



## Special Interest Articles

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## Thank You and Greetings from the President

On behalf of the NSDA Board of Directors, I would like to thank the over 50 Dietitians and Nutritionists who were present at the 52<sup>nd</sup> AGM on April 25<sup>th</sup>, 2008. Many of these members attended the education day featuring a world café on interprofessional practice and a presentation on Lifelong Learning and the *Essential Competencies for Dietetic Practice*. Overall the education day and AGM was a success.

We had two new Board members, Shelley LeBlanc, Director and Quality Assurance Chair, and Lindsay McKinnon, Director, elected to the Board at the AGM. I am the new President, and Darlene Bogers has moved into the President Elect position. After tirelessly working as President for the last three years, Howard Selig has taken on the responsibility of Vice President. Thank you for staying with us Howard. I would like to recognize, Heather Dillon, Director and Secretary, Cathy Lockerbie-Forrester, Director and Member at Large, Judy Lowe, Director and Member at Large, John MacInnes, Director and Legislation, Jane Pryor, Director and Treasurer, Nadine Romaine, Director and Registrar for their ongoing commitment. We are very pleased to have such a talented group of volunteers working to bring this organization forward as a professional body.

Our Executive Manager, Jennifer Garus has been working hard for the Board and membership of the NSDA and we thank Jennifer for maintaining a high level of professionalism while assisting the NSDA Board to meet the Association's mandate of public protection. Jennifer is also working to increase the profile of Dietitians/Nutritionists in Nova Scotia through her involvement on regulatory networks. I would also like to thank our Dietetic Intern Michelle Mountain, who has been a great asset to the Association during the last three months.

The Board will participate in its second annual 1 ½ day retreat this September. This retreat has served as an excellent opportunity for the Board to become known to the other members, to help everyone fully understand the activities and projects in which the organization has been participating, and for the Board and members to provide input as to how they would like to see the organization progress in the future. This meeting is open to all members of the Association.

It is with great enthusiasm I begin my term as the President of the NSDA. I am proud of the progress the NSDA is making in fulfilling its mandate and encourage members to continue to become more involved in the workings of the Association whenever they have the opportunity. Thank you very much for your support.

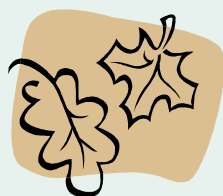
Sincerely,

Jennifer Hutchison, President, NSDA

## Notice of Fall Retreat

NSDA members are invited to join the Board of Directors in a strategic planning session on September 13<sup>th</sup> at the Halifax Airport Quality Inn.

If you are interested in participating, please register by contacting the NSDA office at (902) 835-0253 or by e-mail at [nsda@ns.aliantzinc.ca](mailto:nsda@ns.aliantzinc.ca) before August 28, 2008.



## AGM Educational Event: World Café

*"A world café is a method used to generate conversations, by allowing people to work together to reveal themes and ideas related to questions that matter."*



*"The world café is based on the assumption that people already have the knowledge and creativity needed to confront difficult and challenging questions"*

The morning featured a world café on interprofessional practice presented by representatives from the College of Registered Nurses. The College is working with health professions in Nova Scotia to strengthen interprofessional practice, with the overall goal of improving patients' health care. A team of twenty four nurses are using world cafés to collect and analyze information from patients and health providers on how interprofessional practice has been implemented in different areas of practice. Also, they are using cafés to explore what is working well and what future opportunities may be available.

### What is a world café?

A world café is a method used to create conversations, by allowing people to talk together to reveal thoughts, ideas, and themes related to specific questions. This method is based on the assumption that people already have the knowledge and creativity needed to deal with difficult and challenging questions. The framework for a world café is based on a set of seven integrated design principles. In order for a world café to function, people need to be able to share their thoughts and ideas in an open and non-judgmental environment. Applying the seven principles will create this environment, allowing for the knowledge of the group as a whole to emerge. When this occurs, action towards the common goal will begin to unfold. The café is hosted by a team of facilitators who pose the questions for conversation and then guide the conversation. Refer to [www.theworldcafe.com](http://www.theworldcafe.com) for more information about world cafés.

### Café Design Principles

1. Set the context
2. Create a hospitable space
3. Explore questions that matter
4. Encourage everyone's contributions
5. Connect diverse perspectives
6. Listen together for insights
7. Share collective discoveries

When attending a world café, there are guidelines to follow, called café etiquette.

### Café Etiquette

**Focus** on what matters  
**Contribute** your thinking  
**Speak** your mind & heart  
**Listen** to understand  
**Link** & connect ideas  
**Listen together** for insights & deeper questions  
**Play, doodle & draw** key ideas.

## World Café (continued...)

### What happened during the NSDA interprofessional practice café?

Members in attendance divided into small groups and sat at tables which had brown paper and markers. One individual from each table was designated as the "table host". One job of the "table host" was to remind people at the table to jot down key ideas, thoughts, connections, and additional questions as they emerged. To start the session, the facilitators explained the café guidelines and posted the questions to be discussed on a flip chart. The two questions discussed during the café were:

1. What has been your best experience of healthcare professionals working together, and what enabled that experience to happen?
2. How can you and NSDA work together to support interprofessional collaborative practice?

After the facilitators revealed the first question, all the groups were given twenty to thirty minutes to discuss their thoughts surrounding the question. Upon completing the initial round of conversation, everyone except the "table host," switched tables and discussed the same question with a different group of people. This allowed for key ideas to be carried over into new conversations. When new members arrived at the table, it was the "table host's" job to briefly share key insights from the prior conversation, so that others could link and build upon ideas from their respective tables. After the question was discussed for a second time, the facilitators had each group highlight their top three points relating to the question and share them with the whole group. After all the groups discussed their main points, the facilitator summarized all the main points. By providing opportunities for people to move in several rounds of conversation, ideas, questions, and themes begin to emerge. The same process was done with the second question. After the questions were discussed, the facilitators collected the brown paper, on which participants doodled and drew their ideas and thoughts. A thematic analysis of the results will be done and reported back to members during the summer. Overall, the café was really interesting. It gave the members an opportunity to discuss relevant topics with peers.

### **AGM Educational Event: Lifelong Learning and the *Essential Competencies for Dietetic Practice***

The morning also featured a presentation on Lifelong Learning and the *Essential Competencies for Dietetic Practice* given by our Executive Manager Jennifer Garus, and Member at Large Judy Lowe. During the presentation, the difference between lifelong learning and continued competency was discussed. Lifelong learning can be formal (e.g. degree and internship), non-formal (e.g. use of PEN, attending conference or journal clubs) or informal (e.g. conversations with other health professionals and observations). Continuing competency can also be maintained through formal, non-formal, and informal means, but lifelong learning is not necessarily contributing to maintaining competence to practice.

The results of last year's CDT audit were presented. The results of the 2007/2008 auditing process showed that the most significant issues were that goals were too vague, there was no indication of how the goal related to practice, and that the CDT was not completed in entirety. To address these issues, goal setting using the SMART criteria was reviewed.

As well, the *Essential Competencies for Dietetic Practice* were introduced to members. The Essential Competencies are competency statements that are the basis for registration, continuing competency programs, and may be used for the determination of professional competence. The Essential Competencies are applicable to all dietitians, despite the stage of their career or practice setting. The competency statements are specific and demonstrable, making them useful for determining competency requirements for one's current practice or for preparing for a change in practice area. The competencies are divided into seven dimensions. The first three are applicable to all practicing dietitians and the other dimensions relate to a dietitian's specific area of practice. For more information about the Essential Competencies and how they were developed please visit [www.nsdassoc.ca](http://www.nsdassoc.ca) (under Standards of Practice). The power point presentation can be found on the website under Quality Assurance.

Submitted by: Michelle Mountain, Dietetic Intern, NSDA

## ***Nutritionist: a Protected Professional Title in Nova Scotia***

We wish to thank the dietitians and nutritionists who have reported individuals using the title, nutritionist, inappropriately in Nova Scotia.

The ***Professional Dietitians Act*** protects the public by ensuring that only qualified dietitians and nutritionists are authorized to use these titles. As a regulatory body, NSDA is responsible to ensure that only members of NSDA are using the dietitian and nutritionist titles. Please continue to let us know when you think a person in your area is using a professional title inappropriately.

### **What are the protected titles in Nova Scotia?**

By law, only NSDA members can use these protected titles and abbreviations:

- Dietitian
- Nutritionist
- Professional Dietitian
- P.Dt.

### **How does NSDA respond when an unlicensed individual uses a protected title?**

#### **Case**

#### ***Holistic nutrition practitioner advertises as a nutritionist***

The Association received a complaint from a member stating that a holistic nutrition practitioner was advertising through their business website that they are a Registered Nutritionist. Because this individual does not have the required training and is not qualified to be registered with NSDA, they are not allowed to use the title, nutritionist.

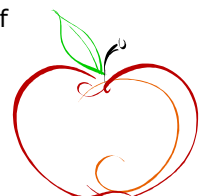
#### **How did NSDA respond?**

The Association informed the individual, in writing, that they were in violation of Section 12 in the Professional Dietitians Act (Section 12 of the Act was sent with the letter). The individual was asked to stop advertising as a nutritionist and was given 30 days to remove the title from all forms of marketing. The Association has the right to have charges brought against the individual as per section 12(3) of the Act.

Submitted by: Michelle Mountain, Dietetic Intern, NSDA

## **NSDA Poster & Brochure**

NSDA has developed a poster and brochure to increase member and public recognition of NSDA and the dietetic profession. If you would like copies of the poster or brochure, please contact the NSDA office by calling 835-0235 or by e-mail ([nsda@aliantzinc.ca](mailto:nsda@aliantzinc.ca)).



## Canadian Dietetic Registration Examination

The fall 2008 CDRE is scheduled for November 15, 2008 at Mount Saint Vincent University.

### Important Dates:

- All applications for temporary membership must be received by August 15, 2008.
- Examination fees must be received by September 22, 2008.

For application forms and procedures, please visit our website at [www.nsdassoc.ca](http://www.nsdassoc.ca) or contact Jennifer Garus, Executive Manager at (902) 835-0253 or by e-mail at [nsda@ns.aliantzinc.ca](mailto:nsda@ns.aliantzinc.ca).



## NSDA Membership Update

### Temporary Members:

Laura Brennan                      TM #185

### Resigned in Good Standing:

Heidi Morrison	# 957	(1/28)
Brenna Rudd	# 1000	(2/28)
Marilyn Fuller	# 309	(3/1)
Rose Marie Campbell	# 637	(3/31)
Cynthia Watt	# 985	(3/31)
Wing-Yee Sun	# 1057	(3/31)
Natalia DeAmicis	# 1011	(3/19)
Mary Laura Coady	# 997	(3/31)
Margaret Liiva	# 172	(3/31)
Sophia Wadowska	# 1048	(3/31)
Lindsay Manley	# 1038	(3/31)
Donna Hemsworth	# 367	(3/31)
Ruth Anne Sutherland	#221	(4/29)
Natalia Lazic	#1019	(4/29)
Shelly Simms	#1078	(5/12)
Kelley Fleming	#640	(5/12)
Lisa Houghton	#1044	(5/7)

### New Members:

Leisje MacDougall	# 793
Jada Patey	# 1080
Sarah Quinlivan-Hall	# 1081
Carissa Corkum	# 1082
Fran Martin	# 1083
Angela Banks-Emmerson	# 1084
Sarah Campbell	# 1085
Rebecca Green	# 1086
Crystal Kikuchi	#1087
Jocelyn Stocki	# 1088

### Forfeitures (31/03/08):

Trish Fitzpatrick	# 1013
Tobi Barter	# 866

## The AGM Voting Process

### *Who can vote and what is a proxy vote?*

After the AGM, questions were raised about the voting process, particularly about how proxy votes work.

#### **Who can vote?**

Members whose fees are paid for the current fiscal year are entitled to one vote, either in person or by proxy, at general meetings of the Association. Temporary members and the president of the Board are unable to vote. In case of an equality of votes, the president will have the deciding vote.

#### **What is a proxy vote?**

A proxy vote enables a voting member to allow another voting member, who will be in attendance at a specific meeting, to vote on their behalf. The member voting on your behalf is called the proxy. If you designate someone as your proxy in a written document, that document is also called a "proxy". When you designate someone as your proxy, you are allowing that individual to speak on your behalf and represent your views. The proxy voting system is an opportunity to express your view at meetings when you are unable to attend.

#### **Who should I appoint as my proxy?**

Your proxy should be someone you know and can trust to vote as you ask. This is important because once you give your vote to someone; they are free to use that vote however they see fit. If you do not provide instructions on how you would like to vote, the person voting as your proxy will vote as he/she decides. If the person you name to be your proxy does not attend the meeting, no one will vote on your behalf. If you appoint the secretary as your proxy, she will vote in favor of the motion presented.

#### **How does the proxy vote work?**

- Talk to a voting member attending the meeting and request that he/she vote on your behalf.
- Complete the proxy form.
- Send one copy of the proxy to NSDA.
- Give one copy of the completed form to the voting member you have chosen and request that they take it to the meeting with them.

Submitted by: Michelle Mountain, Dietetic Intern, NSDA

***"Members whose fees are paid for the current fiscal are entitled to one vote, either in person or by proxy."***



***"A proxy vote enables a voting member to allow another voting member to vote on their behalf."***

## Statutory Privilege

NSDA will be included in new omnibus legislation, the *Health Professions Disciplinary Proceedings Bill*. This legislation ensures that complaints and disciplinary information collected by NSDA is protected from disclosure in legal proceedings. Private information provided by regulated health professionals during investigative and hearing processes will remain confidential and be used only for its intended purpose. This privilege serves to strengthen health professions' regulatory processes.

Refer to the following link for more information:

[http://www.gov.ns.ca/legislature/legc/bills/60th\\_2nd/1st\\_read/b127.htm](http://www.gov.ns.ca/legislature/legc/bills/60th_2nd/1st_read/b127.htm)





**The Board of Directors exists to set the strategic direction of the NSDA.**

**The 2009/2010 registration fee is \$310**

## NSDA Board of Directors 2008-09

President	Jennifer Hutchinson
President Elect	Darlene Bogers
Vice President	Howard Selig
Treasurer	Jane Pryor
Secretary	Heather Dillon
Registrar	Nadine Romaine
Member at Large (Legislation)	John MacInnes
Member at Large	Cathy Lockerbie-Forrester
Member at Large (Quality Assurance)	Shelley Leblanc
Member at Large	Judy Lowe
Member at Large	Lindsay McKinnon
Executive Manager (Ex-officio)	Jennifer Garus

Board members can be contacted via the NSDA office at (902) 835-0253 or by e-mail at nsda@ns.aliantzinc.ca

### Fee Increase

The motion to increase the registration fee to **\$310** for the 2009/2010 fiscal year was approved by members at the AGM. A payment option will be available.

Renewal fees can be made in three payments within six months of the renewal date, March 31<sup>st</sup>. Members choosing this option will be required to submit three cheques on March 31<sup>st</sup> with their renewal package. One cheque is to be dated March 31<sup>st</sup> for the amount of \$110, and the other two cheques can be post-dated anytime from April to September, for the amount of \$110 respectively.

### Temporary Membership Fee Payments

A temporary member fee payment schedule has been approved. The fee schedule offers a 50% reduction for temporary members and is pro-rated based on the month the temporary member registers. Therefore, temporary members pay \$12.92 for each month, or part of the month, they are registered as a temporary member. Also, first time members will pay half the registration fee (\$155) for their first year as a full time member.

### Competency Development Tool (CDT) Revision Survey

The Quality Assurance Committee is inviting members' input into the revision of the CDT. Please complete the online CDT Revision Survey, at [www.nsdassoc.ca](http://www.nsdassoc.ca) under Quality Assurance, to provide feedback on the draft 2009 CDT (found in the News section).

***"In Nova Scotia, dietitians are not licensed to perform specific activities and are liable for their own actions."***



***"Dietitians who have received a delegation from a health professional who is authorized to perform a specific act can perform that act."***

## **Delegated Medical Functions and Dietetic Practice**

### **Are dietitians protected by NSDA to perform certain procedures, such as insulin adjustments?**

Questions are often raised by NSDA members about the appropriateness of dietitians performing activities which appear to be beyond a dietitian's scope of practice. For example, are dietitians protected by NSDA to perform certain procedures, such as insulin adjustments and point of care testing? Activities of this nature are considered potentially harmful if performed by unqualified persons and/or may fall under another health profession's legislated scope of practice.

In Nova Scotia, dietitians are not licensed to perform specific activities and are liable for their own actions. However, dietitians who have received a delegation from a health professional who is authorized to perform a specific act can perform that act. NSDA encourages dietitians to explore the delegation process within their organizations to enable the performance of activities integral to the delivery of nutrition services.

A delegated medical function (DMF), according to the colleges of registered nurses and physicians and surgeons of Nova Scotia (2005), is defined as a procedure/treatment/intervention that falls within the practice of medicine, but in the interest of client/patient care, has been approved by the appropriate authorities to be performed by another health professional with the essential competence.

Advisory boards within health facilities, in consultation with regulatory bodies, approve the logistics and standards of how the delegated act can be performed. DMFs are procedures that require specific professional competence to be performed safely. Dietitians and nutritionists who perform DMFs must complete the required training, provide proof of competence to their employer, and recertify at set intervals to ensure continued competence.

Liability is a growing area of concern in the dietetics field, especially when working in risky settings, such as long term care, and when undertaking risky behaviors, such as tube feeding interventions. It is important to recognize within your individual scope of practice, the potentially harmful activities you perform that require specific professional competence to be performed safely.

Source: College of Registered Nurses of Nova Scotia and the College of Physicians and Surgeons of Nova Scotia (2005). Guidelines for Delegated Medical Functions and Medical Directives.

### **Contact us:**

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