

Academy of Nutrition and Dietetics: Revised 2018 Standards of Practice and Standards of Professional Performance for RDNs (Competent, Proficient, and Expert) in Mental Health and Addictions

What are the Standards of Practice (SOP) and Standards of Professional Performance (SOPP)?

- SOP and SOPP are consensus standards for RDNs to use for professional development and to assure competence.
- The standards provide a guide for self-evaluation; determine education and skills needed for advancing practice levels; and may be used by employers or regulatory agencies to determine competence for credentialed nutrition and dietetics practitioners.

SOP – Direct care to patient/client/customer

- Nutrition Assessment
- Nutrition Diagnosis
- Nutrition Intervention/Plan of Care
- Nutrition Monitoring and Evaluation

SOPP – 6 Domains of Professionalism

- Quality in Practice
- Competence and Accountability
- Provision of Services
- Application of Research
- Communication and Application of Knowledge
- Utilization and Management of Resources



WHAT?

What is a Focus Area?

- A focus area of nutrition and dietetics practice is a defined field of practice that requires specialized knowledge, skills and experience.
- It relates to how a practitioner specializes in a specific area of practice (e.g., diabetes care, pediatric nutrition, public health and community nutrition).¹
 - The SOP in Nutrition Care and SOPP for RDNs² serves as the blueprint for the SOP SOPP in Mental Health and Addictions in competent, proficient, and expert levels of practice.



WHEN?

When is a Focus Area SOP SOPP updated?

- Seven-year review process
- Indicated by changes in
 - healthcare and other business segments
 - public health initiatives
 - new research that guides evidence-based practice and best practices
 - consumer interests
 - technological advances
 - emerging practice environments



HOW?

How were the Mental Health and Addictions Standards updated?

The article, indicators, and figures were revised with input and consensus of content experts representing diverse mental health and addictions practice areas/settings and geographic perspectives.

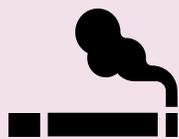
Reviewed and approved by the Executive Committee of the Behavioral Health Nutrition Dietetic Practice Group and the Academy Quality Management Committee.

Sources:

¹ Definition of Terms List. Academy of Nutrition and Dietetics. Accessed February 4, 2021. <https://www.eatrightpro.org/definitions>.

² Academy of Nutrition and Dietetics. Quality Management Committee. Academy of Nutrition and Dietetics: Revised 2017 Standards of Practice in Nutrition Care and Standards of Professional Performance for Registered Dietitian Nutritionists. *J Acad Nutr Diet*. 2018;118(1): 132-140.

Mental Health and Addictions Overview and Application



Addiction



Mental Health



Interprofessional Care



Practice Standards

Overview

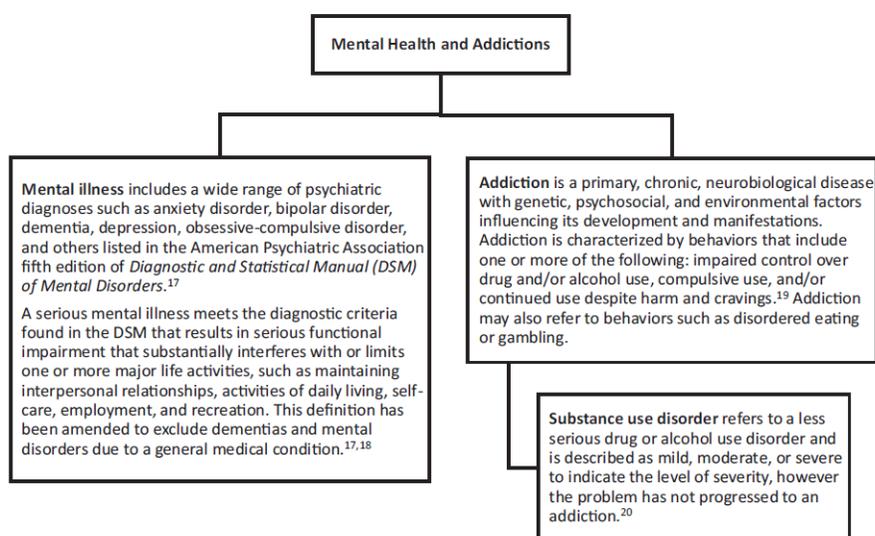


Figure 4. Mental health and addictions definitions.

Role Example – Clinical Practitioner PALTC

“An RDN consultant for a long-term care facility notices an increase in the number of new residents with a psychiatric disorder. The RDN refers to the SOP and SOPP in Mental Health and Addictions to enhance knowledge and skills for guiding assessment and plan of care decision making for these individuals. The RDN reviews the resources identified in the SOP and SOPP article and figures to identify areas for continuing education. The RDN consults with an RDN colleague who provides care for individuals with mental illnesses for appropriate diet orders and type of adjustments that may be needed for menus and dining options to support a resident’s nutritional needs.”¹

Additional Information and Resources

Academy of Nutrition and Dietetics

- Scope of Practice: <https://www.eatrightpro.org/scope>
- Standards of Practice: <https://www.eatrightpro.org/sop>

Journal of the Academy of Nutrition and Dietetics

- Scope and Standards for RDNs and NDTRs Collection: <https://jandonline.org/content/core>
- Focus Area Standards for CDR Specialist Credentials Collection: <https://jandonline.org/content/credentialed>
- Focus Area Standards for RDNs Collection: <https://jandonline.org/content/focus>

Behavioral Health Nutrition Dietetic Practice Group: <https://www.bhndpg.org/>

Sources:

¹ Girard TA, Russell K, Leye-Wallace R. Academy of Nutrition and Dietetics: Revised 2018 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Mental Health and Addictions. *J Acad Nutr Diet.* 2018; 118(10): 1975-1986.e53.