



September
2014

NSDA Newsletter

President's Message

As I begin my two year term as president, I want to first of all thank Patti Simpson for her dedication and valuable leadership of the NSDA board over the past two years. With Patti's guidance and leadership, we continued to work as an efficient and effective board in our progress working with a hybrid model of governance. I want to thank Patti for all the insight and experience she brought to our board and extend best wishes in her future endeavors.

I would like to welcome our new board member, Amanda Connors, as well as returning members, Melissa Campbell, Darlene Harrietha, Sue Conlan, Gail Kaiser, Stacey Lake, Connie Foote, and Janice Terry. I look forward to working with you as our journey continues as we transition to a college. As a board, we will continue to work with Jennifer Garus, our executive manager as we work to meet our mandate of public protection.

On May 2, 2014 we hosted the NSDA's Annual General Meeting and Education Day at the Best Western Plus Bridgewater Hotel and Convention Center. I would like to thank all of the dietitians and nutritionists who were able to join us in making it a successful day. On behalf of the board of directors, I would like to congratulate Delores Smith and Fran Sutherland on their Honorary Life Membership Awards. Delores and Fran were recognized for the contributions that they have made to the dietetics profession throughout their careers.

During the education portion of the day we had the privilege of participating in two sessions, "What's Your Style? Learning to Communicate Effectively" and "Thriving Under Pressure- Resiliency at Work." These sessions provided participants with tools that can be used to enhance practice by identifying their own

learning styles as well as the learning styles of others and identifying effective communication strategies according to learning styles. Participants were also able to reflect on how we withstand stress and cope with adversity and identified tips for surviving and thriving in these situations. This can be challenging in the day-to-day hustle and bustle of life and while the world around us is constantly changing.

As we are preparing for the approval of our regulations and proclamation of the new Act, we are also in the process of establishing a new brand and a new look for the Nova Scotia College of Dietitians and Nutritionists. I would like to extend my thanks to the members who participated in the focus groups facilitated by the Stakeholder and Public Relations Committee. It is truly an exciting time for the profession.

In closing, I hope that you had a happy and healthy summer. I encourage you to attend the upcoming board of director's Meet and Greet on September 26 at the Truro Best Western at 3 p.m., and to come meet your NSDA Board of Directors.

Megan Austen, NSDA President



L to R: President-elect Melissa Campbell,
President Megan Austen, and Executive
Manager Jennifer Garus Executive Manager

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2014-15 Board of Directors

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| President | Megan Austen |
| President elect | Melissa Campbell |
| Vice president | Darlene Harrietha |
| Treasurer | Sue Conlan |
| Registrar | Stacey Lake |
| Members at large | Janice Terry Connie Foote Gail Kaiser Amanda Connors |



Honorary Life Membership Awards

At the May 2014 Annual General Meeting, two past members received Honorary Life Membership Awards: Delores Smith and Fran Sutherland. With their long and varied careers both Delores and Fran have been and continue to be exemplary role models for dietitians in Nova Scotia.

Delores Smith of Fall River has had a 45-year career in dietetics, including senior roles in clinical dietetics and dietetic education at the Halifax Infirmary and Camp Hill Medical Centre, as well as private practice work and sales and marketing positions with Mead Johnson and Campbell Canada. Delores has worked tirelessly for organizations such as Feed Nova Scotia and the food bank. Her contributions to the profession include extensive volunteer work with Dietitians of Canada, NSDA, the Canadian Association of Foodservice Professionals and the Canadian Society of Nutrition Management.

Fran Sutherland of Halifax has had many roles in her 50-year career, including consultant nutritionist with the Province of Nova Scotia, instructor at Nova Scotia Community College and lecturer at Mount Saint Vincent University. Fran has written training manuals and taught courses for cooks and foodservice workers throughout Nova Scotia and was a participant in writing the original Nova Scotia Homes for Special Care Act, which is still in effect today.

An Honorary Life Membership Award recognizes those who have made an outstanding contribution to the field of dietetics or who have rendered a distinguished and valuable service to the dietetics profession. The award consists of a lifetime membership in the organization and a commemorative gift in recognition of the award.



Honorary Life Member Delores Smith and Past President Patti Simpson



Past President Patti Simpson and Honorary Life Member Fran Sutherland

New Tools to Support and Direct Practice

Recently, dietitians have been contracted to develop tools to better support and direct dietetic practice. The **regulatory body's role is to set practice standards and communicate practice expectations to help ensure clients receive ethical and competent services and care.** The following projects are underway:

Policy: Co-signing Dietetic Interns' Chart Notes

Position Statement: Marketing of Nutritional Products

Position Statement: Use of Social Media in Dietetic Practice

Documentation Guidelines

Jurisprudence Learning Modules

Resource for Dietitians in Private Practice



As proclamation of the *Dietitians Act* becomes imminent, you will receive communications about new policies, procedures and standards. It is important to notify NSDA if you have had a change in your email address.

Duty to Report

A role of the regulatory body is to effectively address complaints about dietetic practice. The *Dietitians Act* and its regulations prescribe an objective and fair process that reflects best practices in the field of professional regulation.

Complaints can be made by the public, other health professionals or dietitians. A duty to report is in the *Code of Ethics for Professional Dietitians* and the new Act. If you have reason to believe that a colleague is not practising to standards of the profession, you have a duty to report the incident to NSDA. This duty to report is so that the public is protected from potential misconduct, incompetence, unethical practice or impacted by a professional's incapacity (e.g. addiction).

Professionals may often feel uncomfortable reporting a colleague, but the duty to report is an ethical expectation of regulated health professionals. When an issue is reported to me at the college, there is an onus to respond in the public interest which will mean that I must contact the dietitian and explore the concern further. If you feel unsure if a complaint is warranted, I suggest you discuss your concerns with a mentor, trusted colleague or manager before contacting NSDA.



Jennifer Garus
NSDA Executive Manager

Resiliency

Counselling Therapist Dianne Lee with Morneau Shepell delivered a session on resiliency at the education day in May. The following resources were recommended.

The Little Book of Stress Relief

Dr. David Posen

Thriving in the Workplace All-in-One for Dummies

For Dummies Series

Getting Things Done: The Art of Stress-Free Productivity

David Allen

The 7 Habits of Highly Effective People

Stephen R. Covey

The Success Principles: How to Get from Where You Are to Where You Want to Be

Jack Canfield and Janet Switzer

*"It is not the strongest of the species
that survives, nor the most
intelligent, but the one most
responsive to change"*

-Charles Darwin

Continuing Competency Program Feedback

Members who submitted their goal evaluations and learning logs last spring can expect feedback on their submission later in the fall.

Making the CCP Seem Seamless

Do you find completing the CCP process stressful? Demonstrating continuing competency is an accountability that accompanies the privilege of being regulated. This accountability is one reason why the public trust dietitians and nutritionists for reliable and evidence-informed practice.

Try making the process truly continuous. Avoid procrastinating. Add an appointment to your agenda each month to update your learning log and review whether your goals are still relevant. Work on your submission with a colleague or a group of colleagues. Volunteer to audit CCP submissions: auditors consistently say they learn so much about the Program and find volunteering a way to better understand expectations of the program. You are always welcome to call the NSDA office for support.

Volunteer Auditors

This year, there was a record number of volunteers to audit the CCP submissions. Thank you to all of the auditors for their time and for offering feedback toward the continuing quality improvement of the auditing process.



Mary Sue Waismann: 1957-2014

In 2007, Mary Sue Waismann became a resident of Fall River, NS and a welcomed addition to the cohort of professional dietitians in Nova Scotia. She brought to us an impressive array of knowledge and talents, extensive, diverse and progressive experiences in leadership, management, education, interpersonal communications and media relations. All knew her energetic style and diligence for excellence.

NSDA members will recall many of the highlights of Mary Sue's professional activities. She managed her own consulting business 'All About Food Nutrition Consulting', and at the same time accepted the volunteer role as Chair of the Board of Dietitians of Canada, accepted the volunteer role as Chair of Canadian Foundation for Dietetic Research, became DC's first Communications and Public Relations Manager, was a lecturer at Mount Saint Vincent University to 1st, 2nd and senior year students, and a sessional instructor at Nova Scotia Community College. Mary Sue was a familiar media 'voice' for food and nutrition.



During these years she authored her own cookbook "Flavour First-delicious food to bring the family back to the table" and also co-authored "Simply Great Food" -a bestselling cookbook by Dietitians of Canada ; authored Dietitians of Canada's "Cook"- a collection of many recipes tested and approved in her beautiful Lake Kinsac kitchen. It was a lasting tribute to her love to cook. She did this while managing two Dietitians of Canada National Nutrition Month Campaigns that resulted in the biggest media reach to date in the campaign's more than 30 year history.

Marsha Sharp, CEO of Dietitians of Canada noted "To each and every role Mary Sue brought inspiration, passion, excellence and teamwork. Our respect and admiration was bestowed with the Ryley-Jeffs Memorial Award, highest recognition given to a member of the Association who exemplifies the ideals of dedication to the profession and has a proven ability to chart new directions in the field of dietetics."

Mary Sue's health didn't allow her to deliver the Ryley-Jeffs Memorial Award lecture in person. Instead modern technology was used to channel Mary Sue from Lake Kinsac into an audience of more than 1000 of her peers in Toronto.

We were rewarded with an inspirational story of pioneering, leadership and passion that will forever live in the permanent records of the Association and in the hearts and minds that heard Mary Sue's lecture: "Stepping Out: Dare to Step Forward, Step Back, or Just Stand Still and Breathe"

In 2012, Nova Scotia Dietetic Association created a Honourary Life Membership Award that recognizes those individuals who have made an outstanding contribution in the field of dietetics or who have rendered distinguished or valuable service to the profession. It seems most appropriate that Mary Sue Waismann would be the inaugural recipient of this most impressive award.

June 22nd, 2014 we all lost our very courageous friend and colleague to cancer. However she never failed to leave her mark on each of us. It is important to remember her words: "it's easy to stand on the sidelines, fit in and do the ordinary. But when you see something that must be done and you dare to be bold, step out and 'just do it', that brings internal gratification for making a contribution to the profession; for if we cannot contribute, then why practice?"

Contributed by Judy Jenkins, Dietitians of Canada's Regional Executive Director Atlantic