



## Scope of Practice Statement for Registered Dietitians in Saskatchewan

Registered Dietitians are health care professionals uniquely trained in the areas of food, nutrition and health. Registered Dietitians are university educated in science, management, human development, and health of populations<sup>1</sup>. Registered Dietitians are the only regulated nutrition health professionals in Saskatchewan.

Registered Dietitians collaborate with individuals, community groups, populations, interprofessional health care teams and others, to provide evidence informed food and nutrition services. As trusted professionals, Registered Dietitians fill many roles, depending on where they work. Dietitians provide services in a variety of practice settings including, but not limited to: community, public health, health care, industry, government, media, education, management, research and private practice. The Saskatchewan College of Dietitians protects the public through the regulation of Registered Dietitians through *The Dietitians Act*<sup>†</sup> (2001), SCD Bylaws<sup>†</sup> (including the Code of Ethics and Standards of Practice<sup>†</sup>).

The practice of Registered Dietitians in Saskatchewan includes but is not limited to:

- Providing medical nutrition therapy<sup>†</sup> through the application of the Nutrition Care Process<sup>†</sup> for the purposes of disease prevention, treatment and management.
- Optimizing health and well being of patients/clients through delivery of quality products, programs and services.
- Promoting nutritional health and well-being of individuals, groups, communities and populations.
- Influencing standards, guidelines and policies that create and encourage an environment that supports nutritional health.
- Engaging, supporting and partnering with individuals, communities and populations to take action on issues that affect their nutritional health.
- Managing food and nutrition systems, including programs, projects and services.
- Facilitating and conducting food, nutrition and related research across a variety of settings.
- Educating and training others about food and nutrition in a variety of practice settings.

The Integrated Competencies for Dietetic Education and Practice<sup>†</sup> define the knowledge and skills needed for entry level Dietitians to work safely, ethically and competently. The acquisition of additional skills, knowledge, and experience will lead toward mastery and advanced level practice in nutrition, dietetics, and health services.

<sup>†</sup>denotes items defined in the Glossary

## Glossary

**The Dietitians Act** is the provincial legislation that names Saskatchewan College of Dietitians as the regulatory body for Registered Dietitians in the province of Saskatchewan. The Dietitians Act gives Saskatchewan College of Dietitians the mandate to establish practice standards for the dietetic profession, set the standards for professional conduct, monitor continuing competence of its registrants and provide a framework for investigation of complaints and discipline of registrants. The **SCD Bylaws** (Administrative, Fee and Regulatory) provide detail on how the regulatory mandate of SCD is realized and the **Standards of Practice** and **Code of Ethics** describe the expected/acceptable behaviour of dietetics profession in Saskatchewan.

**Integrated Competencies for Dietetic Education and Practice**<sup>2</sup> articulate the education and training outcomes that form the standard for entry to practice for Registered Dietitians in Canada.

**Medical Nutrition Therapy**<sup>3</sup> is the application of food and nutrition expertise to provide care for a variety of conditions and illnesses to improve health and quality of life.

**Nutrition Care Process**<sup>4</sup> is a systematic approach to providing high quality nutrition care. The Nutrition Care Process consists of four distinct, interrelated steps:

- **Nutrition Assessment:** The collection and documentation of information such as food or nutrition-related history; biochemical data, medical tests and procedures; anthropometric measurements, nutrition-focused physical findings and client history.
- **Nutrition Diagnosis:** The identification and description of a specific nutrition problem that can be resolved or improved through treatment/nutrition intervention by a Registered Dietitian.
- **Intervention:** Specific actions used to remedy a nutrition diagnosis/problem, and can be used with individuals, a group, or the community at large. These nutrition interventions are intended to change a nutrition-related behaviour, environmental condition, or aspect of nutritional health.
- **Monitoring/Evaluation:** Tracking of patient/client outcomes relevant to the nutrition diagnosis and intervention plans and goals to determine whether the nutrition intervention is or is not changing the patient/client behavior or nutritional/health status.

## References

<sup>1</sup>Dietitians of Canada. (2024). Learn About Dietitians. Retrieved from <https://www.dietitians.ca/About/Learn-About-Dietitians>

<sup>2</sup> PDEP (2020). The Integrated Competencies for Dietetic Education and Practice (ICDEP v.3.0). Retrieved from <https://saskdietitians.org/wp-content/uploads/2023/10/Integrated-Competencies-For-Dietetic-Education-And-Practice-ICDEPV-3-August-4-2020.pdf>

<sup>3</sup> Academy of Nutrition & Dietetics International Dietetics and Nutrition Terminology, 4<sup>th</sup> Edition, Academy of Nutrition & Dietetics, 2013.

<sup>4</sup> Academy of Nutrition & Dietetics International Dietetics and Nutrition Terminology Pocket Guide, 4<sup>th</sup> Edition, Academy of Nutrition & Dietetics, 2013.