

**Nutrition and Dietetics Education Pathway: Years 3-4 Didactic Program in Dietetics (DPD)**

COMPETENCIES (skills/abilities to be assessed)		PERFORMANCE INDICATORS (skills/abilities that define/describe the competency to be addressed)	
Unit 1: Foundational Knowledge			
1.1.	Apply foundational knowledge in nutrition and dietetics (K)	1.1.1	Describe nutrition metabolism, including the integration and regulation of micro- and macro-nutrition in metabolism (K)
		1.1.2	Apply organic chemistry and biochemistry knowledge to make informed food and nutrition decisions for medical nutrition therapy and optimal health (K)
		1.1.3	Apply an understanding of social, physical, and behavioral factors that impact food and nutrition across the lifespan (K)
		1.1.4	Integrate knowledge of molecular factors, including genes, proteins, and metabolites, in the development and management of disease (K)
1.2	Apply knowledge of pharmacology to recommend, prescribe, and administer medical nutrition therapy (K)	1.2.1	Identify the classifications of nutraceutical pharmacological agents and their actions on the body (K)
		1.2.2	Apply knowledge of medication classifications, categories and indicators for commonly used prescription and over-the-counter medications and dietary supplements. (e.g., weight loss, hypertension, diuretics, diabetes) (K)
		1.2.3	Demonstrate understanding of pharmacokinetics as it applies to medications and supplements (K)
1.3	Apply behavior change theories to promote nutritional health and prevent disease (S)	1.3.1	Apply counseling theories, psychological methods, and strategies that empower clients/patients to make changes (S)
		1.3.2	Analyze the association between mental health conditions and nutritional health (K)
		1.3.3	Identify the benefits, risks, and limitations of counseling (K)
1.4	Apply an understanding of the impact of integrative and functional nutrition on disease, health, and wellness (S)	1.4.1	Explain how nutrients and nutritional supplements influence physical activity and wellness (K)
		1.4.2	Evaluate the safety and efficacy of integrative and functional nutrition approaches and interventions (S)
		1.4.3	Critically evaluate evidence-based literature to inform decisions about the use of integrative and functional nutrition (D)
1.5	Integrate research methods and principles into evidence-based practice (S)	1.5.1	Explain the steps of the research process (K)
		1.5.2	Analyze data using statistical methods and techniques (S)
		1.5.3	Evaluate research to support evidence-based decision-making and draw valid conclusions (S)

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Unit 2: Community Services			
2.1	Promote health and wellness for individuals and groups (D)	2.1.1	Engage in community outreach to address the nutrition-related needs of the target group (D)
		2.2.2	Assess and monitor the effectiveness, adequacy, and quality of infant feeding practices, including breastfeeding (S)
		2.2.3	Provide evidence-based breastfeeding education to promote human milk feeding, human lactation, infant and parental nutrition, and well-being (D)
2.2	Develop, modify, and deliver education for individuals and groups (S)	2.2.1	Provide education using various delivery methods to promote health and wellness (D)
2.3	Design and implement a program that considers relevant data and addresses the nutrition needs for health, wellness, and disease prevention (S)	2.3.1	Conduct a community needs assessment to identify the health status and behavior of the community and the gaps in resources and services (D)
		2.3.2	Provide evidence-based education to address nutrition misinformation in a manner that supports informed decision-making (D)
		2.3.3	Demonstrate an understanding of cultural differences as they pertain to patient/client care (S)
Unit 3: Professional Behaviors and Leadership			
3.1	Demonstrate ethical and professional behaviors (S)	3.1.1	Demonstrate ethical behaviors in accordance with the professional Code of Ethics (D)
		3.1.2	Maintain confidentiality and security when sharing, transmitting, storing, and managing protected health information (K)
		3.1.3	Perform self-reflection to identify skills, strengths, knowledge, and experiences and develop goals for self-improvement (D)
		3.1.4	Apply client/patient-centered principles to all activities and services (S)
		3.1.5	Identify and take steps to manage unethical, incompetent, and unsafe behavior (S)
		3.1.6	Practice in a manner that respects patient/client needs (S)
		3.1.7	Apply nutrition-related legislation, regulations, and standards of practice (K)
Unit 4: DPD Patient/Client Services			
4.1	Conduct nutrition screening to identify health and nutrition-related problems (D)	4.1.1	Interview clients/patients and gather information from other sources to identify a nutrition-related problem following established tools and guidelines (D)
		4.1.2	Identify priority needs based on screening results (D)
4.2	Conduct a nutrition assessment to inform nutrition diagnosis (S)	4.2.1	Obtain diet history and the level of physical activity (D)
		4.2.2	Recognize abnormal laboratory values and their impact on health and nutrition (D)
		4.2.3	Select nutrition assessment tools for individuals and groups/populations (S)

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		4.2.4	Address nutritional risk factors across the life span (K)
		4.2.5	Conduct a nutrition-focused physical examination and interpret results (K)
		4.2.6	Identify signs and symptoms of malnutrition and nutrient deficiencies and excesses (K)
		4.2.7	Assess individual energy and nutrient needs based on physiology and health status (D)
		4.2.8	Develop a Problem, Etiology, Signs and Symptoms (PES) statement to communicate a nutritional diagnosis (D)
4.3	Develop and implement an individualized plan of care that addresses nutrition care needs, diagnosis, and client/patient nutrition goals (S)	4.3.1	Develop goals that address nutrition care needs and diagnosis (S)
		4.3.2	Create a nutrition prescription to address nutrition goals (S)
		4.3.3	Address food-medication interactions and food allergies to ensure client/patient safety (S)
		4.3.4	Create an implementation and monitoring plan to address nutrition interventions (K)
		4.3.5	Document all elements of the nutrition care process following professional standards and organizational policies (S)
		4.3.6	Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third-party payers, and how reimbursement may be obtained (K)
4.4	Apply foundational sciences to provide medical nutrition therapy (S)	4.4.1	Recognize the implications of genetic variation for nutritional needs and medical nutrition therapy (K)
		4.4.2	Evaluate and address the influence of food consumption on the development and management of diseases (K)
		4.4.3	Recommend therapeutic diets and oral nutrition supplements based on the assessment and nutrition diagnosis (S)
		4.4.4	Apply foundational science knowledge and medical nutrition therapy principles to evaluate indications for enteral and parenteral nutrition (S)
		4.4.5	Instruct clients/patients on self-monitoring blood glucose levels, considering diabetes medication and medical nutrition therapy plan (S)
Unit 5: Foodservice			
5.1	Design meals that promote health and disease management for various individuals and groups across the lifespan (D)	5.1.1	Develop and modify menus and meal plans to ensure acceptability and affordability, accommodating age, dietary patterns, preferences, and health status (D)
		5.1.2	Evaluate recipe acceptance using sensory evaluation methods (D)
		5.1.3	Modify recipes and ingredients based on preferences, dietary needs, trends, seasonality and product availability (D)
		5.1.4	Apply knowledge of food science to the development of food and for designing therapeutic diets (S)

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<b>5.2</b>	<b>Manage the production, distribution, and service of quantity and quality food systems (S)</b>	5.2.1	Integrate principles of chemistry and food science as they pertain to food and nutrition product development and modification (D)
		5.2.2	Adjust recipes to scale for the desired quantity (D)
		5.2.3	Perform supervisory functions for purchasing, production, and service of food that meets nutrition guidelines, cost parameters and health needs (S)
		5.2.4	Perform human resource functions and processes to achieve organizational goals (S)
		5.2.5	Perform food service budget activities to achieve financial goals (D)
		5.2.6	Apply workplace safety principles to identify and mitigate safety hazards (S)
		5.2.7	Analyze organizational needs, including workforce, equipment, space, and technology, to ensure sustainability (S)
		5.2.8	Analyze the workflow design and make recommendations to improve system efficiency (S)
		5.2.9	Develop disaster planning protocols to ensure safe and continuous food service (S)
<b>5.3</b>	<b>Apply sanitation and food safety principles in compliance with state and federal regulations (D)</b>	5.3.1	Adhere to policies and procedures to optimize food and water safety in compliance with state and federal regulations (D)
		5.3.2	Apply sanitation principles related to food safety, personnel, and consumers (D)
		5.3.3	Demonstrate awareness of food regulations specific to the practice settings (K)
<b>5.4</b>	<b>Coordinates the purchasing, receipt and storage of food products and services (S)</b>	5.4.1	Conducts a facility analysis of equipment based on resource availability, anticipated future growth and sustainability (S)
		5.4.2	Develop, implement and use inventory management systems to track and ensure accurate inventory reporting (S)
		5.4.3	Manage the process of receiving and storing products, demonstrating adherence to food safety code guidelines and regulations (S)
		5.4.4	Manage the relationship between forecasting and production as it pertains to recipe needs and organizational demand (S)