

Reflection

Scope and Standards of Practice for the Registered Dietitian Nutritionist

This framework is vital both to the RDNs as a way to evaluate and improve their practice while keeping the protection of individual, groups, and communities in mind as well as other educators, students, legislators, and food administrators etc. about an RDNs qualifications, competence, and profession (1). It's necessary that the public knows the scope of practice of a credentialed RDN especially those whom an RDN works in collaboration with. This field is growing in popularity and many people are recognizing the importance of a licensed RDN and what they can do towards the betterment in many areas of healthcare such as schools, business and industries, research, and foodservice management etc.

This module is thorough and goes into a lot of detail on the SoPs for RDNs while also mentioning that the boundaries are flexible as it depends on an individual RDNs education, training, and experience. All of this was new to me as my knowledge of SoPs was incredibly surface-level. There were some concepts I had difficulty understanding due to the medium they were presented in. However, I do understand why these SoPs are necessary. They can help RDNs in evaluating themselves and increase public awareness about the importance of an RDNs role in the healthcare system. It promotes a wide variety of practices like efficient time and resource management, consistency in practice and performance and individual professional advancement in addition to many others (1).

Code of Ethics for the Nutrition & Dietetics Profession

Code of ethics in general refers to a set of guiding principles that instructs members of an organization to behave in a manner that aligns with the core beliefs and values of that organization (2). As someone who's planning to get my RDN licensing, this module helped me learn a lot about the Code of the nutrition and dietetics profession. What I like most about the module is that it addresses particular principles that have always been at the back of my mind. Interacting with individuals, communities, and organizations is the core part of most, if not all, professions. Hence, it's necessary to protect their rights, respect their autonomy, and work towards reducing the health disparities in different areas by collaborating with other health organizations. What I took away from this module is that healthcare is comprehensive and individualized. It is always changing and it's vital that the most accurate research is adopted for the well-being of individuals and communities.

Nutrition Education vs Counseling vs MNT

There's a lot of nuances in the various terms used in the nutrition and dietetics profession which I wasn't aware of when I initially decided to pursue the career. I considered nutrition education and

counseling on equal terms and didn't know the difference between a Nutritionist and a licensed Registered Dietitian until I started my Bachelor's.

The "Nutrition Counseling" video gave an in-depth explanation on the difference between nutrition education and counseling, discussed the importance of picking up on a patient's cues, and hammering in the importance of active listening during counseling sessions. I learned that nutrition education focuses on imparting knowledge about a topic to a patient while nutrition counseling revolves around asking a patient question to understand their motivation and empower them to improve and make changes. Medical Nutrition Therapy can include education or counseling or both; it depends on the individual being treated.

One thing the video clarified for me was the difference in services provided by credentialed RDNs and Nutritionists and other Allied HCPs. I always assumed counseling and education could be provided by both RD/RDNs and Nutritionists while MNT was provided by licensed RD/RDNs. However, both nutrition counseling and MNT are services provided by a credentialed Registered Dietitian while Nutritionists are only able to provide nutrition education services (3).

What I enjoyed the most during the video was the use of a case study as an example of how counseling is conducted. I also tend to understand some concepts better via this medium so it helped clarify the terms. It really shed light on how important it is to listen to what patient is saying during a counseling session. You are not educating the patient but instead asking the patient questions, learning from their situation and trying to empower them to focus on self-care.

References

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