

# Welcome to Reg Talks Webinar

## PRACTICING THROUGH DELEGATION OF CONTROLLED ACTS

We will carry out a sound check 5 minutes before the start of the webinar. Until then, you will not hear us.

### Tips for a good webinar experience:

- Close any other internet sites, email etc.
- If your Wi-Fi is not stable, consider hard wiring in for the session.
- Check your speakers for sound.
- If you experience any technical issues – not to worry! The session will be recorded and available for on demand viewing.

Contact us with questions anytime at [practiceadvisor@collegeofdietitians.org](mailto:practiceadvisor@collegeofdietitians.org) or 416-598-1725, Ext. 397



# Session Overview

Part 1: Controlled Acts

Part 2: The Five Delegation Standards

Part 3: Scenarios

Part 4: Q & A



# PROTECTING the Public

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

**LEARN HOW**

Educating dietitians about their professional obligations for practicing through delegation of controlled acts aligns with the College's public protection mandate.



College of Dietitians of Ontario

# QUALITY ASSURANCE

- Self-Directed Learning Tool
- Continuing Competence





# Part 1

## Controlled Acts

A red umbrella stands prominently in the center, its handle extending downwards. It is surrounded by a dense field of white umbrellas, all of which are slightly tilted and appear to be in a crowd. The background is a plain, light grey color.

**Regulated Health Professions Act, 1991  
(RHPA)**

**Public Protection**

**Dietetics Act, 1991**



What Governs RD Practice

LAW

FACILITY RESTRICTIONS

Ethics

CONTROLLED ACTS

Standards

REGULATIONS

GUIDELINE

College Requirements

Registration

# Controlled Acts

- **What are they?**
  - Health care actions that are considered potentially harmful if performed by unqualified person (*RHPA*)
- **How many?**
  - 14 Controlled Acts
  - Example: Communicating diagnosis
- **Do dietitians have any legal authority to perform a controlled act?**



# Skin Pricking

For the purpose of monitoring capillary blood readings

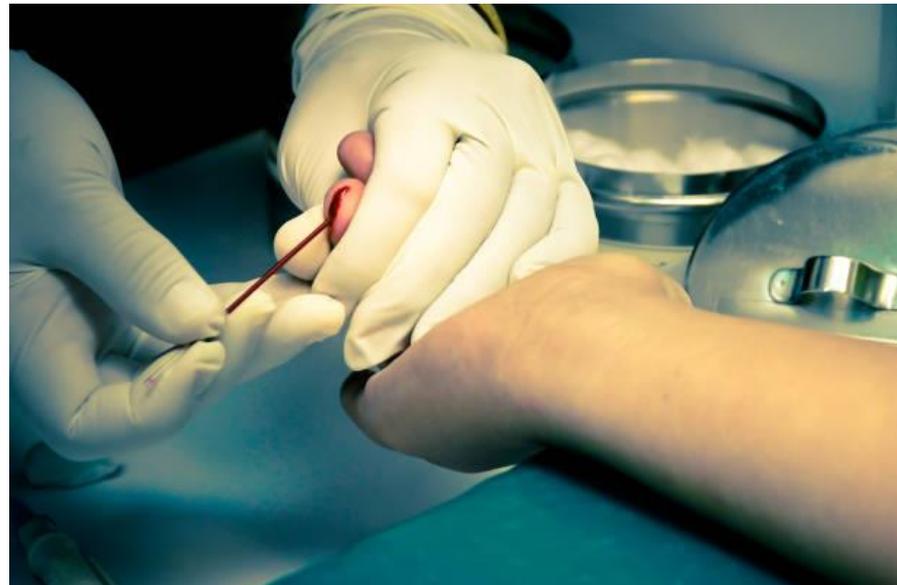
## Public Hospital Act

Considered diagnostic procedure, therefore an order or medical directive needed, even though it is under RD scope of practice.

## Outside of Hospital, i.e., Long-Term Care/Family Health Team

No legal restrictions; therefore, order or medical directive is not needed.

## Facility Restrictions



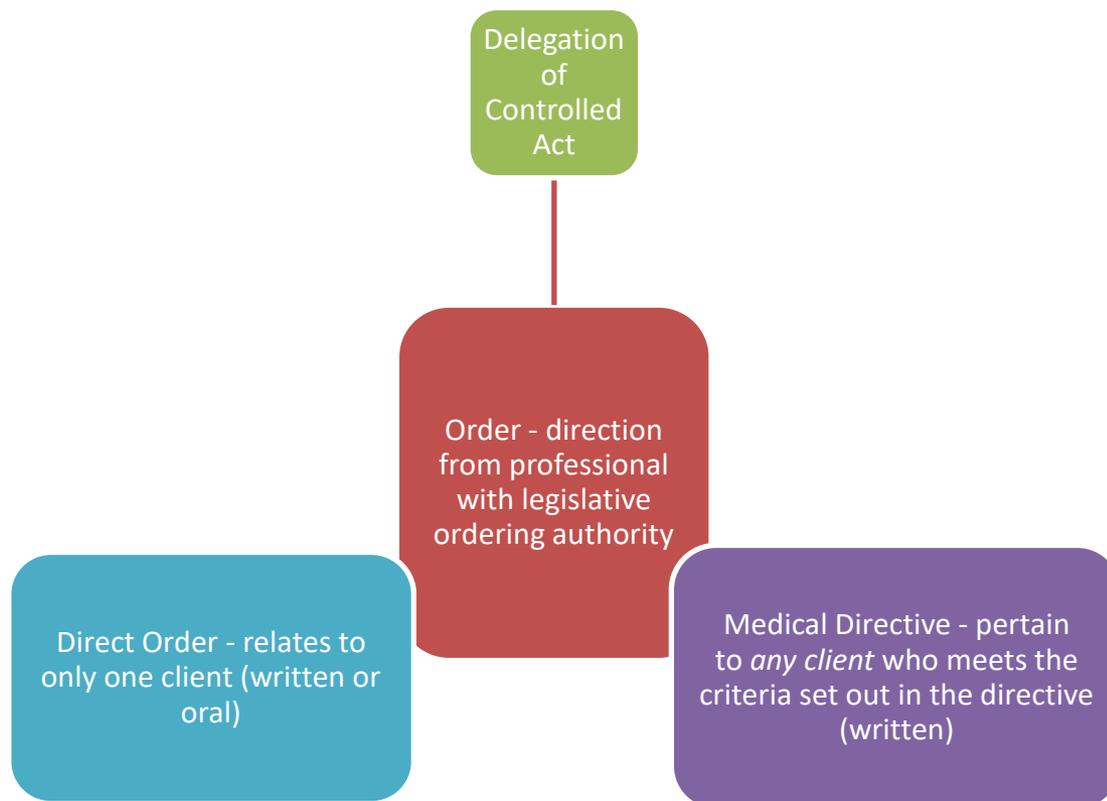
The RHPA permits delegations to transfer the authority to perform a controlled act to dietitians in appropriate circumstances



**Delegations** may be conferred by an **order**  
— **direct order** or **directive** —



# Terms



1. The delegation of a controlled act must be in the best interest of the client.

## PART 2

# The Five Delegation Standards

2. Dietitians must have the knowledge, skill and judgement to accept a delegation of a controlled act.

3. Dietitians must be aware of the laws permitting controlled acts to be performed in certain circumstances and when a controlled act cannot be delegated.

4. Dietitians must ensure meeting standards for informed consent and record keeping when practising under a delegation of a controlled act.

5. Dietitians must be aware of accountability, quality assurance and delegation processes in practice settings.





# STANDARD FOR DIETITIANS PRACTICING THROUGH DELEGATION OF CONTROLLED ACTS

Approved by Council December 4, 2020.

## INTRODUCTION

The College is committed to ensuring that dietitians in Ontario provide safe, quality care to clients.

The *Regulated Health Professions Act, 1991* (RHPA) identifies fourteen controlled acts that pose significant risk of harm to the people of Ontario ([View them here](#)). If a procedure involves controlled acts that are not authorized for dietitians, then the RHPA generally permits delegations to transfer the authority to dietitians to perform a controlled act in some situations. The delegation of controlled acts in appropriate circumstances can result in more timely delivery of health care and can promote optimal use of healthcare resources and personnel.

### Five Standard Statements

The five standard statements below articulate the minimum level of performance expectations for dietitians when practising through the delegation of controlled acts.

Performance expectations articulated in these five standard statements may not apply to every area of dietetic practice; their application will depend on client/patient factors and the dietetic practice setting. In addition to complying with the *Professional Practice Standard for Dietitians Practising through Delegation of Controlled Acts*, dietitians should follow organizational policies. An [Interprofessional Guide on the Use of Orders, Directives and Delegation for Regulated Health Professionals in Ontario](#) is available on the Health Profession Regulators of Ontario website.

- [Terminology](#)
- [References](#)
- [Framework for Deciding to Practice Under Delegation](#)

## PROGRAMS MENU

- Quality Assurance
- Registration
- Practice Advisory
  - Practice Advisory Service
  - Standards & Guidelines
  - Legislation & By-Laws
  - Jurisprudence & Professional Practice Resources**
    - Boundary Crossings
    - Client-Centred Care
    - Confidentiality & Privacy
    - Conflict of Interest
    - Consent
    - Collaboration and Communication
    - Ethics
    - Mandatory Reporting
    - Private Practice
    - Record Keeping
    - Scope of Practice & Controlled Acts**
      - The 14 Controlled Acts
      - Virtual Care, Social Media & Technology

1. The delegation of a controlled act must be in the best interest of the client.

# Why must the delegation of a controlled act be in the best interest of the client?

4. Dietitians must ensure meeting standards for informed consent and record keeping when practising under a delegation of a controlled act.

3. Dietitians must be aware of the laws permitting controlled acts to be performed in certain circumstances and when a controlled act cannot be delegated.



1. The delegation of a controlled act must be in the best interest of the client.



Client-centred services are linked to increased quality and safety, reduced costs, and an improved client experience



# Why must dietitians have the knowledge, skill and judgement to accept a delegation of a controlled act?

1. The delegation of a controlled act must be in the best interest of the client.

2. Dietitians must have the knowledge, skill and judgement to accept a delegation of a controlled act.

3. Dietitians must be aware of the laws permitting controlled acts to be performed in certain circumstances and when a controlled act cannot be delegated.

4. Dietitians must ensure meeting standards for informed consent and record keeping when practising under a delegation of a controlled act.

5. Dietitians must ensure accountability, quality assurance and delegation processes.



2. Dietitians must have the knowledge, skill and judgement to accept a delegation of a controlled act.



Shows consideration of best available research evidence, experiential knowledge, client's preference, the context and resources in the decision-making process



1. The delegation of a controlled act must be in the best interest of the client.

# Why must dietitians be aware of the laws permitting controlled acts to be performed in certain circumstances and when they cannot be delegated?

5. Dietitians must be aware of accountability, supervision, assurance and delegation processes in practice settings.

2. Dietitians must have the appropriate skill and judgement to accept delegation of a controlled act.

4. Dietitians must ensure meeting standards for informed consent and record keeping when practising under a delegation of a controlled act.

3. Dietitians must be aware of the laws permitting controlled acts to be performed in certain circumstances and when a controlled act cannot be delegated.



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Some controlled acts cannot be delegated because of the level of risk of harm



1. The delegation of a controlled act must be in the best interest of the client.

2. Dietitians must have the knowledge, skill and judgment to perform a controlled act.

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# Why must dietitians ensure meeting standards for informed consent and record keeping when practising under the delegation of a controlled act?



4. Dietitians must ensure meeting standards for informed consent and record keeping when practising under a delegation of a controlled act.



The requirements for informed consent rests on the principle that clients make their own informed and knowledgeable decisions that is appropriately recorded



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# Why must dietitians be aware of accountability, quality assurance and delegation processes in practice settings?

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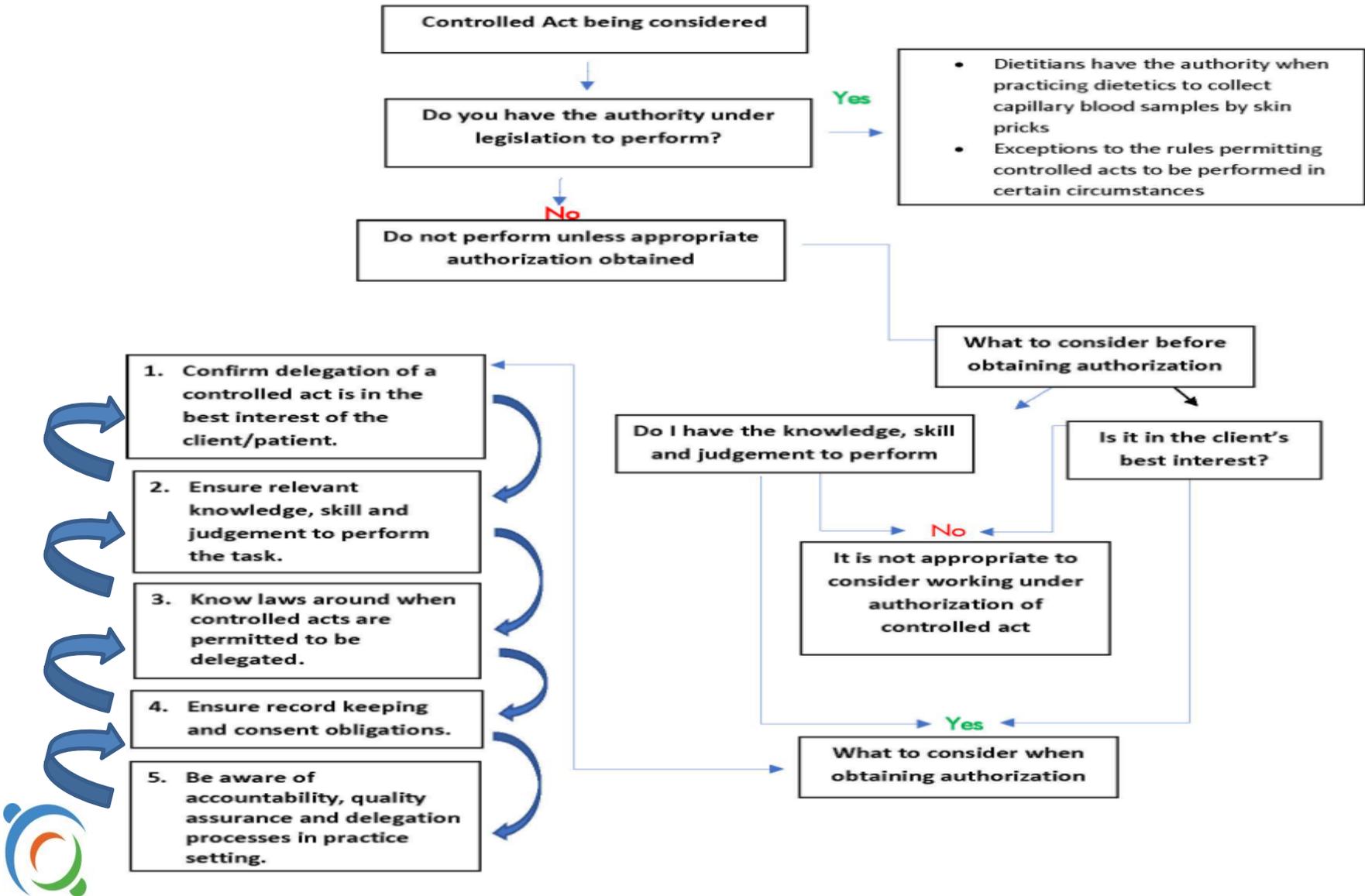


Ensures safe and collaborative care



College of Dietitians of Ontario

# Putting them together

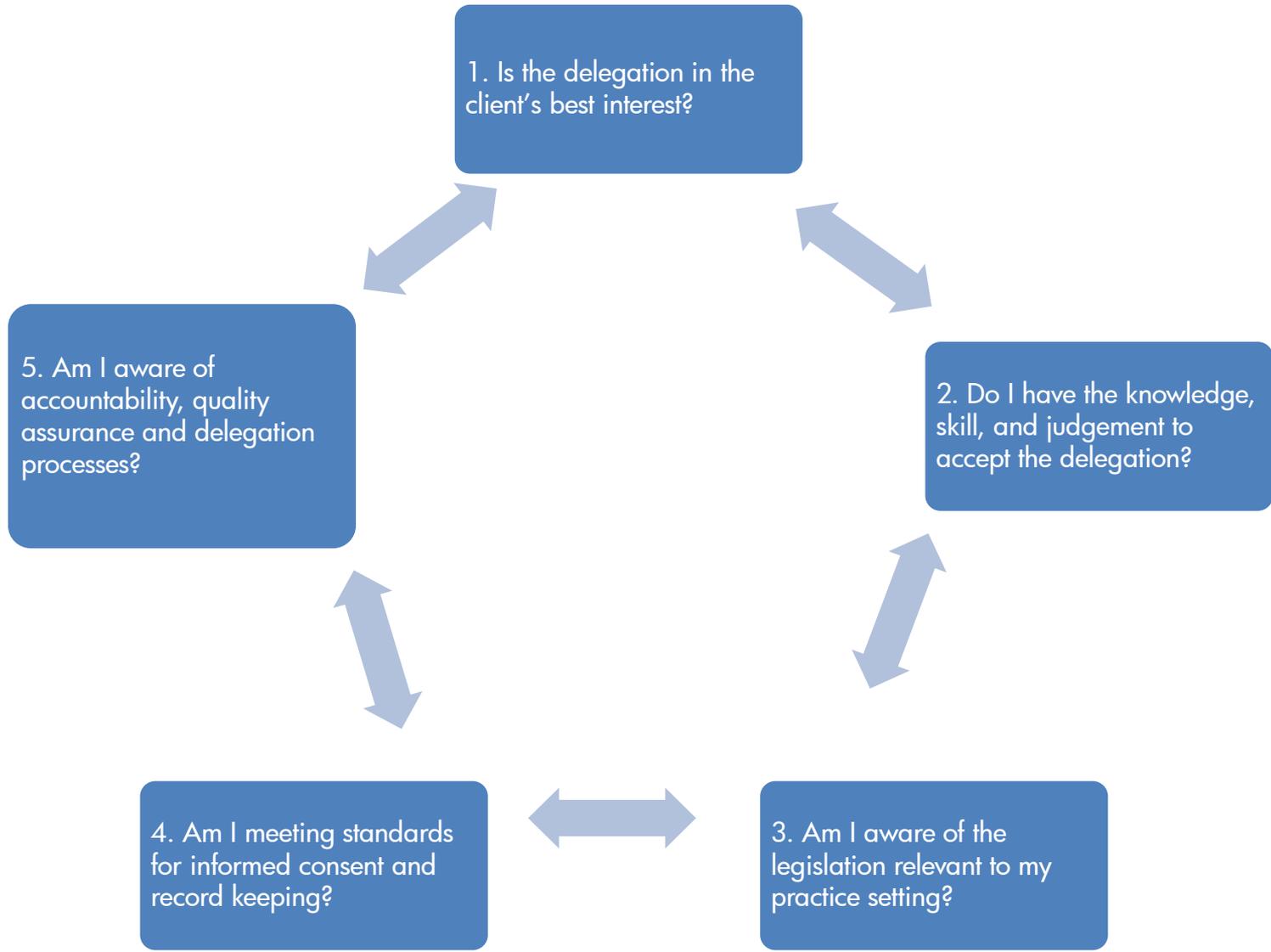




## Part 3. Scenarios

# WHAT WOULD YOU DO?







# WHAT WOULD YOU DO?

1. A dietitian sees a job posting seeking health professionals to administer COVID-19 vaccines. The job posting is open to all regulated health professionals, including dietitians. The dietitian is interested in applying.

- What are the issues?
- What should the dietitian consider?  
[Let's apply the Standard]



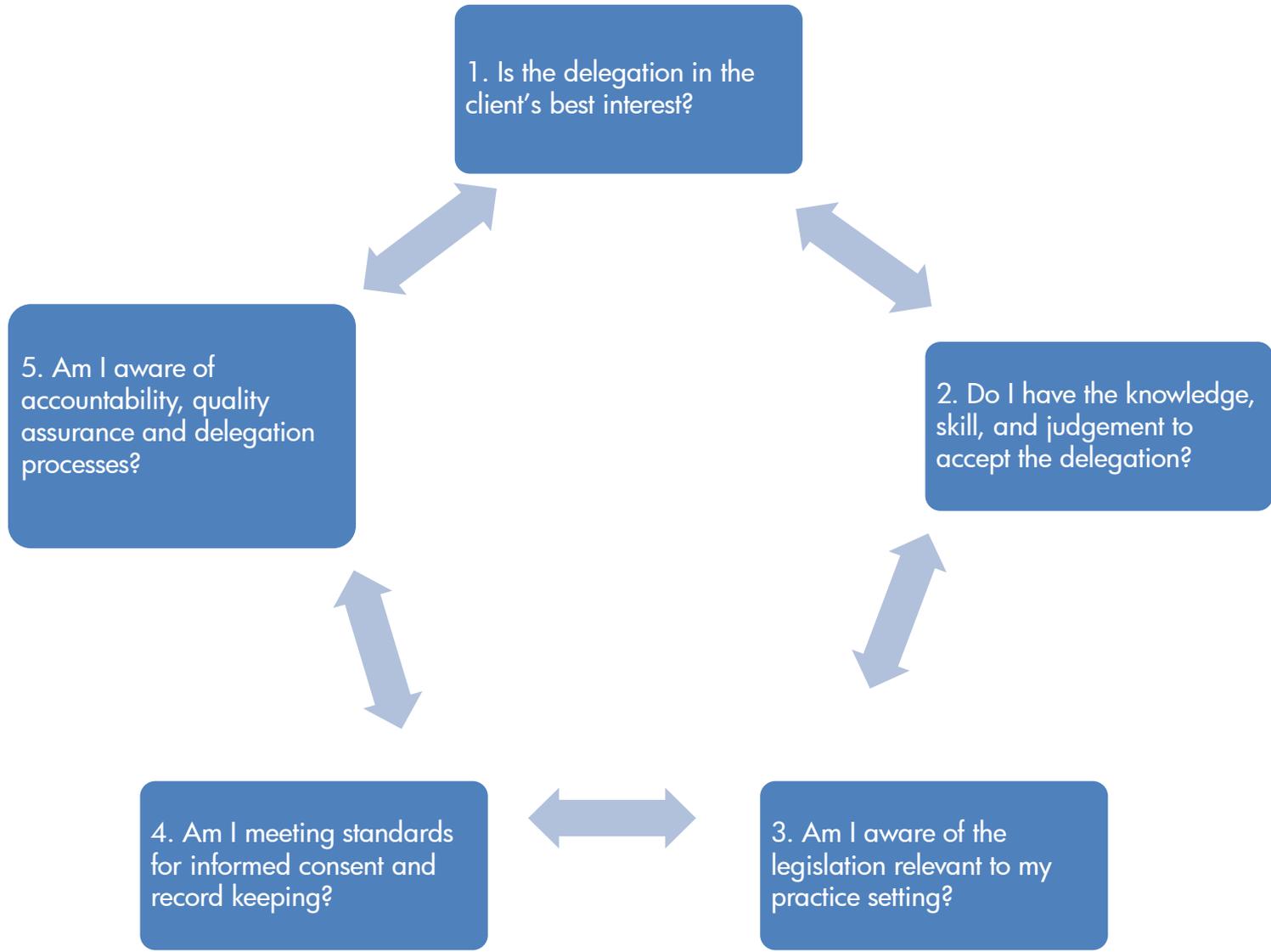


# WHAT WOULD YOU DO?

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

- Am I able to help? What are the issues?
- What should I consider? [Let's apply the Standard]







# WHAT WOULD YOU DO?

3. A dietitian is trained in behaviour-based counselling and is not sure if the dietetic counselling being provided is psychotherapy. The dietitian is not sure if this is a controlled act.

- What are the issues? How should the dietitian manage this situation? [Let's apply the Standard]





*From*

[College of Nurses of Ontario](#), Psychotherapy and the controlled act component of psychotherapy (reviewed 2019)

<https://www.collegeofdietitians.org/newsletters/2019-issue-2/is-dietetic-counselling-psychotherapy.aspx>



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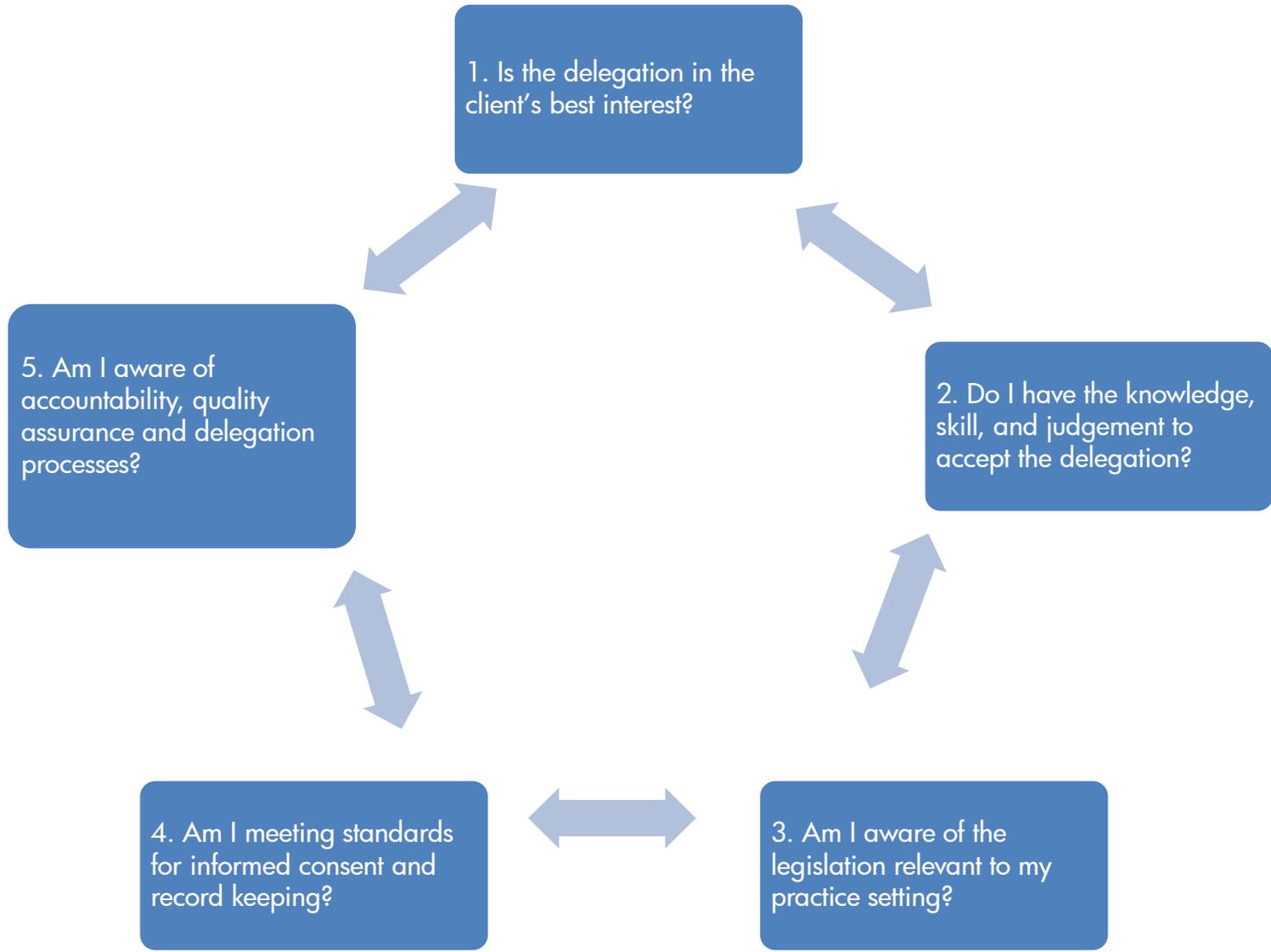


# WHAT WOULD YOU DO?

**4. A dietitian is wondering about cannabis use for appetite stimulation for their client.**

- What are the issues?
- What should the dietitian consider?  
[Let's apply the Standard]





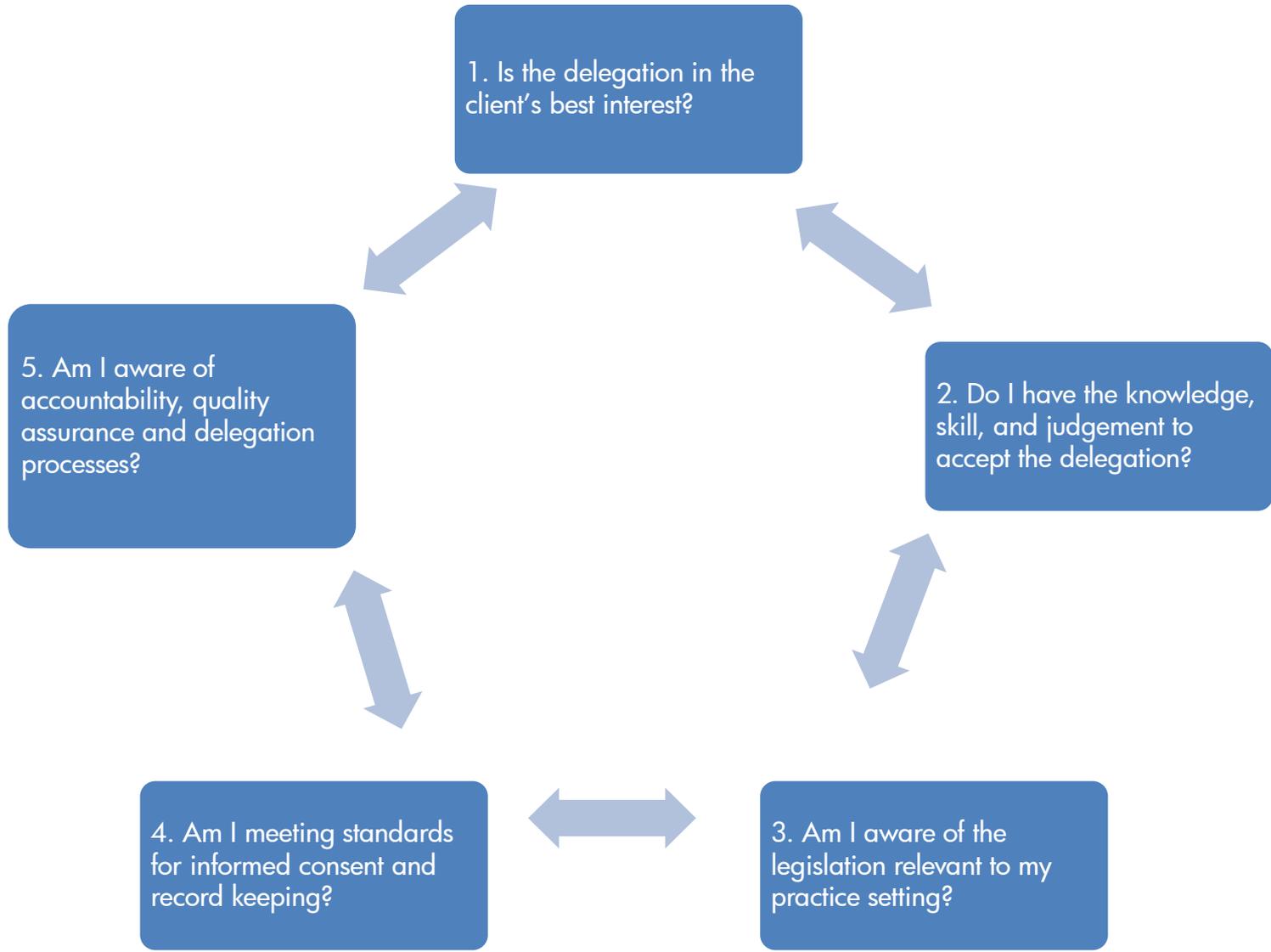


# WHAT WOULD YOU DO?

5. A dietitian working in a Diabetes Centre is asked to tell clients that they have a diagnosis of diabetes. In addition, the nurse practitioner asks the dietitian to dispense insulin.

- What are the issues?
- What should the dietitian consider?  
[Let's apply the Standard]





# Summary

We encourage dietitians to work with their employers and consider:

- client needs
- personal competence (knowledge and skill)
- interprofessional care
- professional obligations (e.g., legislation specific to your practice setting and organization specific policies)
- risk management, including confirming liability insurance coverage, if you are being asked to perform tasks outside of your scope of practice or usual role.





The delegation of a controlled act in appropriate circumstances can result in more timely delivery of healthcare and can promote optimal use of healthcare resources and personnel



# Resources

## [Jurisprudence and Professional Practice Resources: Scope of Practice](#)

### Delegation, Directives and Orders:

- [Health Profession Regulators of Ontario: Guide to Medical Directives & Delegation](#)
- [Medical Directive Needed for Skin Pricking in a Public Hospital Setting](#)
- [Therapeutic Diet Orders and Medical Directives](#)
- [Therapeutic Diet Orders](#)
- [Scope of Practice: Request For Laboratory Test Ordering Authority For Dietitians](#)
- [Do dietitians need a co-signature or medical directive to implement a diet order for residents in a LTC home?](#)





## Part 4: Q & A





**Please do not hesitate to  
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