

Section A: Continuing Competence Goal 1

<p>This Continuing Competence Plan relates to:</p>	<p><input checked="" type="checkbox"/> Standard 1: Professional Practice <input type="checkbox"/> Standard 2: Communication <input type="checkbox"/> Standard 3: Competence</p>	<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

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.