



IT IS RENEWAL SEASON

It is that time of year in which renewal of your dietitian license with the College of Dietitians of Manitoba for 2018 is due. Renewal instructions were sent out by email on January 30, 2018. If you haven't received your instructions, please contact us.

Adjusted Hours:

During the last week of renewal, our office will be open from Monday to Thursday 9:00am to 3:00pm. On Friday March 30, the College will be open until 5:00pm. We recommend that you complete your renewal by March 30 at 5:00pm to ensure someone is here to confirm that we have received your completed renewal and to assist in case of issues arising at the last minute.

Important Renewal Information:

The deadline for renewal is March 31, midnight. Under the Registered Dietitians Act, a completed renewal is defined as:

- Consenting to the legal disclaimer (your legal activity information)
- Completed continuing competence submission
- Full payment of fees by March 31, 2018

The College accesses and prints out your continuing competence submission once we have received your license fee payment. We don't print out all of the members CC submissions on March 31, 2018. We print them as we receive payment. We do send you an email confirming that we have received your completed renewal.

A completed continuing competence submission is a minimum of 15 points of professional development activities; at least two goals for 2017-2018 and 2018-2019. The relevance of practice is completed for *all* reported professional development activities.

Each year, following renewal, the Continuing Competence program is reviewed to see if there were any areas requiring clarification.

The Continuing Competence Program Guidelines for Points Allocation has been revised for the 2017-2018 renewal year. The updated guideline sheet can be found on the CDM website. In consultation with the CC Committee, the following changes have been made:

1. Job Shadowing

This activity has been removed due to confusion with employment orientation.

2. Professional, Trade and Educational Exhibits

This activity has been removed due to duplication. In the event that a dietitian is audited, a bibliography is required as evidence of professional learning. This is duplication with the category of Peer Reviewed Professional Learning.

3. Professional Level Internet Based Research

This activity has been removed. Clinical Practice Guidelines, PEN and Journal Articles may all be claimed as Peer Reviewed Professional Learning. The point limit has increased to 6.

4. Presentations

Poster at scientific conference and oral presentation at scientific conference have been removed and replaced with the category of **research**. Dietitians may claim 15 points for conducting research as sole, principle or co-investigator. This category includes:

- Conducting research
- Writing paper for peer review
- Oral presentations
- Poster presentations

The investigator must have participated substantially in the conception and design of the work, analysis of data and writing of the report. Examples of research include:

- ◆ Qualitative research studies and descriptive epidemiological studies
- ◆ Clinical trials
- ◆ Case control studies
- ◆ Cohort or follow up studies
- ◆ Outcomes research

In the event that a dietitian is audited, a copy of the research paper is required including introduction, purpose of research, methodology, discussion of results, summary and references. Sponsoring/funding institution is also required. Research must be completed when submitting for CC points; however, does not need to be published as that would be beyond the dietitians control. These changes place the focus on the research process, where the learning occurs versus a poster or oral presentation which would be the final product.

If you have already completed activities, which have been changed or deleted, please contact Heidi Wong, Professional Practice Coordinator at profpractice.cdm@mymts.net

PROFESSIONAL BOUNDARIES

Our primary professional obligation as registered dietitians is to always practice in the clients best interest. Establishing and maintaining professional boundaries is one way of meeting this obligation and is an entry level competency for all dietitians. Professional boundaries define effective and appropriate interaction between professionals and their clients. In the professional relationship, the needs of the client are foremost. Boundaries protect both the professional and the client however responsibility for maintaining professional boundaries rests solely with the professional.

It is important that dietitians understand the differences between a therapeutic or professional relationship and a non-professional relationship. A professional relationship is a planned, goal directed and contractual relationship between a dietitian and client (and/or substitute decision making). This relationship is different than a social relationship where which is spontaneous, based on interest and there is equal responsibility for establishing and maintaining the relationship. Professional relationships are established for the purpose of providing safe, ethical and effective care and services to meet the individual needs of each client.

A recent case in Manitoba highlights the importance of maintaining professional boundaries...as outlined in the Winnipeg Free Press October 4, 2017:

A registered nurse, who runs a private, in-home foot care services provided care to a patient from 2008 to 2015. The nurse and patient became quite close, bought gifts for one another, took trips together, bought each other birthday lunches and spoke frequently of things unrelated to the patient's care. This nurse even did a few home and yard repairs for the patient.

The relationship escalated to the extent that the nurse consented to becoming co-executor of the patient's estate without realizing the patient had already named him a beneficiary in the will.

Although satisfied that it wasn't a case of a nurse exploiting a patient, the College's discipline committee was clear the relationship "crossed professional boundaries" and was "unacceptable."

The nurse had a professional obligation to set boundaries and to maintain an appropriate therapeutic relationship. This patient should have been referred to someone else once the nurse realized the relationship was becoming personal.

This nurse was not suspended nor faced with financial repercussions, although the decision the discipline committee is public and part of his nursing record.

CDM has recently developed a practice direction on "Boundaries of Therapeutic Relationships." This document can be found on the members only side of the CDM website, www.manitobadietitians.ca > Members Only > P and P and Practice Directions > Practice Directions.

Generally speaking, it is not appropriate for dietitians to provide care to family, friends or co-workers; to establish social relationships with clients, their family members or partners and caution should be exercised with respect to establishing a social relationships with former clients.

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Professional Boundaries continued

Guidance has been provided for dietitians working in smaller communities, RDs conducting group classes and those in specialized areas of practice.

Further information on this topic can be found in Chapter 11 of the Professional Practice Handbook for Dietitians in Manitoba (www.manitobadietitians.ca > Members Only > Professional Practice Handbook). CDMs professional practice coordinator is also available to provide education and consultation related to professional boundaries or any practice-based issues. Please contact Heidi Wong at profpractice.cdm@mymts.net.

References:

Professional Boundaries Inc. <https://professionalboundaries.com/>

Winnipeg Free Press. *Nurse criticized for going past professional boundaries*. Published October 7, 2017.

Thank you to all those who attending the Annual General Meeting!

Minutes of the November 6, 2017 Annual General Meeting
can now be found on the CDM website under the News Bulletin



Congratulations to those who passed the Canadian Dietetic Registration Examination (CDRE). The CDRE is the national competence examination for Dietitians in Canada. It is developed and administered by the Alliance of Canadian Dietetic Regulatory Bodies.

The CDRE is required by every Canadian province, except Quebec, for full registration privileges. There are now 479 registered dietitian; two graduate dietitians and 22 dietetic interns.

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.

INVITATION TO SURVEY

On behalf of the Partnership for Dietetic Education and Practice (PDEP)* the College distributed an invitation to all members asking for your participation in a survey related to the Integrated Competencies.

PDEP is updating the Integrated Competencies which drive the content of entry-to-practice education programs and the registration examination. The update is a multi-year project and currently we are seeking validation of proposed updated *Practice Competencies*: these are the tasks that an entry-to-practice dietitian should be able to perform when they begin independent practice.

Validation is based on information about the importance of the tasks relative to safe and effective practice, and their frequency-of-use in the workplace. PDEP requires your help in this regard, and ask that you complete an online survey to provide your perspective.

The survey is available in English and French and we estimate that completion will take about 30 minutes. It will close on March 5, 2018.

By participating you will help us ensure that the requirements for dietitians entering practice are strongly rooted in the evolving needs of the profession. A competency validation survey last took place in 2010 and received 24% national response rate, which we hope to meet or exceed this year. We strongly encourage your participation!

Please click on the link below to access the survey (or copy and paste the IP address into your browser).

<https://www.surveymonkey.com/r/5SF3SJ2>

*PDEP's membership includes the Alliance of Canadian Regulatory Bodies, Dietitians of Canada, the Accreditation Council and education programs.