

Continuing Competency Program

Examples of goals related to Standards of Practice indicators

Standard	Indicator	Example goal
Standard 1: Advertising	a. Ensure that advertising is an honest and fair representation of professional services and/or products offered.	<ul style="list-style-type: none"> I will increase my understanding of professional ethics, including honesty, as it relates to advertising of professional services.
	b. Adhere to NSCDN's Code of Ethics for Registered Dietitians and refrain from using advertising that directly or indirectly: <ol style="list-style-type: none"> creates unjustified expectations about the results; compares the ability, quality, and/or cost of professional services with that of other dietitians; takes advantage either physically, emotionally or financially of clients; endorses, promotes or recommends exclusive use of a product/brand used/sold as a component of professional services, unless supported by evidence; and, uses client testimonials to endorse professional services and/or products. 	<ul style="list-style-type: none"> I will increase my understanding of ethical advertising.
Standard 2: Assessment and Interventions	a. Obtain client consent for professional services.	<ul style="list-style-type: none"> I will increase my knowledge and competence regarding consent and how to professionally obtain and document consent.
	b. Obtain, review, and interpret relevant assessment data	<ul style="list-style-type: none"> I will update my knowledge related to interpreting assessment data as it relates to my practice in renal dietetics.

	e. Monitor, evaluate, and document the impact of interventions in achieving identified outcomes, proposing alternative interventions if goals have not been achieved.	<ul style="list-style-type: none"> I will develop skills in evaluating the outcome of interventions implemented in my practice as a long term care dietitian.
Standard 3: Boundaries	a. Be sensitive to their position of relative power or influence in professional relationships and not use this status to take physical, emotional, sexual, financial, or other types of advantage of clients and team members.	<ul style="list-style-type: none"> I will increase my understanding of power dynamics between regulated health professionals and clients.
	c. Respect, establish, and manage effectively, the boundaries that separate their personal and professional relationships/roles in all contexts (e.g., face-to-face, virtual dietetic practice, social media).	<ul style="list-style-type: none"> I will increase my knowledge of managing professional boundaries. I will develop an understanding of dual relationships.
Standard 4: Client-Centred Services	a. Acknowledge and respect the rights, dignity, and uniqueness of each client (e.g., ethnic/cultural background, religion, age, gender, social status, marital status, sexual orientation, political beliefs, physical/mental ability, corporate mission, and values).	<ul style="list-style-type: none"> I will increase my competency in inclusive language. I will learn about Indigenous-specific racism in healthcare. This year, I will increase my knowledge of Ramadan to better support Muslim clients. I will understand the role of colonialism as a social determinant of health. I will enhance my knowledge of intellectual disability as it relates to nutrition status. I will understand health equity in the context of health system policies and practices.
	b. Collaborate with clients to identify and develop goals, plans, and interventions to meet their unique needs.	<ul style="list-style-type: none"> I will develop an understanding of participatory action research. I will enhance my knowledge of the collaborative care model.
	c. Acknowledge and respect clients' rights to autonomy and decision making over their own health.	<ul style="list-style-type: none"> I will develop a knowledgebase related to the importance of personal autonomy in health care decisions.

	d. Advocate the client’s behalf when required.	<ul style="list-style-type: none"> • I will enhance my understanding of advocacy strategies related to food security.
Standard 5: Collaborative Practice	a. Contribute professional knowledge to discussions and interactions with clients and team members.	<ul style="list-style-type: none"> • I will increase my skills in knowledge translation.
	c. Respect clients’ and team members’ perspectives and responsibilities, while acknowledging overlapping roles and scopes of practice.	<ul style="list-style-type: none"> • I will increase my understanding of best practices in interprofessional collaboration.
	e. Effectively manage conflict with clients and team members.	<ul style="list-style-type: none"> • I will acquire knowledge of conflict management strategies in the workplace.
Standard 6: Communication	a. Be clear and respectful in all verbal, nonverbal, and written communication.	<ul style="list-style-type: none"> • I will understand effective professional communication approaches.
	b. Maintain clients’ privacy and confidentiality in all forms of communication.	<ul style="list-style-type: none"> • I will learn more about personal health information and related legislation. •
	c. Use strategies to promote effective communication (e.g., active listening, empathy).	<ul style="list-style-type: none"> • I will enhance my knowledge of interpersonal skills as they apply in professional communication. • I will develop an understanding of active listening techniques.
	d. Adapt communication to the needs of clients and minimize barriers by incorporating relevant supports as available (e.g., interpreters, visual aids, technology, appropriate language, culturally appropriate resources).	<ul style="list-style-type: none"> • I will learn about the principles of inclusive communication.
	e. Use strategies to facilitate clients’ comprehension and learning (e.g., opportunity for questions, teach back, appropriate literacy levels).	<ul style="list-style-type: none"> • I will enhance my understanding of adult learning theory and principles.
	f. Communicate with professional integrity and maintain appropriate boundaries in all communication formats at all times.	<ul style="list-style-type: none"> • I will develop an understanding of professional integrity in communication.

Standard 7: Competence	b. Evaluate their own practice and participate in continuing professional development to identify and address learning needs.	<ul style="list-style-type: none"> • I will increase my understanding of the role of self-assessment in facilitating self-reflection and strengthening professional competencies.
	d. Maintain competence in the present area(s) of practice, incorporating evidence into professional services.	<ul style="list-style-type: none"> • I will increase my understanding of current evidence related to home healthcare. • I will enhance my knowledge of best practices in menu planning. • will increase my knowledge of how to I develop food- and nutrition-related population health plans. • I will increase my understanding of management principles. • I will increase my knowledge of governance as it relates to professional regulation. • I will update my knowledge of counselling for behaviour change.
	e. Acquire the knowledge and skills to practice competently in emerging practice areas as required.	<ul style="list-style-type: none"> • I will acquire knowledge and skills related to sustainable food systems. • I will increase my understanding of nutrition prescription.
Standard 8: Conflict of Interest	a. Recognize any situations in which a conflict of interest could have an impact on their professional judgment.	<ul style="list-style-type: none"> • I will increase my knowledgebase around conflict of interest as it relates to my role as a committee member.
	d. Document any conflict of interest, the efforts to manage it, and the outcome(s).	<ul style="list-style-type: none"> • I will understand mitigation strategies related to conflict of interest.
Standard 9: Consent	a. Provide clients with complete and objective information regarding the risks, benefits, and options for treatment and/or professional services.	<ul style="list-style-type: none"> • I will enhance my competence in communicating risk using absolute and relative risk.
	b. Obtain client consent prior to the provision of services and document as required.	<ul style="list-style-type: none"> • I will develop an understanding of the difference between implied and expressed consent.

	d. Respect clients' rights to: make choices, consult, and request additional information; refuse proposed interventions; and withdraw previously provided consent at any time.	<ul style="list-style-type: none"> • I will increase my knowledge of patient rights in Nova Scotia. • I will develop an increased understanding of non-verbal communication as it relates to indications of a desire to discontinue.
Standard 10: Evidence-Informed Practice	a. Access and critically appraise current and applicable evidence.	<ul style="list-style-type: none"> • I will update my knowledge of artificial sweeteners by reviewing current evidence. • I will review and understand the evidence around a dining-on-call model of food delivery. • I will enhance my competence in critical appraisal of a research paper. • This year, I will increase my knowledge of the role of collagen, with a focus on evidence around dietary supplementation of collagen.
	b. Incorporate current evidence, using critical thinking and professional judgment, when providing professional services.	<ul style="list-style-type: none"> • I will enhance my understanding of critical thinking as it relates to policy development. • I will increase my understanding of professional judgement as it relates to my dietetic practice.
	d. Maintain comprehensive records regarding the delivery of professional services and/or sale of products.	<ul style="list-style-type: none"> • I will increase my understanding of business requirements related to fees, billing, and CRA requirements for my private practice.
Standard 12: Privacy/Confidentiality	a. Ensure client consent is obtained prior to collecting or disclosing personal, organizational, and/or business information, unless duty to report obligations is required.	<ul style="list-style-type: none"> • I will learn more about personal health information and related legislation.

	b. Access and collect only the client information that is essential to carry out the delivery of safe, competent, ethical services.	<ul style="list-style-type: none"> I will increase my understanding of the Nova Scotia Personal Health Information Act as it relates to the collection of client information.
Standard 13: Professional Practice Obligations	a. Accept as their primary professional obligation, to protect and serve the public interest according to the NSCDN Code of Ethics.	<ul style="list-style-type: none"> I will update my knowledge of regulatory responsibilities as a dietitian in Nova Scotia. I will increase my competency to act as a preceptor to dietetic interns.
	d. Maintain complete and accurate financial records for all relevant professional services.	<ul style="list-style-type: none"> I will increase my understanding of provincial and federal legislation requirements related to financial record keeping.
Standard 15: Safety and Risk Management	a. Comply with occupational health and safety legislation, best practices in infection prevention and control, and organization/employer policies and procedures.	<ul style="list-style-type: none"> I will increase my understand of infection control as it relates to my practice in a long-term care facility.
	c. Contribute to and comply with risk management activities/requirements to promote a safe environment (e.g., working alone, environmental hazards, threats to personal safety).	<ul style="list-style-type: none"> I will learn about non-violent crisis intervention. I will increase my understanding of risk management strategies as a private practice dietitian.
	e. Comply with food safety standards in the delivery of professional services.	<ul style="list-style-type: none"> I will update my understanding of food safety standards.