

# COLLEGE OF DIETITIANS OF BRITISH COLUMBIA

## Professional Practice Guidelines

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### Background

The intent of the Professional Practice Guidelines is to describe principal elements of competent, safe and ethical dietetic practice [professional practice]. These guidelines apply to all areas of dietetic practice and provide dietitians with links to CDBC resources that support practice in the interest of the public.

Standards and principles of competent, safe and ethical practice are found in the Code of Ethics and Standards of Practice and supported by Quality Assurance and Registration Committee policies.

### Professional Practice Guidelines

When providing dietetic services, a Dietitian must:

#### 1. Be competent and practice ready

- a. Have the necessary knowledge, skills, abilities and judgement, to perform dietitian roles and responsibilities without direct supervision
- b. Recognize limits of individual practice readiness and provide services within individual level of competence
- c. Take steps to achieve practice readiness in new areas of practice and maintain practice readiness in areas of current practice

#### Resources

- Entry-to-practice competence requirements are defined in the [Integrated Competencies for Dietetic Education and Practice](#).
- The [Canadian Dietetic Registration Examination](#) (CDRE) is the national competence examination for dietitians in Canada
- The CDBC [Jurisprudence Guide and Examination](#) ensure dietitians understand the profession's legal framework, the CDBC's mandate to protect the public and regulatory processes in place to ensure dietitians practice safely, ethically and competently
- The CDBC [Standards of Practice, Indicators and Outcomes](#) define safe and competent practice standards for CDBC registrants.
- The CDBC [Code of Ethics](#) describes ethical practice expectations for CDBC registrants.

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- The CDBC Restricted Activity Interpretive Guide and Application to Practice [Restricted Activities](#) describe safe and competent practice of enteral and parenteral nutrition services.
- [Standards and Practice Guidelines](#) inform competent and safe insertion of feeding tubes.
- The [Continuing Competence Program](#) requires dietitians enhance and maintain their practice of the Standards of Practice throughout their career.

### 2. Have appropriate information

- a. Have full knowledge of facts to provide client-centered services.

#### Resources

- [Standards of Practice](#) 12 to 14 describe practice expectations regarding client-centered services
- Section 73 of the [CDBC bylaws](#) describes information categories dietitians must consider when providing client-centered services.

### 3. Consult and collaborate

- a. Consult and collaborate with the client and relevant stakeholders (e.g., interprofessional health care team, caregiver, business partners), as needed.

#### Resources

- [Standards of Practice](#) 9 to 11 describe practice expectations regarding communication and collaboration
- The [Code of Ethics](#) describe collaborative behaviour expected of dietitians

### 4. Obtain consent

- a. Obtain the client's informed consent following appropriate legislation and guidelines.

#### Resources

- BC Legislation:
  - [Health Care \(Consent\) and Care Facilities \(Admissions\) Act](#)
  - [Infants Act](#)
  - [Mental Health Act](#)
- BC Ministry of Health's [Health Care Providers' Guide to Consent to Health Care, Consent to Nutrition Care Guidelines](#)
- [Standard of Practice](#) 6 describes practice expectations regarding consent
- [Code of Ethics](#) Standard 1 describes behaviour expected of dietitians when obtaining consent
- [CDBC Consent to Nutrition Care Policy and Guidelines](#)

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### 5. Meet standards, limits and conditions

- a. Ensure nutrition services are congruent with any standards, limits and conditions associated with the service being provided and consistent with work place policies and protocols.

#### Resources

- Refer to the [Dietitians Regulation](#) and [CDBC policies and guidelines](#) as a starting point and ensure you meet workplace policies and protocols (employers may specify expected responsibilities and scope of practice in greater detail).

### 6. Document and notify

- a. Document nutrition services following appropriate legislation.
- b. Notify appropriate stakeholders about services as soon as reasonably possible.

#### Resources

- BC Legislation:
  - [Freedom of Information and Protection of Privacy Act](#)
  - [Health Care \(Consent\) and Care Facilities \(Admissions\) Act](#)
  - [Hospital Act Regulation](#)
  - [Limitation Act](#)
  - [Personal Information Protection Act](#)
  - [Residential Care Regulation \(Community Care and Assisted Living Act\)](#)
- Section 73 of the [CDBC bylaws](#) describes information categories dietitians must consider when providing client-centered services.
- [Standards of Practice](#) 14 and 15 describe practice expectations regarding timely documentation of services and interprofessional notification of services
- [Standards for Record Keeping](#) describe best practice principles for documenting services

### Definitions

**Client:** an individual and/ or their substitute decision maker, or a group of individuals, who is a potential or an actual recipient of nutrition care services.

**Practice Readiness:** confidence in the dietitian's ability to independently fulfill the duties and responsibilities required in the assigned area of dietetic practice - the dietitian is ready to practice independently. This confidence can be the dietitian's own self-confidence in her/his ability to practice independently, or the employer's confidence in the dietitian's ability for independent practice.

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## Professional Practice Guidelines

**Professional Practice:** Competent, skillful, responsible and confident performance of responsibilities related to the provision of dietetic services. In BC, Dietitians must:

- Meet educational requirements
- Pass national and/or provincial exam(s) to test their skills and abilities; and review legal, professional, and ethical practice
- Meet standards of practice
- Maintain a code of ethics
- Use their professional title in accordance to the *Health Professions Act* and the CDBC bylaws
- Consent to a criminal record check every five years
- Be publicly registered within their regulatory college and renew their registration annually
- Keep their knowledge and skills up-to-date
- Practice within their individual and profession-specific scope of practice
- Abide by the *Health Professions Act's* complaint process if standards are not met

Adapted from BC Health Regulators. <http://bchealthregulators.ca/index.php/sample-page/about/who-are-regulated-health-professionals/>; accessed October 16, 2017.