

Welcome to the Regulatory Talks “Reg Talks” Webinar

Practising Dietetics: What counts as a practice currency hour?



Honouring the traditional territories



Policy on Determining Currency Hours & Definition of Practising

College of
Dietitians
of Ontario



Policy on Determining Currency¹ Hours for Dietitians in Ontario

Effective Date

1.1 This policy takes effect on June 16, 2022.

Preamble

The purpose of the College's monitoring of members practising fewer than 500 hours in three years² is:

- To meet statutory obligations under the College's Registration Regulation ([O. Reg. 593/94](#)) under the [Dietetics Act, 1991³](#), S.O. 1991, c.26, Part 1: Registration, Section 5 of the College of Dietitians of Ontario (the "College") which requires:

"5. (1) By the end of the third year following the issuance of a certificate of registration and in every subsequent year, every member shall provide evidence satisfactory to the Registrar that the member has practised dietetics for at least 500 hours during the preceding three years. "

[Policy – Currency Hours](#)

[Politique sur la détermination des heures d'exercice](#)



College of Dietitians of Ontario

DEFINITION OF PRACTISING DIETETICS

[Home](#) > [Programs](#) > [Practice Advisory](#) > [Standards & Guidelines](#)

DEFINITION OF PRACTISING DIETETICS

Dietetic practice can be in a paid or unpaid capacity (e.g., volunteer work) for which members use food & nutrition-specific knowledge, skills and judgment while engaging in:

- the assessment of nutrition related to health status and conditions for individuals, groups and populations;
- the management and delivery of nutrition therapy to treat disease;
- the management of food services systems; building the capacity of individuals and populations to promote, maintain or restore health and prevent disease through nutrition and related means; and
- the management, education or leadership that contributes to the enhancement and quality of dietetic and health services.

For greater clarity, dietetic practice includes the following activities:

[Definition of Practising Dietetics](#)

[Definition de l'exercice de la diététique](#)

What is currency?

- A 'currency requirement' refers to dietetic practice hour experience that is within a specific period
- Not a new concept
- Currency means a member's knowledge, skills and related work experience are up to date



Session Overview

- What counts as a practice hour?
- The new policy: Determining Currency Hours
- Changes to the Definition of Practising Dietetics
- Practical Examples
- What happens if you fall below the currency hours?
- Question & Answer period



PROTECTING the Public

The College of Dietitians of Ontario regulates
dietitians for public protection.

[LEARN HOW](#)



College of Dietitians of Ontario



*Regulated Health Professions Act, 1991
(RHPA)*

Public Protection

Dietetics Act, 1991

Registration Regulation

O. Reg. 72/12, s. 1.

QUALITY ASSURANCE



**PRACTICING FEWER
THAN
500 HOURS**

[LEARN MORE](#)



College of Dietitians of Ontario

[< 500 Hours – Policies](#)

[< 500 heures – Les Politiques](#)

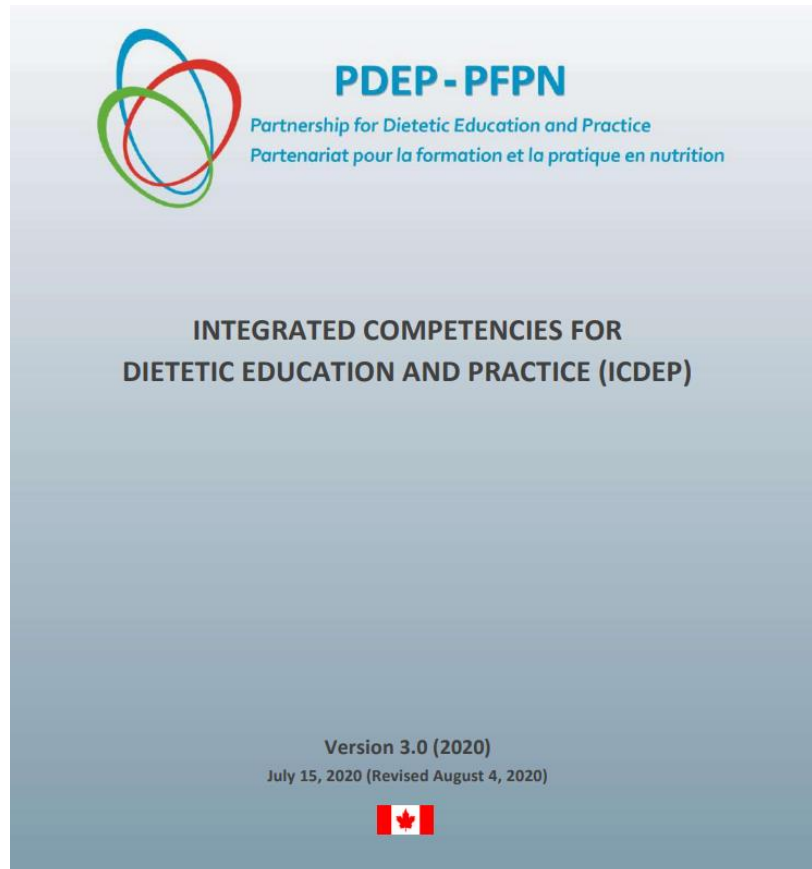
Scope of Practice

“The practice of dietetics is the assessment of nutrition and nutritional conditions and the treatment and prevention of nutrition related disorders by nutritional means.”

Dietetics Act, 1991



Integrated Competencies for Dietetic Education and Practice (ICDEP)



Poll Question 1

All general members of the College of Dietitians of Ontario annually declare whether they have practiced dietetics for 500 hours or more

- a) in the previous year (2021)
- b) in the previous three years (2019-2022)
- c) in the previous five years (2017-2022)



Poll Question 1

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[5 Questions about the CDO Quality Assurance Program](#)

[Cinq questions sur le programme d'assurance de la qualité de l'ODO](#)



Definition of Practising Dietetics



Definition of Practising Dietetics

The College's definition of [practicing dietetics](#): “is *paid or unpaid* activities for which members use **food & nutrition-specific knowledge, skills and judgment** while engaging in:

- the assessment of nutrition related to health status and conditions for individuals and populations;
- the management and delivery of nutrition therapy to treat disease;
- the management of food services systems; building the capacity of individuals and populations to promote, maintain or restore health and prevent disease through nutrition and related means;
- the management, education or leadership that contributes to the enhancement and quality of dietetic and health services.”



Poll Question 2

Does unpaid (volunteer) work count towards practice currency hours?

- a) No, only paid dietetics-related work counts
- b) Yes, both paid and unpaid (volunteer) dietetics-related work counts



Poll Question 2

Does unpaid (volunteer) work count toward my practice currency hours?

- a) No, only paid dietetics-related work counts
- b) Yes, both paid and unpaid (volunteer) dietetics-related work counts



New - Policy

Determining Currency Hours in Dietetic Practice

Environmental Scan
Consultation results
Legal Review

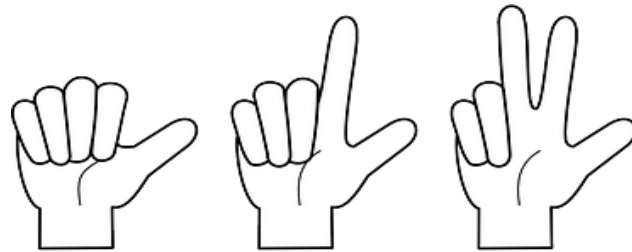


Policy on Determining Currency Hours

Preamble

Purpose

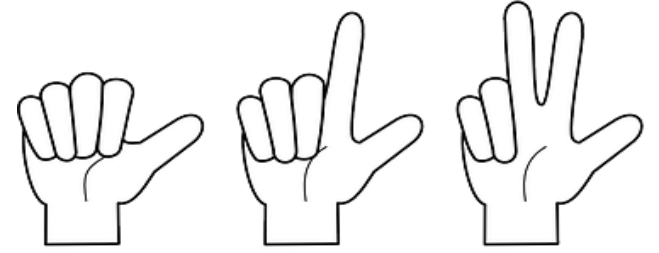
Definitions



**3 Policy Categories for Members to
consider and apply**



3 Categories



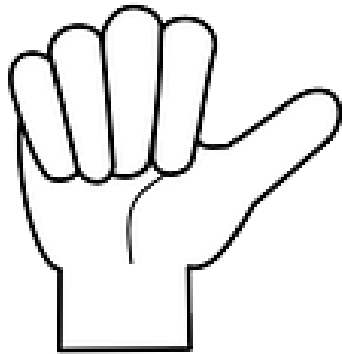
Does the activity or task fall within...

- 1:** The updated College **definition** of practising dietetics?
- 2:** A **delegated controlled act** according to the [Standard for Dietitians Practising Through Delegation of Controlled Acts?](#)
- 3:** **Temporary redeployment** duties (COVID-19) out of scope with transferability to dietetic practice?



Category 1

Does the activity or task fall within the:



Updated College **definition of practising dietetics**

This definition assists dietitians in determining which tasks count as practice hours.

[Definition of Practising Dietetics](#)

[Definition de l'exercice de la diététique](#)



Category 2

Does the activity or task fall within the:



A **delegated controlled act** according to the [Standard for Dietitians Practising Through Delegation of Controlled Acts](#)

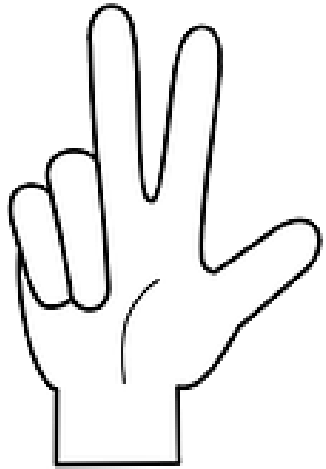
Consider dietetic competencies as a foundation for performing the controlled act when practising the act as a dietitian.

[Normes d'exercice pour les diététistes qui exercent par délégation de l'exécution d'actes autorisés](#)



Category 3

If outside dietetic Scope of Practice, does the activity or task:



- Have transferability to dietetic practice
- Reflect knowledge and skills outlined in the Integrated Competencies for Dietetic Education and Practice (ICDEP)
- Does it require being an active regulated health professional?



Poll Question 3

Which of these would count as practice currency hours?

- a) COVID-19 contact tracing as part of redeployment in a public health role
- b) Volunteer speaking engagement on child nutrition to teachers at a school
- c) Management of food services in a long-term care home
- d) All of the above



Poll Question 3

Which of these would count as practice currency hours?

- a) COVID-19 contact tracing as part of redeployment
- b) Volunteer speaking engagement on child nutrition at a school
- c) Management of food service systems in a long-term care home
- d) All of the above**



SCENARIOS

Scenario 1:

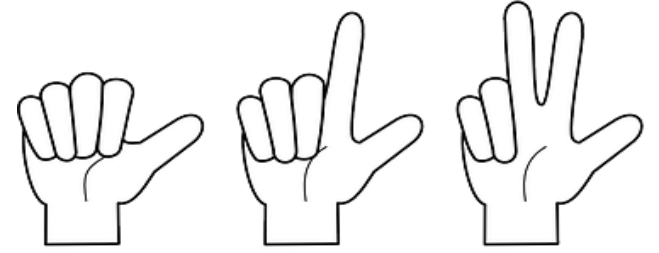
Would this count as a currency practice hour?

My employer has asked if I can perform nasopharyngeal swabs to assist in COVID-19 testing.

[Role and Task Framework](#)
[Cadre de décisions sur les rôles des Dt.P.](#)



3 Categories



Does the activity or task fall within...


- 1:** The updated College **definition** of practising dietetics?
- 2:** A **delegated controlled act** according to the [Standard for Dietitians Practising Through Delegation of Controlled Acts?](#)
- 3:** **Temporary redeployment** duties (COVID-19) out of scope with transferability to dietetic practice?



Can I include hours spent redeployed to assist during the COVID-19 pandemic?

Starting at renewal 2022, dietitians who are redeployed will be able to count up to **166 currency hours per year** of redeployed work until we are out of the pandemic. In addition, any time spent practising dietetics will be counted as usual.





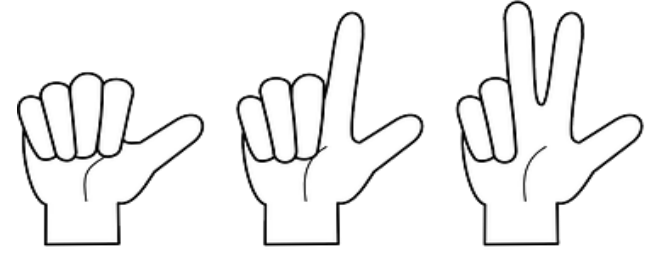
Scenario 2:

Would this count as currency practice hour?

I live outside of Canada, and provide care to clients outside of Ontario.




3 Categories



Does the activity or task fall within...

- 1:** The updated College **definition** of practising dietetics?
- 2:** A **delegated controlled act** according to the [Standard for Dietitians Practising Through Delegation of Controlled Acts?](#)
- 3:** **Temporary redeployment** duties (COVID-19) out of scope with transferability to dietetic practice?





Scenario 3:

Would this count as currency practice hour?

I am doing a Ph.D. in nutritional sciences.

[Professional Practice vs Professional Development](#)

[Distinction entre l'exercice professionnel et le perfectionnement professionnel](#)





Scenario 4:

Would this count as currency hours?

I am doing some volunteer work
while on parental leave.





Scenario 5:

Would this count as currency hours?

I write nutrition policies and do not have clients or patients.



Scenario 6:

Would this count as currency hours?

I adjust insulin for my clients
under a medical directive.

[Position Statement & Practice Guidelines: Insulin Dose Adjustments](#)

[L'énoncé de position et lignes directrices d'exercice – ajustement des doses d'insuline](#)





Scenario 7:

When do I count my currency hours?

I was off on leave and resigned my membership. I came back to practice and my membership was reinstated in June 2020. When would I declare my practice hours?



Process for Members Practising Fewer Than 500 Hours

ANNUAL DECLARATION OF PRACTICE HOURS

Section 5 of the College's Registration Regulation requires a declaration at the third year of practice that member practised dietetics for at least 500 hours during the preceding three years (O. Reg. 72/12, s. 1).

Before declaring your practice hours, consider both paid or unpaid work and review the definition of practising dietetics ([French](#) or [English](#)).

Please confirm that you reviewed the definition before you declare your hours.

Confirm

Have you practised more than 500 hours in the past three years (i.e. since November 1, 2019)?

No ▾

TOTAL PRACTICE HOURS

Nov 1, 2019 to Oct 31, 2020

Nov 1, 2020 to Oct 31, 2021

Nov 1, 2021 to Oct 31, 2022





**PRACTICING FEWER
THAN
500 HOURS**

[LEARN MORE](#)

Once a member self-declares fewer than 500 hours/over 3 years at renewal, they will be notified by email (mid-November) to determine options.



Options for members practicing fewer than 500 hours/3 years

Members will be asked to choose one of three (3) options:

1. **Complete a Learning Diary:** Submit a Learning Diary of activities (continuing education and professional development activities accomplished within the last three years)
2. **Sign a Voluntary Undertaking:** Sign a voluntary undertaking not to practice dietetics unless the member has been assessed and has completed upgrading requirements as directed by the QA Committee. (Typically, non-practicing)
3. **Resign Membership**



Learning Diaries

What is a Learning Diary?



A learning diary is a record of someone's learning and professional development



Requires reflection



Describes the dietitian's professional development. Professional development can help a dietitian maintain or increase competency



Competence is more than the accomplishment of discrete and isolated tasks



Interaction and integration of knowledge, critical thinking, judgment, attitudes, skills, values and beliefs. It also includes the ability to generate learning that can be transferred to practice



Offer members an opportunity for individualized assessment of learning to determine continued competence



Learning Diary Template & Sample



College of Dietitians of Ontario

LEARNING DIARY

RD Name:

RD ID #:

Date /Time	Learning Activity (Brief Description)	Learning resources used (list & append when applicable)	Learning Outcomes: Concepts and implications for future dietetics practice learned from the reflection of activity ¹	Reflecting on the <i>Integrated Competencies for Dietetic Education and Practice (ICDEP)</i> , list Practice Competencies aligned to your specific learning outcomes

[https://www.collegeofdietitians.org/resources/quality-assurance/500-hours-of-practice/learning-diary-sample-\(practicing-less-than-500-ho.aspx\)](https://www.collegeofdietitians.org/resources/quality-assurance/500-hours-of-practice/learning-diary-sample-(practicing-less-than-500-ho.aspx))



College of Dietitians of Ontario

Learning Diary Review

- Assessment of professional development activities and practice hours (if any), to determine if there is sufficient professional development and practice to remain competent.

Two independent trained RD assessors are responsible for reviewing learning diaries assigned by the College.





**Competent
Members
Engaged in
Effective
Informed
Practice**



New for Renewal 2022!

RDs are asked to submit insurance policy details (e.g., each employer or private insurance coverage) to confirm sufficient coverage.

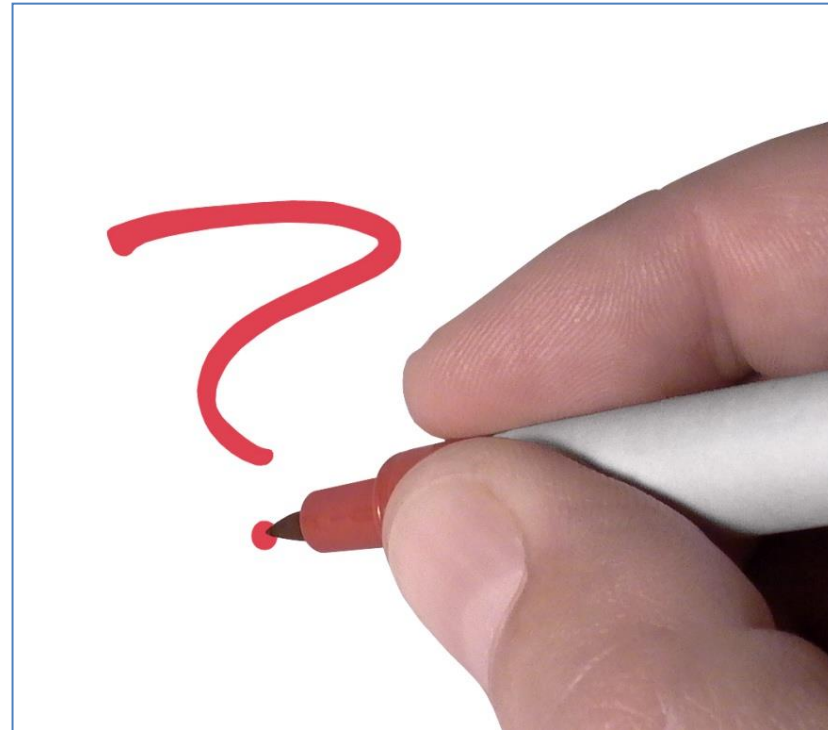
Have the following information ready when you complete your renewal via the member dashboard:

- Your insurance company name
- Your policy number
- The dates of your insurance policy coverage (policy start and end dates)

Please don't assume you're covered!



Questions



**Please do not hesitate to contact us
at the College**



Professional Practice Program
Quality.assurance@collegeofdietitians.org

416-598-1725; 1-800-668-4990 ext. 233

Practice Advisors & Policy Analysts
diane.candiotto@collegeofdietitians.org
samantha.thiessen@collegeofdietitians.org

Director of Professional Practice
carole.chatalalsingh@collegeofdietitians.org

