

# Academy of Nutrition and Dietetics: Revised 2022 Standards of Practice and Standards of Professional Performance for RDNs (Competent, Proficient, and Expert) in Adult Weight Management

## 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 employer 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 (i.e., diabetes care, pediatric nutrition, sports and human performance nutrition).<sup>1</sup>
  - The SOP in Nutrition Care and SOPP for RDNs<sup>2</sup> serves as the blueprint for the SOP SOPP in Adult Weight Management 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 Adult Weight Management Standards updated?

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

Reviewed and approved by the Executive Committee of the Weight Management Dietetic Practice Group and the Academy Quality Management Committee.

Sources:

<sup>1</sup> Definition of Terms List. Accessed September 30, 2022. <https://www.eatrightpro.org/practice/scope-and-standards-of-practice>

<sup>2</sup> 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.

# Adult Weight Management Overview and Application



Lifelong



Empowering



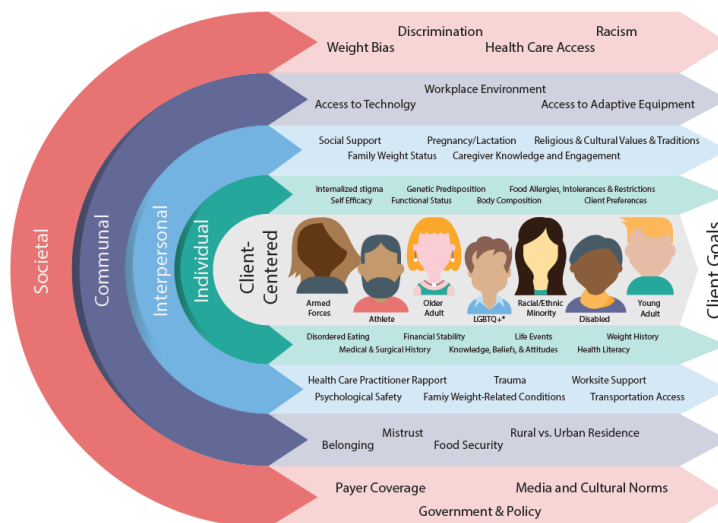
Evidence-Based



Practice Standards

## Overview

- Despite body mass index being a crude measure with limitations, it is strongly correlated with more than 40 diseases and conditions and premature mortality.
- The professional role of the RDN is one of service-empowering persons to thrive through food and nutrition, a dynamic guiding principle that is at the core of adult weight management.
- RDNs are well equipped to provide care and are the forefront of advocating for weight-inclusive built environments, policies, and person-centered communications to minimize harm and maximize benefit.<sup>1</sup>



## Role Example – Clinical Practitioner-Competent

“An RDN recently assigned to work in a clinic setting reviews applicable medical and Medical Nutrition Therapy resources related to adult weight management to guide practice and identify knowledge and skills for continuing education. An RDN uses the SOP and SOPP in Adult Weight Management to evaluate expected outcomes and the level of competence needed to provide quality care. An RDN identifies mentors for consultation and qualified practitioners to refer to individuals who require a level of care higher than that RDN can competently provide.”<sup>1</sup>

## Additional Information

Webpages:

- Scope of Practice: <https://www.eatrightpro.org/practice/scope-and-standards-of-practice>
- Standards of Practice: <https://www.eatrightpro.org/practice/scope-and-standards-of-practice>

*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>

Weight Management Dietetic Practice Group: <https://www.wmdpg.org>

Sources:

<sup>1</sup> Tewksbury C, Nwankwo R, Peterson J. Academy of Nutrition and Dietetics; Revised 2022 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Adult Weight Management. *J Acad Nutr Diet.* 2022; 122(10):1940-1954.e45.