

Saskatchewan Dietitians Association Self Assessment Tool

Name _____ Year _____ SDA# _____



For the purposes of this self-assessment, client is defined very broad and meant to include individual clients, the general public, staff, co-workers and/or physicians, etc. For clarity, identify and list who your client is, especially if you hold more than one job.

Use the notes section of this document to provide examples and explain your rankings.

STANDARD 1: PROVISION OF SERVICE TO A CLIENT

The dietitian uses a client – centered approach to provide and facilitate dietetic service.

Self-Assessment Statements (Indicators)	Competency Scale				Improvement Priority Scale				Notes				
	N/A	*	**	***	A	B	C	D					
I collaborate with my clients.													
I collaborate with appropriate others (i.e. colleagues, outside agencies, students).													
I manage available resources effectively and efficiently (things to consider: choosing appropriate resources, referring clients to appropriate resources).													
I apply a research-based approach in providing service.													
I use critical thinking to analyze, synthesize, and apply information to improve the quality and effectiveness of service.													
I create a client - centered environment.													
Competency Scale N/A = Not Applicable * = I require improvement in this area ** = I am comfortable in this area *** = I am strong in this area					<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> USE BOTH RATING SCALES </div>				Improvement Priority Scale A = I need to make time to work on this B = I need to work on this as time permits C = I may work on this only if time permits D = I do not need to work on this				



If you identify any “A” level priorities, at least one of the goals on your learning plan should relate to this indicator.

STANDARD 2: UNIQUE BODY OF KNOWLEDGE

The dietitian has an in-depth scientific knowledge of food and human nutrition, and integrates this knowledge with that from other disciplines including health and social sciences, education, communication and management.

Self-Assessment Statements (Indicators)	Competency Scale				Improvement Priority Scale				Notes
	N/A	*	**	***	A	B	C	D	
I have the food, nutrition and other knowledge required to practice effectively in my area of practice.									
I know how and where to locate needed information.									
I share knowledge and information with appropriate others.									
I have a knowledge of the scope of dietetics.									
I promote and participate in the use of new knowledge in dietetics.									
I create an environment that assists individuals to acquire new knowledge and skills.									

Competency Scale	
N/A	= Not Applicable
*	= I require improvement in this area
**	= I am comfortable in this area
***	= I am strong in this area

**USE
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Improvement Priority Scale	
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If you identify any “A” level priorities, at least one of the goals on your learning plan should relate to this indicator. If you do not make it a goal, you should offer an explanation as to why you have not made it a goal.

STANDARD 3: COMPETENT APPLICATION OF KNOWLEDGE

The dietitian competently applies the unique body of knowledge of food and human nutrition, and competently integrates this knowledge with that from other disciplines including health and social sciences, education, communication and management.

Self-Assessment Statements (Indicators)	Competency Scale				Improvement Priority Scale				Notes
	N/A	*	**	***	A	B	C	D	
I apply food and nutrition knowledge to my area of practice.									
I collaborate with clients in the competent application of knowledge.									
I collaborate with appropriate others in the competent application of knowledge.									
I identify issues through data assessment, literature review, and critical analysis of information.									
I formulate goals, objectives and an action plan for the service provided to each client.									
I implement, monitor and modify the action plan to meet the needs of my client.									
I evaluate the plan by critically appraising the outcomes of my service.									
I establish and maintain appropriate information and communication systems.									
I apply knowledge from my previous experiences to my area of practice.									
Competency Scale N/A = Not Applicable * = I require improvement in this area ** = I am comfortable in this area *** = I am strong in this area					<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> USE BOTH RATING SCALES </div>				



If you identify any "A" level priorities, at least one of the goals on your learning plan should relate to this indicator.

STANDARD 4: CONTINUED COMPETENCE

The dietitian is responsible for life-long learning to ensure competence in her / his area of practice.

Self-Assessment Statements (Indicators)	Competency Scale				Improvement Priority Scale				Notes
	N/A	*	**	***	A	B	C	D	
I reflect on my competence, strengths and learning needs.									
I identify learning needs based on experiences encountered in my practice and develop a plan to meet those needs.									
I ask appropriate others to provide me with feedback about my practice and the quality of service I provide.									
I use a variety of learning opportunities and resources to keep my knowledge and skills current.									

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STANDARD 5: ETHICS

The dietitian practices in accordance with the ethical guidelines of the profession.

Self-Assessment Statements (Indicators)	Competency Scale			Improvement Priority Scale				Notes
	*	**	***	A	B	C	D	
I demonstrate adherence to the SDA Code of Ethics.								
I practice within my level of competence and within the scope of my license.								
I recognize my skill limitations and seek out the expertise of appropriate others when necessary.								
I report unsafe practice or professional misconduct to the appropriate person or agency.								
I protect my clients' rights (autonomy, respect, confidentiality, dignity, access to information).								
I promote and support ethical behaviour in practice and in research.								
I use discussion with colleagues to resolve or interpret ethical issues and conflicts in practice.								

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STANDARD 6: PROFESSIONAL RESPONSIBILITY & ACCOUNTABILITY

The dietitian is accountable to the public and is responsible for ensuring that her / his practice meets legislative requirements and Standards of Practice for the profession.

Self-Assessment Statements (Indicators)	Competency Scale			Improvement Priority Scale				Notes
	*	**	***	A	B	C	D	
I accept responsibility and am accountable for my own professional actions.								
I ensure that my practice complies with current legislation, and the Standards of Practice of the profession.								
I ensure that my practice is based on current research and best practice.								
I advocate for changes to relevant legislation, institutional guidelines, policies and procedures to ensure consistency with DC's Standards of Practice.								
I advocate for improvements in practice.								
I act to ensure that public safety is maintained.								

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