

A : Core Competencies for the RD

1. Scientific and Evidence Base of Practice: integration of scientific information and research into practice

Competencies

Upon completion of the program, graduates are able to:

- CRD 1.1** Select indicators of program quality and/or customer service and measure achievement of objectives. (Tip: *Outcomes may include clinical, programmatic, quality, productivity, economic or other outcomes in wellness, management, sports, clinical, settings, etc.*)
- CRD 1.2** Apply evidence-based guidelines, systematic reviews and scientific literature (such as the Academy's Evidence Analysis Library and Evidence-based Nutrition Practice Guidelines, the Cochrane Database of Systematic Reviews and the U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, National Guideline Clearinghouse Web sites) in the nutrition care process and model and other areas of dietetics practice
- CRD 1.3** Justify programs, products, services and care using appropriate evidence or data
- CRD 1.4** Evaluate emerging research for application in dietetics practice
- CRD 1.5** Conduct projects using appropriate research methods, ethical procedures and data analysis



Tip

Research Knowledge/Competency Requirements

Research is broadly defined as an activity that includes all components of the scientific method; i.e., statement of the problem, data collection, analysis and interpretation of results; and decision-making based on results. All students should have core experiences that prepare them to properly interpret research literature and apply it to practice (evidence-based practice), document the value of their services, and participate in adding to the body of scientific knowledge on nutrition, health, and wellness. Activities may include community needs assessment, food science experiments, product development/improvement, continuous-quality improvement activities, or other research projects including master theses and doctoral dissertations.

2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.

Competencies

Upon completion of the program, graduates are able to:

- CRD 2.1** Practice in compliance with current federal regulations and state statutes and rules, as applicable and in accordance with accreditation standards and the Scope of Dietetics Practice and Code of Ethics for the Profession of Dietetics
- CRD 2.2** Demonstrate professional writing skills in preparing professional communications
(Tip: *Examples include research manuscripts, project proposals, education materials, policies and procedures*)
- CRD 2.3** Design, implement and evaluate presentations to a target audience
(Tip: *A quality presentation considers life experiences, cultural diversity and educational background of the target audience.*)
- CRD 2.4** Use effective education and counseling skills to facilitate behavior change
- CRD 2.5** Demonstrate active participation, teamwork and contributions in group settings
- CRD 2.6** Assign patient care activities to DTRs and/or support personnel as appropriate.
(Tip: *In completing the task, students/interns should consider the needs of the patient/client or situation, the ability of support personnel, jurisdictional law, practice guidelines and policies within the facility.*)
- CRD 2.7** Refer clients and patients to other professionals and services when needs are beyond individual scope of practice
- CRD 2.8** Apply leadership skills to achieve desired outcomes
- CRD 2.9** Participate in professional and community organizations (see tip, below)
- CRD 2.10** Establish collaborative relationships with other health professionals and support personnel to deliver effective nutrition services.
(Tip: *Other health professional include physicians, nurses, pharmacists, etc.*)
- CRD 2.11** Demonstrate professional attributes within various organizational cultures
(Tip: *Professional attributes include showing initiative and proactively developing solutions, advocacy, customer focus, risk taking, critical thinking, flexibility, time management, work prioritization and work ethic.*)
- CRD 2.12** Perform self assessment, develop goals and objectives and prepare a draft portfolio for professional development as defined by the Commission on Dietetics Registration
- CRD 2.13** Demonstrate negotiation skills
(Tip: *Demonstrating negotiating skills includes showing assertiveness when needed, while respecting the life experiences, cultural diversity and educational background of the other parties.*)



Tip

Professional & Community Organizations (CRD 2.9)

- Community-based supervised practice experiences need not take place in a dietetics-related organization. Experiences may occur in local community organizations such as United Way, food banks such as Second Harvest, or even faith-based organization such as the Salvation Army. Experiences can also occur at sister units of the program within the parent organization such as an outpatient clinic or a campus fitness center.
- Professional and community organizations provide many opportunities for students to develop leadership skills. They do not have to hold an elected position to demonstrate leadership. For example, the program can create community-based projects where a group of students is asked to serve under the leadership of another student. After a task or set of tasks is successfully accomplished, another student may be selected to lead the group in accomplishing different tasks, until eventually; all students get to take a leadership role.

3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations

Competencies

Upon completion of the program, graduates are able to:

- CRD 3.1** Perform the Nutrition Care Process (a through e below) and use standardized nutrition language for individuals, groups and populations of differing ages and health status, in a variety of settings
- Assess the nutritional status of individuals, groups and populations in a variety of settings where nutrition care is or can be delivered
 - Diagnose nutrition problems and create problem, etiology, signs and symptoms (PES) statements
 - Plan and implement nutrition interventions to include prioritizing the nutrition diagnosis, formulating a nutrition prescription, establishing goals and selecting and managing intervention
 - Monitor and evaluate problems, etiologies, signs, symptoms and the impact of interventions on the nutrition diagnosis
 - Complete documentation that follows professional guidelines, guidelines required by health care systems and guidelines required by the practice setting
- CRD 3.2** Demonstrate effective communications skills for clinical and customer services in a variety of formats. (Tip: *Formats include oral, print, visual, electronic and mass media methods for maximizing client education, employee training and marketing.*)
- CRD 3.3** Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management
(Tip: *Students/interns should consider health messages and interventions that integrate the consumer's desire for taste, convenience and economy with the need for nutrition, food safety.*)
- CRD 3.4** Deliver respectful, science-based answers to consumer questions concerning emerging trends
- CRD 3.5** Coordinate procurement, production, distribution and service of goods and services.
(Tip: *Students/Interns should demonstrate and promote responsible use of resources including employees, money, time, water, energy, food and disposable goods.*)
- CRD 3.6** Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals

4. Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations

Competencies

Upon completion of the program, graduates are able to:

- CRD 4.1** Participate in management of human resources
- CRD 4.2** Perform management functions related to safety, security and sanitation that affect employees, customers, patients, facilities and food
- CRD 4.3** Participate in public policy activities, including both legislative and regulatory initiatives
- CRD 4.4** Conduct clinical and customer service quality management activities
- CRD 4.5** Use current informatics technology to develop, store, retrieve and disseminate information and data
- CRD 4.6** Analyze quality, financial or productivity data and develop a plan for intervention
- CRD 4.7** Propose and use procedures as appropriate to the practice setting to reduce waste and protect the environment
- CRD 4.8** Conduct feasibility studies for products, programs or services with consideration of costs and benefits.
- CRD 4.9** Analyze financial data to assess utilization of resources
- CRD 4.10** Develop a plan to provide or develop a product, program or service that includes a budget, staffing needs, equipment and supplies
- CRD 4.11** Code and bill for dietetic/nutrition services to obtain reimbursement from public or private insurers.



Tip

Comments to Meet Competencies on Sustainability (CRD 4.7)

Students/interns are encouraged to promote environmentally-friendly practices, so that future generations have the water, materials, and resources to protect human health and life on the planet. Practical steps include using local ingredients; not wasting food and resources; using efficacious, non-toxic products when available; properly disposing of toxic materials; reusing containers and products; recycling when possible; purchasing products with recycled content; and teaching others the value of sustainability.