



\*\*SDA Continuing Competence Program **Practice Reflection** consists of two parts: self-reflection questions and self-assessment form.

**Saskatchewan Dietitians Association Professional Self-Reflection**

Name

- 1. What are my current dietetic practice area(s) and/or professional interests?** If you have multiple areas of practice, list them all. If you are not currently employed or volunteering in dietetics, describe areas of interest within dietetics.
  
- 2. What trends (professional, societal, environmental) are affecting or will affect my dietetic practice in the short and long term?** Consider trends that are impacting or may impact the dietetics profession as well as factors such as workplace change.
  
- 3. What knowledge and/or skills do I need to respond to the changes identified in question 2 and/or to stay current in my dietetic practice?**

## Saskatchewan Dietitians Association Self Assessment Tool

### STANDARD 1: PROVISION OF SERVICE TO A CLIENT

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

#### Rating scale:

**DEV = Developmental.** This competency needs to be developed because I am new to this area of the profession, or because I may wish to change or expand my professional role and responsibilities, or because I need to improve my knowledge, skills, attitudes and critical judgments

**COM = Competent.** I have the knowledge, skills, attitudes and critical judgments to adequately meet all the requirements for this competency. I function independently, providing high quality dietetic services and client care.

**DTE = Desire to Enhance.** Even though I am competent, I would like to further enhance my knowledge, skills, attitudes and critical judgments in this competency area to become excellent.

**EXC = Excellent.** I excel at this competency and have more than average knowledge, skills, attitudes and critical judgments related to this area of professional practice. I provide high quality dietetic services and client care and demonstrate high levels of critical judgments.

**\*\*\*If you rank an indicator as DEV or DTE, you should consider setting a goal related to this indicator.**

Self-Assessment Statements (Indicators)	Competency Scale				Notes
	DEV	COM	DTE	EXL	
I collaborate with my clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I collaborate with appropriate others (i.e. colleagues, outside agencies, students).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I manage available resources effectively and efficiently (things to consider: choosing appropriate resources, referring clients to appropriate resources).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I apply a research-based approach in providing service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use critical thinking to analyze, synthesize, and apply information to improve the quality and effectiveness of service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I create a client - centered environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**Notes:** This section can be used to explain why you identified the priorities you did and/or to identify which job the identified priority relates to.

**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.

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**COM = Competent.** I have the knowledge, skills, attitudes and critical judgments to adequately meet all the requirements for this competency. I function independently, providing high quality dietetic services and client care.

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**EXC = Excellent-** I excel at this competency and have more than average knowledge, skills, attitudes and critical judgments related to this area of professional practice. I provide high quality dietetic services and client care and demonstrate high levels of critical judgments.

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Self-Assessment Statements (Indicators)	Competency Scale				Notes
	DEV	COM	DTE	EXC	
I have the food, nutrition and other knowledge required to practice effectively in my area of practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how and where to locate needed information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I share knowledge and information with appropriate others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I have a knowledge of the scope of dietetics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I promote and participate in the use of new knowledge in dietetics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I create an environment that assists individuals to acquire new knowledge and skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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### 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.

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**COM = Competent.** I have the knowledge, skills, attitudes and critical judgments to adequately meet all the requirements for this competency. I function independently, providing high quality dietetic services and client care.

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**EXC = Excellent-** I excel at this competency and have more than average knowledge, skills, attitudes and critical judgments related to this area of professional practice. I provide high quality dietetic services and client care and demonstrate high levels of critical judgments.

Self-Assessment Statements (Indicators)	Competency Scale				Notes
	DEV	COM	DTE	EXC	
I apply food and nutrition knowledge to my area of practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I collaborate with clients in the competent application of knowledge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I collaborate with appropriate others in the competent application of knowledge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I identify issues through data assessment, literature review and critical analysis of information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I formulate goals, objectives and an action plan for the service provided to each client.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I implement, monitor and modify the action plan to meet the needs of my client.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I evaluate the plan by critically appraising the outcomes of my service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I establish and maintain an appropriate information and communications system.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I apply knowledge from my previous experiences to my area of practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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**STANDARD 4: CONTINUED COMPETENCE**

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

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Self-Assessment Statements (Indicators)	Competency Scale				Notes
	DEV	COM	DTE	EXC	
I reflect on my competence, strengths and learning needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I identify learning needs based on experiences encountered in my practice and develop a plan to meet those needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I ask appropriate others to provide me with feedback about my practice and the quality of service I provide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use a variety of learning opportunities and resources to keep my knowledge and skills current.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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## STANDARD 5: ETHICS

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

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Self-Assessment Statements (Indicators)	Competency Scale				Notes
	DEV	COM	DTE	EXC	
I demonstrate adherence to the SDA Code of Ethics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I practice within my level of competence and within the scope of my license.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I recognize my skill limitations and seek out the expertise of appropriate others when necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I report unsafe practice or professional misconduct to the appropriate person or agency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I protect my clients' rights (autonomy, respect, confidentiality, dignity, access to information).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I promote and support ethical behaviour in practice and in research.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use discussion with colleagues to resolve or interpret ethical issues and conflicts in practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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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.

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Self-Assessment Statements (Indicators)	Improvement Priority Scale				Notes
	DEV	COM	DTE	EXC	
I accept responsibility and am accountable for my own professional actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I ensure that my practice complies with current legislation, and the Standards of Practice of the profession.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I ensure that my practice is based on current research and best practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I advocate for changes to relevant legislation, institutional guidelines, policies and procedures to ensure consistency with DC's Standards of Practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I advocate for improvements in practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I act to ensure that public safety is maintained.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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