

Section A: Continuing Competence Goal 1

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|---|---|---|
| <p>This Continuing Competence Plan relates to:</p> | <input checked="" type="checkbox"/> Standard 1: Professional Practice <input type="checkbox"/> Standard 2: Communication <input type="checkbox"/> Standard 3: Competence | <p>Performance Indicator # <u> 1.2 </u></p> <p>(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:

Practicing in compliance with the Code of Ethics of the College of Dietitians of Alberta.

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 4 | Read Code of Ethics | Kept notes and jotted examples from my experiences that relate |
| June 17 & 24 | Met with other RDs to work through College Code of Ethics scenarios from website | Kept notes of our discussions; notes of scenario "answers" and questions arising |
| Sept 22 | Developed summary presentation on my experience with Code of Ethics decision making framework and presented it to colleagues at lunch and learn | Powerpoint presentation printed and filed; feedback from colleagues noted |

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 checked="" 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 am now familiar with the Code of Ethics and find it easier to recognize ethical situations. When a situation arose related to professional boundaries with a client, I used the Ethical Decision Framework to arrive at the best course of action and to ensure that I was practicing in compliance with the Code of Ethics. I have decided to refer this client to another RD in order to preserve the client's best interests.

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

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|---|--|---|
| This Continuing Competence Plan relates to: | <input type="checkbox"/> Standard 1: Professional Practice | Performance Indicator # <u> 18.4 </u> * 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. (Refer to Part 2 – Self Assessment) |
| | <input type="checkbox"/> Standard 2: Communication | |
| | <input type="checkbox"/> Standard 3: Competence OR | |
| | <input checked="" type="checkbox"/> Standard 4: Client Care | |
| | <input 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:

Identifying nutrition goals and developing nutrition care plans to achieve planned outcomes in the treatment of adult obesity.

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 1 | Read "Evidence Based Obesity Guidelines Supported by DC" | See written summary of guidelines relevant to my practice |
| May 6 | Read "2006 Canadian Clinical Practice Guidelines on the Management and Prevention of Obesity in Adults and Children" | Written summary of guidelines and how they tie to my practice |
| May 7-9 | Attended 1 st National Obesity Summit | Kept notes, receipt/certificate of attendance |
| June 8 | Attended local onsite presentation "Obesity trends in Canada" | Kept notes and identified how I'd use the information in practice |
| July 20 | Joined DC Network on Diabetes, Obesity & Cardiovascular Disease | See DC receipt for confirmation; see notes/correspondence on file |

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 gained an increased awareness of current evidence based guidelines / strategies recommended in the treatment of obesity in adults. My clients are more positive when we identify goals and develop their nutrition care plans collaboratively. I have noticed enhanced motivation in many clients, resulting in positive, longer lasting results over the past 8 month period.