



January 2013

NSDA Newsletter

President's Message

Happy New Year! I hope that you all enjoyed a peaceful, and joyful holiday season spent with the special folks in your life and returned to your practice refreshed and renewed. My very best wishes for a wonderful 2013!

Acadia University provided an inspiring autumn setting on November 16 and 17, 2012 when the board of directors met to continue the work set out in the four strategic directions that reinforce our commitment to our vision:

We are an innovative, trusted, and effective regulator that models collaborative leadership to create a culture of excellence which embraces and supports a dynamic scope of practice and the professional expertise of dietitians and nutritionist in their fields of practice.

It is a pleasure and privilege to work with a board of directors who is a dedicated group of professionals that is truly committed to this vision and excel at modeling collaborative leadership, fostering a culture of inquiry and excellence, and to preserving and supporting our privilege of continued self-regulation. A significant milestone in our progress to strengthen our hybrid governance model is the establishment of three board committees to focus our work. These are as follows: *Risk Oversight Committee* chaired by Darlene Bogers, *Governance and Nominations Committee* co-chaired by Megan MacInnis and Michelle McLearn, and *Stakeholder and Public Relations Committee* chaired by Gail Kaiser. Each committee has been populated with members, has adopted terms of reference, and is developing an evaluation framework. I want to thank the Board members for their continued commitment to this important

work. I look forward to working and learning with you as we ensure our effective governance role.

I want to extend my sincere appreciation and thanks to all those members who have volunteered to participate in the many operational committees that are integral to the work of NSDA. We are truly grateful to each of you for sharing your time, experience, and expertise as we fulfill our mission to effectively regulate dietetic practice in the interest of Nova Scotians. It is truly exciting to witness your positive response when the call for volunteers is made.

As we prepare for our AGM in May 2013, the board of directors look forward to receiving nominations for Honorary Life Membership Awards to be awarded at the AGM. Take the time to recognize one of our colleagues for this important award.

As we prepare for another fiscal year to come to an end, we look forward to the year that lies ahead with much excitement and anticipation. We await the approval of our regulations and proclamation of a College as well as, continue to work with our PDEP partners across the country as we shape the future of the profession.

I look forward to meeting many of you at our 2013 AGM being held in Port Hawkesbury on May 31, 2013!



NSDA President,
Patti Simpson

Annual General Meeting & Education Day



Education Session: Privacy & Social Media
Presented by Allison Shea, CDHA's Privacy Officer

Date: May 31, 2013

Location: Maritime Inn, Port Hawkesbury

Coming soon: agenda and registration details

Call for Nominations for the 2013-2015 Board of Directors

There are five upcoming vacancies on the Board: registrar, secretary and three member at large positions.

Note that the secretary's role does not differ from the member at large position. The registrar participates as a board member, and also chairs the Registration Committee.

Please use the Nomination Agreement Form (page 8) to nominate a colleague or commit yourself for a two-year term by April 30.

Call for Nominations for Honorary Life Membership

An Honorary Life Membership Award recognizes those who have rendered distinguished service or valuable assistance to the dietetics profession. Under the current *Professional Dietitians Act*, as well as the new Act (not yet in effect), the Board may grant an honorary life membership by resolution and the majority vote of the Board.

An honorary life member must be a current or past member. The award consists of a lifetime membership in the organization and a plaque in recognition of the award. The awards will be limited to three per year.

If you wish to nominate a colleague, complete a nomination form (pg. 9) and forward to NSDA by April 5.

2012-2013 Board of Directors

| | | | |
|------------------------|------------------|--------------------------|-----------------------------|
| President | Patti Simpson | Members at large | Lisa Slauenwhite |
| President elect | Megan MacInnis | | Gail Kaiser |
| Vice president | Darlene Bogers | | Michelle McLearn |
| Treasurer | Melissa Deveau | | Sue Conlan |
| Secretary | Jennifer Brenton | | Connie Foote |
| Registrar | Stacey Lake | Executive Manager | Jennifer Garus (ex-officio) |

Nutrition Misinformation

When you come across nutrition misinformation, think of it as opportunity to respond and educate. Whether it is in a local newspaper or at a community gym, respond with evidence-based information. Kudos to Shawna Lee Campbell and Darlene Durant for responding to misinformation in their local newspaper. In your response, educate the public about the importance of seeking nutrition advice from a professional dietitian or nutritionist. In your communications, you might also reference Dietitians of Canada's *Find a Dietitian* tool and the current registry of licensed dietitians and nutritionists posted on the NSDA website. The public can refer to the list to ensure that their nutrition practitioner is registered. The *Find a Dietitian* tool is also accessible from NSDA's homepage to support the public to find a dietitian.

Jennifer Garus
NSDA Executive Manager

Letter to the Editor

We are writing regarding the misinformation on food and nutrition provided in the article "Sticking to your diet while enjoying your holiday favourites" on October 4, 2012.

The designation of nutritionist is a protected title in this province and requires registration with the Nova Scotia Dietetic Association. The "Holistic Nutritionist" quoted is not registered.

It stated" The antibiotics found in the food consumed by farmed birds, ruin our intestinal flora, which brings our immune systems down." Turkeys are fed nutritionally balanced diets for healthy growth and development. When turkeys are sick, Health Canada approved medication is administered under veterinarian supervision. A withdrawal period is required before any bird can be marketed. The farmer is responsible for documenting and reporting this to the processor. The Canadian Food Inspection Agency (CFIA) veterinarians monitor farmers to ensure consumers receive a safe product.

It stated: "Simple things like changing your milk from dairy to almond or soy can increase the nutrition of those creamy mashed potatoes. Soymilk is not good for men due to it being an estrogenic, helping the body create estrogen, which is great for menopausal women. But almond milk contains lots of magnesium." These substitutions do not contain more calcium, vitamin D or protein than milk. Neither contains vitamin B12, as milk does. Cow's milk meets 15% of our daily value for magnesium. Almond milk provides only 4%. Soybeans contain isoflavones which are similar in chemical structure to estrogen. The two do not act the same in the human body. Over 30 soy studies disproved any link between soy and an effect on testosterone levels in men.

It stated: "I know a lot of people will do a glazed carrot. Instead of using sugars, you can use an un-pasteurized honey. It's sweet, gives it a nice glaze and the honey is a good antibacterial and antifungal. They help promote the immune system and you don't have to use butter."

Continued....

Letter to the Editor (continued...)

Honey is digested in our bodies and broken down into fructose and glucose the same as white sugar. The unpasturized honey used on glazed carrots is not providing us great health benefits.

Lastly it states: Margarine was invented to fatten pigs in order to bring them to slaughter. The old saying 'it's one molecule away from being plastic' is true.' Although salted butter does contain a lot of fat, unsalted organic butter is still better for the body than margarine." Margarine originated in France (1870) as a substitute for butter to feed the armed forces and lower social classes. The claim that margarine is one molecule away from plastic has been circulating on the internet since about 2003. Plastics are usually made from oil and gas, but also from wood, corn, and sugars. Plastic and margarine can be made from vegetable oil but that is where any similarity ends. Adding one molecule to margarine

won't turn it into plastic. One molecule and how the molecules are arranged make a huge difference. For example hydrogen peroxide and water have one hydrogen difference The type of fat in butter and margarine differs. All butter is 80% saturated fat and contains cholesterol (which are not heart healthy). There are two types of margarine. Hydrogenated margarine contains trans fat (not heart healthy) and no cholesterol. Non-hydrogenated margarine contains 80% less saturated fat than butter and is cholesterol and trans fat free (healthiest choice).

We are dietitians registered with the Nova Scotia Dietetic Association who consider it important that the public receives credible information on food and nutrition.

Shawna Lee Campbell BSc PDt

Darlene Durant BSc PDt



Have you changed your name?

If you have changed your name due to a change in marital status, please email NSDA and send documentation of the name change (e.g. marriage certificate). NSDA must maintain a current register which includes the name under which you practice. As well, members' names are posted on the NSDA website for the public to refer, to ensure their nutrition practitioner is registered as a dietitian or nutritionist.

What's your title? New protection under the new Act

As we celebrate the New Year we also await proclamation of the new and improved *Dietitians Act*. The new act will bring about many positive changes, one of which being new regulations regarding title protection for practicing dietitians in the province.

In the August 2012 newsletter Executive Manager Jennifer Garus effectively outlined “what NSDA is... and what it isn’t”. With the new Dietitians Act in mind, she clearly summarized the NSDA goals and objectives and defined commonly used terms that are often misunderstood. What remains unclear, however, is which titles will be protected under the new act and who may use them.

The current Professional Dietitians Act enables members of the NSDA to use the titles “Dietitian”, “Professional Dietitian”, “Nutritionist”, or the initials P. Dt. Additional acceptable variations of these titles are outlined in Section 12 (1) of the current act.

The current act does not protect the title “Registered Dietitian” or the initials “RD” and NSDA members are asked to use the initials “P.Dt” instead. Upon proclamation of the new Dietitians Act, the designation “RD” will be added to the list of protected titles.

A reminder is that anyone not registered with NSDA is prohibited from using any of these protected titles to indicate their position. This applies to retired dietitians or dietitians who have moved to Nova Scotia from another province.

Although these regulations may seem common sense to us, we must remember that the regulations are in place to protect the public. It is important for our clients to know that they are receiving the best care from qualified professionals at all times.

Submitted by: Sarah Anstey and Kathryn Holt
Acadia University Dietetic Interns
Annapolis Valley District Health Authority



Receipts for the 2012/13 registration fee were mailed to members in the spring. If you require a duplicate electronic receipt, please email: info@nsdassoc.ca

Q&A

Q. I resigned from NSDA a few years ago because I was no longer working as a dietitian. How can I be reinstated?

A. NSDA has a reinstatement policy. Depending upon the time that has lapsed and the nature of your recent employment, you may be required to complete academic upgrading and/or an upgrading practicum prior to writing the national exam. You will be required to write the national exam unless you wrote and passed the exam within the past three years.

Q. If I occasionally go to another province to practice, do I need to be registered in the other province?

A. You must be registered in the province where you practice. If you work in more than one province, you would need to be registered in more than one province.

Apply directly to the provincial dietetics regulatory body in the province where you intend to work. That province will contact NSDA for verification of your registration in good standing, and NSDA will send copies of your transcripts and exam result.

If you work in another province electronically (e.g. telepractice, Skype), please refer to the Telepractice Policy.

Q. Can you tell me about the audit process that has been developed for this year's CCP submission?

A. The audit form was in July's newsletter. Policies have also been developed to direct the auditing process. Approximately one third of NSDA members submit their CCP submissions every year. All submissions are audited. Submissions are anonymous to auditors. If the auditor suspects they know the member, the submission will be assigned to a different auditor. Auditors must complete the training offered so that submissions are audited consistently.

Q. When do I submit my Professional Portfolio to NSDA?

A. The Professional Portfolio Checklist is submitted every year, but the portfolio is not submitted unless your portfolio has been randomly selected for audit. Five portfolios will randomly be selected to be audited every year. You may also be asked to submit your portfolio if more information is required by the auditing team.

Q. What will the auditors be looking for?

A. Criteria has been set for identifying when a submission is unsatisfactory.

A submission is considered unsatisfactory if the submission is incomplete (one or more goal evaluations are missing, the evaluation form is incomplete or content on the whole is inadequate), the score is less than 50% or if at least three of the six goals are not competency goals and the learning log does not appear to reflect continuing competency (impact of learning on practice is not evident).

The audit form is a rubric which scores a member's submission. The purpose of assigning a score is for feedback only. It is not intended to be a rating of competence. Auditors will assess whether goals are competency goals, whether they are distinct, SMART, achieved and evaluated in a timely manner, and whether critical reflection is evident. The learning log will be assessed for relevance to goals and practice, diversity of learning methods, and whether one activity each year is related to competency #11 (Acts as a reliable source for current food and nutrition information).

NSDA's Telepractice Policy is posted on the NSDA website for dietitians who provide electronic service to their clients, such as internet or telephone counseling.



2013 Registration Renewal

You will receive your Registration Renewal Notice late in January. This year, the Renewal Form will only be online, however you can choose to pay by Interac e-transfer, cheque or money order, or credit card through the online renewal form. The surcharges to NSDA for processing credit card payments are substantial (\$ 9 for a \$310 transaction), therefore payment by Interac e-transfer or mail is recommended. The online renewal process is due to be effective early in February.

Nova Scotia's New Public Health Information Act

Nova Scotia's new Personal Health Information Act (PHIA) is provincial legislation that impacts dietetic practice. This is health privacy law that governs how regulated health care professionals (e.g. dietitians and nutritionists) and organizations (e.g. clinic, health district) collect, use, disclose and maintain personal health information.

As a regulated health professional, dietitians may be custodians or agents with specific responsibilities under the new Act. Duties of custodians are outlined in the Toolkit and include having a written notice of purpose, written retention and destruction schedule, complaints policy, and privacy statement. The Department of Health and Wellness has posted a toolkit that provides important information and tools to assist you in the development of forms and policies.

For more information:

<http://novascotia.ca/dhw/phia/custodians.asp>

Department of Health & Wellness

Phone: (902) 424-5419

Toll free: 1-855-640-4765

Email: phia@gov.ns.ca

Contact NSDA

1496 Bedford Highway

Suite 212

Bedford, NS B4A 1E5

Email: info@nsdassoc.ca

Phone: 835-0253

Fax: 835-0523



**NSDA BOARD OF DIRECTORS
NOMINATION AGREEMENT FORM**

I, _____, agree to allow my name to stand for
the NSDA board of director position of _____ for the 2013-
2015 term.

The following three NSDA members, in good standing, support my nomination.

1. _____
Signature NSDA Registration Number

2. _____
Signature NSDA Registration Number

3. _____
Signature NSDA Registration Number

Signature of Candidate

NSDA Registration Number

SCAN or FAX TO NSDA

(902) 835-0523

info@nsdassoc.ca



**Honorary Life Membership
NOMINATION FORM**

I, _____, nominate
_____ for the Honorary Life Membership.

The following three NSDA members support my nomination.

1.

Signature

NSDA Registration Number

2.

Signature

NSDA Registration Number

3.

Signature

NSDA Registration Number

Include a written summary of the nominee's career and identify in detail why the nominee is worthy of the award.

SCAN or FAX TO NSDA

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