



*Optimizing health and well-being for all Manitobans
through excellence in nutrition practice.*

Save the Date

Annual General Meeting October 29, 2018

More details to follow

New Practice Direction—Diabetes Self Management Education by RDs

The purpose of this practice direction is to communicate the College's expectations regarding diabetes self-management education, particularly insulin dose adjustments by dietitians.

Many dietitians today are involved in diabetes education as a practitioner in an RN/RD practice setting or collaborative practice environment including RNs and RDs and primary care providers. Insulin adjustments are handled differently across the province, however, the central theme is that the initial prescription is provided by the medical practitioner and ongoing education is provided by a diabetes educator. Some work within a specified protocol established by the medical practitioner and some contact the medical practitioner for an adjustment dose.

The College has REMOVED THE REQUIREMENT FOR RDS TO OBTAIN A DELEGATION OF FUNCTION FROM A PHYSICIAN prior to adjusting insulin. However, **it is the expectation of the College that any adjustments to a clients insulin dose is made in collaboration with the client's medical practitioner.**

Insulin is a schedule 2 drug per the NAPRA drug schedules. A prescription is not required for individuals to obtain insulin. Adjustment of insulin dose is an important component of diabetes self-management. Please note this practice direction addresses diabetes self-management education by RDs. Adjustment of insulin doses in an acute care setting would be completed by the medical team.

PRACTICE DIRECTION DIABETES SELF-MANAGEMENT EDUCATION BY RDS

Expected Outcome

All people with diabetes, who are able, should be taught how to self-manage their diabetes.¹ It is within the scope of practice of dietitians to provide diabetes self-management education. This education may include, but not limited to, self-monitoring of blood glucose, making appropriate dietary choices, incorporating an exercise regime, using medications as recommended and insulin dose adjustment.¹

Practice Direction:

Medical practitioners diagnose diabetes and provide the initial prescription. Dietitians who are competent in this area, teach insulin dose adjustments based on this insulin order and in response to a variety of factors including:

- Blood glucose measurements
- Carbohydrate content of meals
- Physical activity
- Illness

While healthcare providers play an important role in delivery of self-management education, patients/clients are largely responsible for the majority of their own diabetes management.¹ Improvements in A1C, blood glucose and quality of life, as well as decreased requirements for insulin can be achieved when individuals with Type 1 or Type 2 diabetes receive education on matching insulin to carbohydrate content of meals and snacks² and to interpret their blood glucose levels to make appropriate insulin dose changes.

It is the expectation of the College that any adjustments to the client's insulin dose is completed in collaboration with the client's medical practitioner. Insulin is a schedule 2 drug. A prescription is not required to obtain insulin.

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Diabetes Self-Management Education by RDs

The College does not require dietitians to obtain their Certified Diabetes Educator (CDE) designation to practice in diabetes self-management education, however, employers may require this certification, as well as other measures such as a mentorship program.

RDs wishing to provide diabetes self-management education have a duty to assess whether they are competent to do so safely and effectively from both a professional and public protection point of view. RDs must consider:

- Their knowledge, skills and attitudes to work in diabetes self-management education. RDs must ensure they have the appropriate education, practical training and mentorship to provide safe, competent diabetes care.
- The needs of the client. In some facilities and geographical locations, access to an interprofessional team may be through consult only, resulting in wait time and/or travel for assessment and treatment, potentially compromising the patient's health and nutrition status. In these situations, RDs and their employers may determine that it is in the client's best interests for the RDs on site to be trained to work to their full and authorized scope of practice. RDs have expertise in diabetes yet recognize that other disciplines have overlapping scopes of practice.
- The environmental factors in which care is provided, such as care setting and presence or absence other skilled professionals working in this area.
- The organizational supports, such as employer's consideration of workload and investment in training for practice in diabetes self-management education.³⁴

FAQs—Diabetes Self-Management Education

Question: Does this mean that I no longer need to discuss insulin adjustments with my client's physician?

Response: No, any adjustments to a client's insulin dose needs to be made in collaboration with the client's medical practitioner.

Question: Can any dietitian provide diabetes self-management education?

Response: Adjusting insulin is within the scope of practice for dietitians. However, as with any area of practice, dietitians must assess their competence, and ensure they have the required skills, knowledge and training, prior to taking on this task.

Question: Am I required to have successfully completed the CDE exam, prior to educating clients on insulin dose adjustment?

Response: The College does not require RDs to have their CDE certification when working in this area, however, it may be a requirement of your employer.

References continued on page 4

*Diabetes Self-Management Education by RDs - References:***Regulatory Reference:**

The Registered Dietitians Act 2(a), (b), ©

Code of Ethics for Registered Dietitians 2.1, 2.2, 2.3

References:

1. Canadian Diabetes Association, Clinical Practice Guidelines 2013. <http://guidelines.diabetes.ca/browse/chapter7>
2. Canadian Diabetes Association, Clinical Practice Guidelines 2013. <http://guidelines.diabetes.ca/browse/chapter11>
3. College of Dietitian of Ontario, *Scope of Practice for Registered Dietitians Caring for Clients with Dysphagia in Ontario*. 2016.
4. College of Dietitians of Alberta (2013). College of Dietitians of Alberta Dysphagia Best Practice Guidelines: Addendum to the College of Dietitian of Ontario's Dysphagia Policy.
5. <https://www.healthlinkbc.ca/medical-tests/hw8432>
6. <http://www.cdec.ca/what-is-a-cde/what-is-a-cde/>. Accessed March 19, 2015

Adapted from CDBC Dietitians and Diabetes Self-Management Education: Insulin Dose Adjustment

PRACTICE QUESTION—PRIVATE PRACTICE FEES

I am just in the process of starting a private practice and am wondering if the College can provide direction regarding the fees I can charge?

Dietitians must set fair and reasonable fees, proportionate to the services rendered. Dietitians must also inform their clients of all fees for service and available methods of payment prior to providing service. However, as stated in the *Regulated Health Professions Act*, the College must not set professional fees or negotiate professional fees on behalf of any or all of its members. Dietitians are advised to consult the DC Consulting Dietitians manual for guidance regarding fees.

Further information and requirements for dietitians in private practice can be found in the Professional Practice Handbook, Chapter 12—*Establishing a Private Practice*. This document is available on the member's only side of the CDM website, www.manitobadietitians.ca > Members Only > Professional Practice Handbook.

IF IN DOUBT, CALL THE COLLEGE. The College strives to support RDs in all areas of dietetic practice. If you have any questions or concerns about practice issues, please feel free to contact Heidi Wong RD (Professional Practice Coordinator) at the College 694-0532 or via email profpractice.cdm@mts.net. Knowing your questions and concerns will assist the College in preparing future education materials, such as those found in this newsletter.

CANADIAN DIETETIC REGISTRATION EXAMINATION (CDRE) INFORMATION

Graduate Dietitian License:

In order to write the CDRE, you must be register as a graduate dietitian. The deadline date for applications to register as a graduate dietitian is August 1st.

To register as a graduate dietitian, please visit www.manitobadietitians.com > Register > Application for Registration. Please download the application guide and CDM Registration Package. The application guide outlines step by step the requirements for registration as a graduate dietitian. The registration package also includes the application form.

CDRE Dates:

The exam dates are November 26 to December 2, 2018. Application deadline date for the CDRE is August 1, 2018. Application forms can also be found on the CDM website > Register > Exam Dates



Michelle Hagglund, Executive Director and Registrar of the College has provided her notice that she will be retiring in October 2018. She will have provided over 22 years of devoted service and transformed an association into a successful regulatory body for our profession.

Council will be working on next steps to recruit for a new Executive Director/Registrar and putting together an ad-hoc hiring committee. If you are interested in sitting on this committee, please reach out to Amanda Nash, Chair of Council at amandanash@live.ca or Michelle at registrar.cdm@mymts.net.



CDM WEBSITE IS BEING RE-DEVELOPED!

The College is pleased to announce that we are re-developing our website. Our goal for this project is to ensure the College meets its mandate of public protection and the public understands how we do that. We also want our registrants to use the website as a resource and view the website as a user-friendly tool that is keeping you well-informed about your obligations as a licensed member. The new website will be presented at the AGM!