

Section A: Continuing Competence Goal 1

<p>This Continuing Competence Plan relates to:</p>	<p><input type="checkbox"/> Standard 1: Professional Practice <input checked="" type="checkbox"/> Standard 2: Communication <input type="checkbox"/> Standard 3: Competence</p>	<p>Performance Indicator # <u> 7.2 </u> (Refer to Part 2 – Self Assessment)</p> <p>NOTE: If not currently in dietetic practice, your Continuing Competence Plan may focus on <i>Competency #11</i></p>
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Specific to the noted performance indicator, this is what I would like to learn related to my practice:

Development of learning plans and supporting education resource materials used in nutrition education sessions for adult populations.

Section B: Continuing Competence Activities

The following Continuing Competence activities were completed to achieve my Continuing Competence Plan. (Indicate type of verification of activity - Refer to Part 3, Section B in the CCP Workbook for more information)

Date Completed	Description of Activity	Verification
May 3-31	Read the book "Learning in Adulthood" by Merriam and Caffarella, 2006	Summary notes of relevant sections
June 10	Attended "Meeting Adult Learning Needs" seminar	Summary notes from session; email confirmation
Sept 10	Discussed adult education strategies with other professionals	Summary notes from conversations; email correspondence kept
Oct 12	Observed OT and Nurse educators teaching adults	Kept notes of their techniques/approaches; kept powerpoint slides

Section C: Evaluation: Reflection on learning and competence enhancement

I anticipate the benefit to my practice (evaluation) will be:

- | | |
|---|--|
| <input type="checkbox"/> Developed program/process/product | <input type="checkbox"/> Improved work environment |
| <input type="checkbox"/> Enhanced accountability | <input type="checkbox"/> Increased confidence |
| <input type="checkbox"/> Enhanced critical thinking/decision making | <input checked="" type="checkbox"/> Increased knowledge/skill/competence |
| <input type="checkbox"/> Improved communication skills | |

Please reflect on how your practice and competence *has been* enhanced through completion of this Continuing Competence Plan. (This will be entered online during Registration Renewal under your CCP plan Reflection).

I have learned to develop more effective learning plans and supporting education resource materials when providing nutrition education sessions for adult populations and used this information this past fall/winter. I am more confident and have experienced favorable feedback from those I provide education for (one client said she felt listened to!).

Continuing Competence Plan 2

Worksheet

(From Standards 4 – 7 if working in a specific area of dietetic practice, *OR* from any of Standards 1 – 7, as determined by practice profile assessment in Part 1)

Section A: Continuing Competence Goal 2

This Continuing Competence Plan relates to:	<input type="checkbox"/> Standard 1: Professional Practice	Performance Indicator # <u> 23.1 </u>
	<input type="checkbox"/> Standard 2: Communication	
	<input type="checkbox"/> Standard 3: Competence	* If your practice profile does not fall within any of the four designated practice areas, as your second goal you <i>may</i> select an additional area for further development from Standards 1 – 3.
	OR	
	<input type="checkbox"/> Standard 4: Client Care	(Refer to Part 2 – Self Assessment)
	<input checked="" type="checkbox"/> Standard 5: Community and Population Health	
	<input type="checkbox"/> Standard 6: Management of Organizations	
	<input type="checkbox"/> Standard 7: Management of Foodservice Systems	

Specific to the noted performance indicator, this is what I would like to learn related to my practice:

Delivery of nutrition programs / services to meet the needs of Aboriginal populations.

Section B: Continuing Competence Activities

The following Continuing Competence activities were completed to achieve my Continuing Competence Plan. (Indicate type of verification of activity - Refer to Part 3, Section B in the CCP Workbook for more information)

Date Completed	Description of Activity	Verification
May 25	Reviewed "Eating Well with Canada's Food Guide - First Nations, Inuit & Métis" and supporting information; summarized content	Summarized content in word document
July 27	Teleconference with RDs who work with Aboriginal populations	Kept notes of discussion and key practices
Aug 2-Sept 30	Developed program to improve the nutrition intake of an Aboriginal population	Kept program planning details, see outline, presentation materials, stakeholder consultation notes etc
Oct 1	Implemented program to improve the nutrition intake of an Aboriginal population	See materials, tools used; evaluations kept from first implementation

Section C: Evaluation: Reflection on learning and competence enhancement

I anticipate the benefit to my practice (evaluation) will be:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Developed program/process/product | <input type="checkbox"/> Improved work environment |
| <input type="checkbox"/> Enhanced accountability | <input type="checkbox"/> Increased confidence |
| <input type="checkbox"/> Enhanced critical thinking/decision making | <input type="checkbox"/> Increased knowledge/skill/competence |
| <input type="checkbox"/> Improved communication skills | |

Please reflect on how your practice and competence *has been* enhanced through completion of this Continuing Competence Plan. (This will be entered online during Registration Renewal under your CCP plan Reflection).

I learned a great deal about the Aboriginal people, their culture and their eating habits. This new knowledge was critical as I developed and implemented a program to improve the nutrition intake of an Aboriginal population in Alberta. The program was highly effective (as noted in the program evaluation) and will be implemented in other parts of the province.