

# Academy of Nutrition and Dietetics: Revised 2020 Standards of Practice and Standards of Professional Performance for RDNs (Competent, Proficient, and Expert) in Intellectual and Developmental Disabilities

## 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).<sup>1</sup>
  - The SOP in Nutrition Care and SOPP for RDNs<sup>2</sup> serves as the blueprint for the SOP SOPP in Intellectual and Developmental Disabilities (IDD) 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 IDD Standards updated?

The article, indicators, and figures were revised with input and consensus of content experts representing diverse IDD 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:

<sup>1</sup> Definition of Terms List. Accessed September 30, 2022. <https://www.cdnet.org/definitions>

<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.

# Intellectual and Developmental Disabilities

## Overview and Application



Person-Centered



Quality of Life



Interdisciplinary Care



Individual

## Overview

- Intellectual and Developmental Disabilities (IDD) encompass both Intellectual Disabilities (ID) and Developmental Disabilities (DD)<sup>1</sup>
- In 2016, 7.37 million people in the United States and 200 million worldwide were identified with both an ID or DD.
- RDNs have a crucial role to play in the treatment of IDD, as optimizing nutrition status improves cognition and quality of life.
- RDNs may work in hospitals or other facilities, which may range from schools to intermediate and long-term care facilities. RDNs provide services in home via Early Intervention programs, schools, state or federal programs, jails or prisons, and/or therapy companies.
- The RDN is part of the interdisciplinary team that develops a care plan using a person-centered approach that prioritizes the individual's preferences and needs.<sup>1</sup>



## Role Example – Clinical Practitioner (hospital, clinic, LTC)

“An RDN working in the community hospital’s outpatient clinic is receiving more referrals for individuals with medical conditions who have an intellectual or developmental disability (IDD). To strengthen knowledge, the RDN reviews the SOP SOPP in IDD and the recommended published practice guidelines and nutrition resources to guide assessment and plan of care. The RDN meets with an RDN colleague who works with the IDD population for guidance, to identify continuing education options, and to identify where to refer individuals or the family/caregiver for recommendation to the referring physician if a higher level of care is indicated.”<sup>1</sup>

## Additional Information and Resources

Webpages:

- 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:

<sup>1</sup> Conway C, Lemons S, Terrazas L. Academy of Nutrition and Dietetics: Revised 2020 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Intellectual and Developmental Disabilities. *J Acad Nutr Diet.* 2020; 120(12): 2061-2075e57.