

SELF-ASSESSMENT FORM: CROSS-REFERENCE TO INTEGRATED COMPETENCIES

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SELF-ASSESSMENT FORM: CROSS-REFERENCE TO IN	TEGRATED COMPETENCIES

practice standard for Registered Dietitians in Canada. As part of your application to the College, you will be required to complete the following self-assessment of your academic and internship experiences completed outside of Canada to the *Integrated Competencies for Dietetic Education and Practice's* competency statements. The self-assessment will assist the College in reviewing and assessing your experiences and corresponding documentation, in determining whether there are any gaps in dietetic knowledge required to practice in Canada.

This self-assessment form will accompany the required documents for an Application for Registration (International).

INSTRUCTIONS FOR SELF-ASSESSMENT FORM	

The Integrated Competencies consist of an interrelated set of practice competencies and performance indicators.

- A Practice Competency is a task that is performed in practice that can be carried out to a specified level of proficiency. The performance of a practice competency requires application of a combination of knowledge, skills, attitudes, and judgments.
- A *Performance Indicator* is a task that can be carried out within an assessment vehicle, successful completion of which provides an indication of the applicant's ability to perform a practice competency.

In the following pages, **Practice Competencies** (pages 3-15), for each practice competency with accompanying performance indicators, briefly indicate in the corresponding column (Academic course, Internship) what you have done to meet the practice competency. Please note, your response can be in either, both or neither column. Under each practice competency, please check the box to indicate whether the performance indicators were included in either an academic course or internship, as noted in the columns to the right. Please complete to the best of your abilities. Your response should, if possible, reference specific documentation provided to the

College for assessment (for example, indicate which academic course description demonstrates the competency or whether it is stated in the official internship confirmation).

Example:

	PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
6.04	Implement food- and	NU FS 377 - Introduction	Part of Community
	nutrition-related community /	to Nutrition in the	rotation in internship
	population health plan.	Community	(refer to letter from
$\boxtimes a$	Participate in implementation		internship program and
	activities.		Practical Experience
			Summary)

Completion of the self-assessment form will highlight the competencies that you may have met through your experiences outside of Canada. The detail provided in this self-assessment form will guide the College through our own internal review and assessment of all documentation submitted including a cross-reference of all academic and internship documentation to the *Integrated Competencies for Dietetic Education and Practice* to determine if your academic preparation and practical training are substantially equivalent to the requirements for registration.

PRACTICE COMPETENCIES

1: Food and Nutrition Expertise

Dietitians integrate their food and nutrition expertise to support the health of individuals, communities, and populations.

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
1.01 Apply understanding of food		
composition and food science.		
a Demonstrate understanding of physical and chemical properties of food.		
☐ b Demonstrate understanding of food preparation, processing, and preservation.		
☐ c Demonstrate understanding of the role of ingredients and their interaction in food preparation.		
☐ d Demonstrate understanding of the sensory evaluation of food.		
\square e Demonstrate understanding of microbes in food.		
f Identify sources of micronutrients and macronutrients in food.		
☐ g Identify sources of non-nutrient functional components in food.		
1.02 Apply understanding of food		
environments.		
☐ a Demonstrate knowledge of government policy in regulating food products in Canada.		
☐ b Demonstrate understanding of factors affecting food systems in Canada.		
☐ c Demonstrate awareness of Indigenous values and ways of knowing related to food environments.		
☐ d Demonstrate understanding of factors affecting food security of Canadians.		
☐ e Demonstrate understanding of factors affecting food safety.		
\square f Demonstrate understanding of sustainable food systems.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
1.03 Apply understanding of human		
nutrition and metabolism.		
\square a Demonstrate understanding of the role of		
nutrients and other food components.		
\Box b Demonstrate understanding of the processes		
of ingestion, digestion, absorption, and excretion.		
\square c Demonstrate understanding of metabolism.		
1.04 Apply understanding of dietary		
requirements and guidelines.		
\square a Demonstrate understanding of dietary		
requirements across the lifespan, in health and disease.		
\square b Demonstrate understanding of factors		
affecting energy balance in determining dietary requirements.		
\square c Demonstrate understanding of current		
nutrition recommendations and dietary guidelines.		
\square d Demonstrate understanding of how		
deficiencies and toxicities of nutrients affect health.		
☐ e Demonstrate understanding of the role of dietary supplements.		
1.05 Apply understanding of dietary		
practices.		
\square a Demonstrate understanding of behavioural		
theories relevant to food choice and eating.		
☐ b Demonstrate understanding of social aspects		
of food choice and eating.		
☐ c Demonstrate understanding of psychological aspects of food choice and eating.		
☐ d Demonstrate understanding of the impact of financial resources on food choice and eating.		
\square e Demonstrate awareness of the role of		
Indigenous, traditional / country foods in dietary practices.		
\Box f Demonstrate awareness of the role of religion		
and culture in dietary practices.		
\Box g Demonstrate knowledge of trends in food		
consumption.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
1.06 Integrate nutrition care principles and		
practices.		
\square a Demonstrate knowledge of human		
physiological systems in health and disease.		
\square b Demonstrate knowledge of the etiology and		
pathophysiology of nutrition-related diseases.		
\square c Demonstrate understanding of nutrition-		
related disease management strategies.		
☐ d Demonstrate understanding of the Nutrition		
Care Process.		
1.07 Integrate population health		
promotion principles and practices.		
☐ a Demonstrate understanding of determinants		
of health, health equity, and social justice.		
☐ b Demonstrate knowledge of frameworks for		
population and public health.		
☐ c Demonstrate understanding of capacity development strategies related to community		
food and nutrition issues.		
☐ d Demonstrate understanding of health		
promotion concepts and approaches.		
1.08 Integrate quantity food provision		
principles and practices.		
\square a Demonstrate understanding of food provision		
strategies that foster health in individuals,		
communities, and population.		
\square b Demonstrate understanding of strategies that		
support sustainable food provision.		
\Box c Demonstrate knowledge of approaches to		
food marketing.		
☐ d Demonstrate knowledge of food provision in		
emergency planning.		

2: Professionalism and Ethics

Dietitians use professional, ethical, and client-centred approaches, to practice with integrity and accountability.

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
2.01 Practice within the context of		
Canadian diversity.		
\square a Demonstrate knowledge of the diversity in		
Canadian society.		
☐ b Demonstrate knowledge of health systems in Canada.		
☐ c Demonstrate understanding of the impact of diverse attitudes and values on health.		
d Identify structures that impact health equity		
and social justice.		
2.02 Act ethically and with integrity.		
☐ a Treat others with respect.		
☐ b Act in a manner that engenders trust.		
\sqcup c Act in accordance with ethical principles.		
☐ d Accept accountability for decisions and actions.		
\square e Act in a manner that upholds the reputation		
of the profession.		
☐ f Maintain professional boundaries.		
2.03 Practice in a manner that promotes		
cultural safety.		
☐ a Act with sensitivity and humility with regard to diverse cultural groups.		
\square b Demonstrate awareness of Indigenous values		
and ways of knowing related to health and wellness.		
☐ c Demonstrate awareness of the ongoing impact of colonization / residential schools / intergenerational trauma / systemic racism or Indigenous peoples in Canada.		
d Demonstrate awareness of the role of self- determination in supporting capacity development.		
\Box e Act with awareness of how one's own biases,		
beliefs, behaviours, power, and privilege may affect others.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
2.04 Employ a client-centred approach.		
a Demonstrate knowledge of principles of a client- centred approach.		
\square b Ensure informed consent.		
\square c Identify client perspectives, needs and assets.		
☐ d Engage client in collaborative decision making.		
\square e Maintain client confidentiality and privacy.		
2.05 Practice according to legislative,		
regulatory, and organizational		
requirements.		
a Demonstrate knowledge of federal requirements relevant to dietetic practice.		
☐ b Demonstrate knowledge of provincial / territorial requirements relevant to dietetic practice.		
☐ c Demonstrate knowledge of regulatory scope of practice, bylaws, standards of practice and codes of ethics.		
\square d Adhere to regulatory requirements.		
e Comply with organizational policies and directives.		
2.06 Ensure appropriate and secure		
documentation.		
and completely, in a timely manner.		
☐ b Maintain security and confidentiality of records.		
2.07 Use risk management approaches.		
a Identify risks and hazards in the practice setting.		
☐ b Contribute to an organizational culture of safety.		
2.08 Manage time and workload.		
☐ a Prioritize activities.		
☐ b Meet deadlines.		
2.09 Employ an evidence-informed		
approach to practice.		
☐ a Demonstrate knowledge of factors that inform decision making.		
☐ b Demonstrate knowledge of the process of evidence-informed decision making.		
☐ c Make evidence-informed decisions.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
2.10 Engage in reflective practice.		
☐ a Demonstrate knowledge of principles of reflective practice.		
\square b Critically assess approaches to practice.		
☐ c Develop goals and seek resources to improve practice.		
2.11 Practice within limits of current		
personal level of professional		
knowledge and skills.		
a Articulate individual level of professional knowledge and skills.		
☐ b Identify situations which are beyond personal capacity.		
\Box c Address situations beyond personal capacity.		
2.12 Maintain comprehensive and current		
knowledge relevant to practice.		
\square a Use relevant terminology.		
\square b Identify relevant sources of information.		
☐ c Critically appraise information relevant to practice.		
☐ d Identify emerging information relevant to practice.		
2.13 Use information management		
technologies to support practice.		
\square a Demonstrate knowledge of information		
technologies relevant to practice.		
\square b Use information management systems.		

3: Communication and Collaboration

Dietitians communicate effectively and collaborate with others to achieve practice goals.

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
3.01 Use appropriate communication		
approaches.		
a Identify opportunities for and barriers to communication relevant to context.		
☐ b Use communication approaches appropriate to context.		
\square c Use language tailored to audience.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
3.02 Use effective written communication		
skills.		
\square a Write in a manner responsive to audience.		
\square b Write clearly and in an organized fashion.		
3.03 Use effective oral communication		
skills.		
\square a Speak in a manner responsive to audience.		
\square b Speak clearly and in an organized fashion.		
3.04 Use effective electronic		
communication skills.		
a Demonstrate knowledge of electronic		
communication applications.		
☐ b Use electronic communication relevant to context.		
3.05 Use effective interpersonal skills.		
\Box a Employ principles of active listening.		
□ b Use and interpret non-verbal communication.		
\Box c Act with empathy.		
☐ d Establish rapport.		
\Box e Employ principles of negotiation and conflict		
management.		
\Box f Seek and respond to feedback.		
\Box g Provide constructive feedback to others.		
3.06 Engage in teamwork.		
\square a Demonstrate knowledge of principles of		
teamwork and collaboration.		
☐ b Contribute effectively to teamwork.		
3.07 Participate in collaborative practice.		
☐ a Identify scenarios where dietetics knowledge is a key element in collaborative practice.		
\square b Identify scenarios where the expertise of		
others is a key element in dietetic practice.		
\square c Participate in discussions with team members.		
☐ d Contribute dietetics knowledge in collaborative practice.		
\square e Draw upon the expertise of others.		
\Box f Contribute to collaborative decision making.		

4: Management and Leadership

Dietitians use management skills and provide leadership to advance health, through food and nutrition.

	PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
4.01	Manage programs and projects.		
□ а	Demonstrate understanding of management principles.		
\Box b	Contribute to strategic and operational		
	planning.		
_	Contribute to human resource management.		
	Contribute to financial management.		
	Contribute to physical resource management.		
4.02	Assess and enhance approaches to		
	practice.		
	Assess a practice situation.		
∐ b	Interpret and consolidate evidence to establish a course of action.		
\Box c	Plan the implementation of change.		
\Box d	Plan the evaluation of change.		
4.03	Participate in practice-based research		
	activities.		
\Box a	Frame question(s).		
\Box b	Critically appraise literature.		
\Box c	Identify relevant methodology.		
\Box d	Interpret findings.		
\Box e	Communicate findings.		
4.04	Undertake knowledge translation.		
□ а	Identify food and nutrition knowledge relevant to others.		
\Box b	Reframe knowledge into a format accessible to others.		
4.05	Advocate for ongoing improvement		
	of nutritional health and care.		
\Box a	Identify opportunities for advocacy.		
\Box b	Identify strategies for effective advocacy.		
\Box c	Engage in advocacy.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
4.06 Foster learning in others.		
a Demonstrate understanding of theories of teaching and learning.		
\square b Identify opportunities for learning.		
\square c Assess learning needs and assets.		
\square d Develop learning outcomes.		
\square e Implement educational strategies.		
\Box f Evaluate achievement of learning outcomes.		
4.07 Foster development of food literacy		
in others.		
a Demonstrate knowledge of the concept of food literacy.		
☐ b Identify strategies to assist the development of food literacy.		
\square c Engage in activities to build food literacy.		
4.08 Foster development of food skills in		
others.		
☐ a Demonstrate understanding of factors that impact client ability to safely plan, access, select, store, and prepare food that meets their needs.		
☐ b Demonstrate awareness of the availability and preparation of Indigenous traditional / country foods.		
☐ c Demonstrate awareness of the availability and preparation of foods specific to cultural groups.		
\square d Respond to the cultural foodways of client.		
\square e Identify strategies to assist in the development of food skills.		
\square f Critically appraise food messaging and marketing.		
\square g Interpret food label.		
\square h Demonstrate food preparation techniques.		
\square i Engage with client in building food skills.		

5: Nutrition Care

Dietitians use the Nutrition Care Process to provide individualized care.

	PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
5.01	Conduct nutrition assessment.		
□ а	Use appropriate nutrition risk screening strategies.		
\Box b	Identify relevant information.		
\Box c	Assess and interpret food- and nutrition-related history.		
\Box d	Obtain and interpret medical history.		
□ <i>e</i>	Obtain and interpret demographic, psychosocial and health behaviour history.		
$\Box f$	Assess and interpret anthropometric parameters.		
$\Box g$	Assess and interpret nutrition-focused physical findings.		
\Box h	Obtain and interpret biochemical data.		
□i	Obtain and interpret results from medical tests and procedures.		
\Box j	Obtain and interpret medication data.		
$\Box k$	Assess and interpret chewing, swallowing, and eating abilities.		
5.02	Determine nutrition diagnosis.		
□а	Integrate assessment findings to identify nutrition problem(s).		
\Box b	Prioritize nutrition problems.		
5.03	Plan nutrition intervention(s).		
\Box a	Determine nutrition goals.		
\Box b	Determine nutrition requirements.		
\Box c	Determine dietary modifications.		
\Box d	Determine therapeutic supplementation.		
□ <i>e</i>	Determine supportive physical and social / environmental accommodations.		
$\Box f$	Determine enteral nutrition regimens.		
$\Box g$	Determine parenteral nutrition regimens.		
\Box h	Determine client learning needs and assets.		
□i	Determine required resources and support services.		
5.04	Implement nutrition intervention(s).		
□ а	Coordinate implementation of nutrition intervention(s).		
\Box b	Provide nutrition education.		
□ <i>c</i>	Provide nutrition counselling.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
5.05 Monitor nutrition intervention(s) and evaluate achievement of nutrition		
goals.		
☐ a Determine strategies to monitor effectiveness of nutrition intervention(s).		
\square b Evaluate progress in achieving nutrition goals.		
☐ c Adjust nutrition intervention(s) when appropriate.		

6: Population Health Promotion

Dietitians assess food and nutrition needs with communities / populations, and collaborate in planning to promote health.

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
6.01 Assess food- and nutrition- related		
situation of communities and		
populations.		
☐ a Identify types and sources of information required to assess food and nutrition-related situation of communities and populations.		
☐ b Identify stakeholders.		
\square c Access relevant assessment information.		
\square d Interpret food and nutrition surveillance data.		
\square e Interpret health status data.		
\Box f Interpret information related to the determinants of health and health equity.		
☐ g Interpret information related to food systems and dietary practices.		
6.02 Determine food- and nutrition-		
related issues of communities and		
populations.		
\square a Integrate assessment findings to identify food-		
and nutrition-related assets, resources, and needs.		
\square b Prioritize issues requiring action.		

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
6.03 Develop food- and nutrition- related		
community / population health plan.		
a Contribute to development of goals and objectives.		
☐ b Identify strategies to meet goals and objectives.		
\square c Identify required resources and supports.		
\square d Contribute to identification of evaluation		
strategies.		
6.04 Implement food- and nutrition-		
related community / population		
health plan.		
\square a Participate in implementation activities.		
6.05 Monitor and evaluate food- and		
nutrition-related community /		
population health plan.		
a Contribute to monitoring implementation activities.		
\square b Contribute to evaluation activities.		
c Propose adjustments to increase effectiveness or meet modified goals and objectives.		

7: Food Provision

Dietitians manage and consult on quantity food provision to support health.

PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
7.01 Determine food provision		
requirements of a group /		
organization.		
a Identify types and sources of information required to assess food provision needs.		
\square b Access relevant information.		
☐ c Interpret situational factors that impact food provision.		
\Box d Assess food provision requirements.		
e Integrate findings to determine food provision priorities.		

	PRACTICE COMPETENCY	ACADEMIC COURSE	INTERNSHIP
7.02	Plan food provision.		
□ а	Participate in development of goals and objectives.		
□ Ь	Identify strategies to meet goals and objectives.		
\Box c	Identify required resources and supports.		
\Box d	Participate in identification of evaluation strategies.		
7.03	Manage food provision.		
□ а	Identify facility layout and equipment requirements for food production.		
□ ь	Participate in purchasing, receiving, storage, inventory control and disposal of food.		
\Box c	Develop and standardize recipes.		
□ d	Participate in menu planning.		
□ <i>e</i>	Participate in management of food production and distribution procedures.		
$\Box f$	Participate in maintaining safety, and quality control.		
7.04	Monitor and evaluate food provision.		
Па	Participate in monitoring food provision activities.		
□ b	Contribute to evaluation of food provision activities.		
С	Propose adjustments to food provision to increase effectiveness or meet modified goals and objectives.		