Dusty Shelf Report. Depict Data Studio.	Goal #2	This 7-day online course gives tips on how to make reports more engaging and visually appealing. I incorporated the information I learned in this course, such as integration of icons, in my design of presentations and reports.
2024-05-30	Presentation: Indigenous Health, Research, and Reconciliation. Margot Latimer, Debbie Martin and Sharon Rudderham.	Other	This course covered the history of healthcare for Indigenous Canadians and how health policy affects their communities. This session allowed me to gain insight into Indigenous views on healthcare, allowing me to be more culturally aware when working with Indigenous peoples.
2025-01-10	Online course: Health impact assessment, step by step. National Collaborating Centre for Healthy Public Policy.	Goal #2	This course describes the process of conducting a health impact assessment (HIA), a structured and innovative approach to inform decision makers about the potential impacts of a project, program or policy on the health and well-being of populations. I now have the tools to conduct an HIA and prepare the accompanying report more efficiently. Using this method of data presentation allowed me to better inform clients on the potential effects of a project on vulnerable populations.
2025-01-27	Webinar: Baby Led Weaning: What the Evidence Says. Healthy Institute.	Goal #1	This webinar for dietitians covered the basics of BLW education, including up-to-date evidence and answers to common parent questions. The information gained in this webinar was useful when working with parents of babies and responding to BLW-related questions, for example questions regarding food textures.
2024-04-15	Online course: Toddlers & Kids. Feeding Littles.	Goal #1	This course, which was geared towards parents, covered what, when & how to feed toddlers, manage mealtime behavior and avoid/manage pickiness. From this course, I gleaned information that I used in my work with parents including portion sizes and techniques to mitigate selective eating.

Date	Learning Activity	Related To	Learning Outcome
2025-02-03	Handout: Oral Hygiene: Toothbrushing's Role in the Prevention of Pneumonia in People with Dysphagia. Theresa Richard M.A., CCC-SLP, BCS-S – https://medslpcollective.com/wp-content/uploads/2020/01/Oral-Hygiene-Caregiver-Education-Handout-Referenceskk-1.pdf	Other	This handout, intended for SLPs, discussed the importance of toothbrushing in the prevention of aspiration pneumonia. This handout included a thorough explanation of the role of mouth bacteria in the development of aspiration pneumonia. This resource is useful when I encounter populations vulnerable to aspiration pneumonia, both by increasing my awareness and by allowing me to educate patients and caregivers on the importance of good oral health related to dysphagia.
2024-03-03	Statement: Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months. Infant Feeding Joint Working Group. Health Canada.	Goal #1	This joint statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada gives evidence-informed principles and recommendations for children aged 6-24 mo. This learning was incorporated through educating parents on the importance of iron rich foods and texture advancement.
2025-02-01	Article: Impact of a Modified Version of Baby-Led Weaning on Infant Food and Nutrient Intakes: The BLISS Randomized Controlled Trial (2018). Williams Erickson, Taylor, Haszard, Fleming, Daniels, Morison, Leong, Fangupo, Wheeler, Taylor, Te Morenga, McLean, Heath.	Goal #1	This article compares traditionally fed and modified baby led weaning-fed infants from 7- 24 months of age. This article helped me to have a better understanding of the methods and outcomes of different infant feeding methods. I am now better able to help parents make an educated decision on feeding methods by sharing new information learned. This includes no significant difference in diet at 24 months old, an increased sugar intake for traditional fed and an increased sodium intake for BLW.
2024-09-06	Book: Effective Data Visualization: The Right Chart for the Right Data. Stephanie D.H. Evergreen.	Goal #2	This book discusses how to create Excel charts and graphs to best communicate data findings. The tips provided in this book were useful and helped me present data in my reports in new and different ways.
2024-06-27	Webinar: Get Ramadan-Ready for Your Clients. Presented by Nazima Qureshi, RD, MPH.	Other	This webinar shared how a dietitian can optimally support fasting clients during Ramadan. By increasing my cultural awareness, I confidently counselled Muslim clients that observe Ramadan by working with them to develop meal plans that provided balanced intake during Iftar.