

## Career Profile REGISTERED DIETITIAN

### What is a Registered Dietitian? – Career Description/Scope

Registered Dietitians (RDs) are regulated health professionals who are uniquely trained food and nutrition experts. They are the recognized experts in translating scientific, medical and nutrition information into practical advice and helping individuals, their families and communities to access nutrition for health.

Collaboration with clients, caregivers, and other health professionals is central to dietetic practice whether the RD works in a private practice or as a member of a health care team. Together, they manage nutrition for health promotion, disease prevention, and treatment of acute and chronic diseases.

### Education Requirements to Work in Ontario

- An accredited 4-year or equivalent degree with appropriate courses in sciences and human nutrition, administration and humanities (usually 4 year BSc)
- An accredited dietetic internship or equivalent supervised practical training which includes competencies in the areas of Clinical Nutrition, Public/Community Health, and Food Service Administration/Management (either concurrent with undergraduate degree or Masters Degree or approximately 10 month postgraduate internship)

### Registered Dietitian Practice Requirements

To practice in Ontario, Registered Dietitians must be registered with the College of Dietitians of Ontario perform the following requirements:

- Entry to Practice:
  - Pass the Canadian Dietetic Registration Examination
- Ongoing
  - Quality Assurance activities (completion of annual Self-Directed Learning Tool, Jurisprudence Knowledge Assessment Tool every 5 years, random selection for Peer Practice Assessment)

### How does a Registered Dietitian Practice at TBRHSC?

- Work to scope of practice as outlined by various legislation and authorities including:
  - College of Dietitians of Ontario
  - Regulated Health Professions Act
  - Dietetics Act
  - Public Hospitals Act
- May work under delegation through physician order or Medical Directives (ie. Nutrition support, insulin adjustment)
- Work amongst the inpatient units in addition to a number of outpatient based programs
- Provide recommendations for nutrition intervention to the most responsible physician

## What does a Registered Dietitian Do?

Clinical Registered Dietitians assess the nutrition status of and develop nutrition care goals to optimize the health and well-being of acutely ill patients by collaborating with the health care team, patients and their family/caregivers. RDs also provide specialized nutrition intervention in a variety of outpatient populations including patients registered with the following programs: Pediatrics, Regional Bariatric Care Centre, Maternity Centre, Centre for Complex Diabetes Care, Renal Program, Stroke Program, Cancer Centre, Cardiac Rehabilitation Program and Congestive Heart Failure Program. Registered Dietitian's skills are also utilized within the areas of food service administration and professional practice in addition to other non-nutrition related administrative areas within our organization.

## Web Resources

- College of Dietitians of Ontario [www.collegeofdietitians.org](http://www.collegeofdietitians.org)
- Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)