

Sample Learning Log (2024/2025)

Goals

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

Goal #2: Between March 2024 and February 2025, 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 began using the information I learned in this course immediately 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 sub-plenary session was part of the CAHSPR Scientific Conference. It 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 health impact assessments (HIAs). HIAs are something I do occasionally but, thanks to this course, I will have the tools to conduct an HIA and prepare the accompanying report more efficiently.
2025-01-27	Webinar: Baby Led Weaning: What the Evidence Says. Healthy Institute.	Goal #1	This webinar for dietitians covered basics of BLW education, including up-to-date evidence and answers to common parent questions. The information gained in this webinar will be useful in dealing with parents of babies and responding to BLW-related questions.
2024-04-15	Online course: Toddlers & Kids. Feeding Littles.	Goal #1	This course for parents covered what, when & how to feed toddlers, manage mealtime behaviour and avoid/manage picky eating. From this course, I gleaned information that I will be able to use in my work with parents and young children.

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	Other	This handout, intended for SLPs, discusses the importance of toothbrushing in the prevention of aspiration pneumonia by explaining that bacteria from the mouth are what causes aspirated food and drink to become infected. This resource will be useful to me should I encounter populations vulnerable to aspiration pneumonia in my future work, both by increasing my awareness and by allowing me to educate patients and caregivers on the importance of oral health with regard to prevention.
2024-03-03	Statement: Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months. Infant Feeding Joint Working Group.	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. Covering breastfeeding, solids and supplementation, it provides essential knowledge for counselling parents of children under 2.
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 is a poorly understood area, so this article, including the results showing no significant difference in diet at 24 months, helped me to have a better understanding of the methods and outcomes of different infant feeding methods, which I am able to pass on to clients.
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 to visualize the data I present 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 will be more confident in my ability to counsel Muslim clients that observe Ramadan.