

This Update includes information on the following items:

- **Open: 2019 Jurisprudence Examination for Dietitians**
- **New "SMART Goals" Video for the Continuing Competence Program**
- **CDBC Registrar Liaison Sessions with Dietitians**
- **Website Updates**
- **You Asked About... Evidence-informed Practice**
- **Questions? Comments?**

Open: 2019 Jurisprudence Examination for Dietitians

Full registrants who are part of the 2019 Jurisprudence Examination for Dietitians (JED) group may now access and re-write the JED. If you are selected to re-write the 2019 JED, you'll have to do so **by March 31, 2019**. As a reminder, all Full registrants must re-write the JED every 5 years ([CDBC bylaws](#), s. 47(7)) in order to renew registration.



You may want to review the [Jurisprudence Guide](#) first, or you may also choose to challenge the exam. The Jurisprudence Guide and Examination are divided into 4 chapters: Legislation, Registration, Quality Assurance and Professional Boundaries. The examination is free, consists of 50 multiple choice questions and must be passed with a score of 100%. The examination is not timed and you have an unlimited number of attempts to achieve the passing score.

To access the 2019 JED, sign into your [CDBC account](#), scroll down to "Online Services" and select "Complete Jurisprudence Examination". Please [contact](#) the office if you have questions about the JED.

New "SMART Goals" Video for the Continuing Competence Program

The CDBC is happy to launch a [new video](#) to help Dietitians formulate SMART (Specific, Measurable, Attainable, Relevant and Time-bound) goals in their Professional Development Plans. The SMART process is helpful to write relevant, clear, concise and focused learning goals that are easy to understand. The video was adapted to the CDBC branding thanks to the College of Dietitians of Ontario. We look forward to hearing from you on this new quality assurance educational tool!



CDBC Registrar Liaison Sessions with Dietitians

Joanie Bouchard, Registrar, is available to provide liaison sessions, around the province, to relay information on CDBC initiatives, legislation and discuss registrants' dietetic practice issues (e.g. conflict of interest, record keeping, etc.). On September 12th, Joanie met with Northern Health

Dietitians in **Prince George**. Please call or [email the office](#) to schedule a liaison session with Joanie in your area, community or workplace!

Website Updates:

The following information has been added to the CDBC website:

- [Jurisprudence Guide for Dietitians in BC](#)
- [SMART Goals video](#)



You Asked About... Evidence-informed Practice

Question: What is the College interpretation of 'evidence-informed practice'? How can I make sure I meet this requirement in my practice?

Answer: The College of Dietitians of BC is mandated to "*establish, monitor and enforce standards of practice to enhance the quality of practice and reduce incompetent, impaired or unethical practice amongst registrants...*" ([Health Professions Act](#), s. 16(2)(d)). CDBC [Standard of Practice # 13](#) states: "*A Dietitian seeks information and incorporates an evidence-informed approach to their practice.*" This Standard of Practice applies to all areas of dietetic practice, not only clinical nutrition.

The CDBC defines **evidence-based or evidence-informed dietetic practice** as the **integration of best available research evidence with dietetic expertise and client values**. Evidence-informed dietetic practice involves balancing best evidence and professional judgement with client interests and needs for optimal care outcomes.

What is considered "best research evidence" and how would I identify this in the multitude of nutrition publications available online?

The College of Dietitians of Ontario developed a [five-step evidence-based practice framework](#) and a [free online workshop](#) to help Dietitians evaluate and identify scientifically-sound evidence to formulate recommendations to clients. There are also several other resources available to Dietitians on evaluating, rating and selecting scientifically-sound evidence. Here are examples of helpful resources:

- [Practice-based Evidence in Nutrition \(PEN\)](#)
- [Cochrane Collaboration and Training:](#)
 - [Introduction to GRADE](#)
 - [A Study Suggests](#)
- Johns Hopkins Medicine [Centre for Evidence-based Practice](#).



Why is evidence-informed practice important?

With the plethora of nutrition information available on the Internet today, the public has greater access to nutrition material more than ever before. Yet, the public has little way of knowing what nutrition information is reliable, accurate, credible or unbiased.

Within the Dietitian-client relationship, there is a power imbalance where the Dietitian is the expert. Clients trust and rely on Dietitians' knowledge to manage and improve health conditions that are influenced by nutritional choices and habits. Evidence-based practice relies on the use of effective and proven strategies that improve client outcomes, and therefore enhances the Dietitian's credibility with clients and interprofessional colleagues. Evidence-informed practice may also

improve client adherence to recommendations by proposing the appropriate treatment from the start, as opposed to several trials & errors over time. Potentially, using the best available evidence can also optimize the use of healthcare system resources (i.e the right treatment is offered at the right time, by the right person).

What are examples of evidence-informed practice?

Determine if the recommendations you are about to make are:

- Within dietetic scope and your individual scope of practice. If recommendations are not within dietetic or personal scope of practice, take steps to ensure:
 - the client is referred to another health professional who is authorized to address the topic or recommendation with the client;
 - you are informed by a subject matter expert, who can refer you to scientifically-sound evidence, to address the topic or recommendation with the client.
- Based on the overall scientific body of evidence available for a given topic/product. Make sure your recommendations are:
 - selected from current, unbiased and credible sources of scientific information (e.g., research, systematic reviews, practice guidelines, systematic analysis of clinical experience, quality improvement data, expert knowledge and skills);
 - based on appropriate methodology, design and statistical analysis to support the findings;
 - inclusive of all relevant studies. Balance positive and negative clinical outcomes. Appraise the quality of study design, as opposed to only selecting studies that may support your view (or that of the client).
 - not based on personal opinion and/or belief.
- Accurate and clear (not misleading).
 - Explain the implications of recommendations if the overall body of evidence is limited, inconclusive, not well researched, or not based on replicable, generalizable studies. What does this mean for the client? Are there any potential impacts (physically, mentally, financially, socially)? Are there any alternatives?
- Addressing your client's nutritional health priority(ies), needs and interests.
- Including information on potential benefits and risks, within the client's context, to ensure informed consent/decision making.
- Using evidence-informed language adapted to the literacy of your audience such as: "*the overall scientific evidence suggests...*" or "*the scientific literature I reviewed on this topic suggests...*"

Evidence-informed practice is not flawless. Nutritional science literature is published at a pace that is challenging for individual Dietitians to keep up with. This being said, evidence-informed practice also means being able to adapt, revise and change your recommendations, as new science becomes available that highlights different results than previously found. Ask yourself if the information you are sharing is contributing to your clients' and the public's trust in your ability to provide objective, independent and evidence-informed dietetic services.

Please [contact](#) the College if you have concerns or questions regarding this topic or other ethical practice questions.



Questions? Comments?

Please contact the College staff if you have questions or comments about items in this Monthly Update. Call 604.736.2016 or toll-free in BC to 1.877.736.2016, or email us at info@collegeofdietitiansbc.org. We look forward to hearing from you!