

# Academy of Nutrition and Dietetics: Revised 2019 Standards of Practice and Standards of Professional Performance for RDNs (Competent, Proficient, and Expert) in Nutrition in Integrative and Functional Medicine

## 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, post-acute and long-term care).<sup>1</sup>
  - The SOP in Nutrition Care and SOPP for RDNs<sup>2</sup> serves as the blueprint for the SOP and SOPP in Nutrition in Integrative and Functional Medicine (NIFM) 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 NIFM Standards updated?

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

Reviewed and approved by the Executive Committee of the Dietitians in Integrative and Functional Medicine Dietetic Practice Group and the Academy Quality Management Committee.

Sources:

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

# Nutrition in Integrative and Functional Medicine

## Overview and Application



Holistic



Patient-Centered



Patient's Story



Shared Decision Making

## Overview

NIFM reflects both integrative and functional medicine which encompass a patient-/client-centered, healing-oriented approach that embraces conventional (Western) and complementary therapies.

NIFM encompasses integrative and functional medical nutrition therapy (IFMNT), a term used by the DIFM DPG to identify medical nutrition therapy that incorporates both integrative and functional medicine principles with conventional nutrition practices for chronic disease conditions and some acute conditions.

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## Role Example – Long-term care/skilled nursing facility

“An RDN working in a long-term care and skilled nursing facility managing the nutrition needs of the elder population is monitoring several chronically ill residents with persistent weight loss, frequent infections, and non-healing pressure ulcers/injuries without improvement. The RDN is interested in investigating NIFM approaches and refers to the SOP and SOPP in NIFM for information in evaluating the level of competence needed to provide quality integrative and functional medical nutrition therapy (IFMNT) interventions to these residents. The SOP and SOPP provides guidance to increase knowledge and identify resources for building skills in assessing underlying core clinical imbalances that may relate to potential nutrient imbalances. The RDN contacts a colleague with a NIFM practice for mentoring, resource ideas, and continuing education programs.”<sup>1</sup>

## Additional Information and Resources

Webpages:

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

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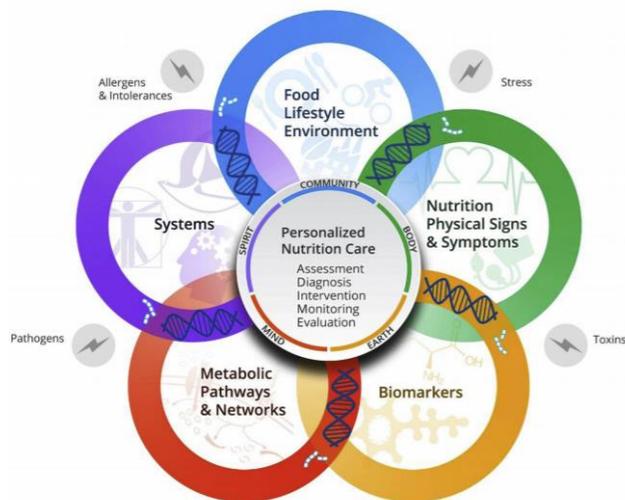
- Scope and Standards for RDNs and NDTRs Collection: <https://jandonline.org/content/core>
- Focus Area Standards for CDR Specialist Credentials Collection: <https://jandonline.org/content/credentialed>
- Focus Area Standards for RDNs Collection: <https://jandonline.org/content/focus>

Dietitians in Integrative and Functional Medicine (DIFM) Dietetic Practice Group: <https://integrativerd.org/>

Sources:

<sup>1</sup> Noland D, Raj S. Academy of Nutrition and Dietetics: Revised 2019 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Nutrition in Integrative and Functional Medicine. *J Acad Nutr Diet.* 2019;119(6): 1019-1036.e47.

The Radial: Integrative and Functional Medical Nutrition Therapy



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Figure 7. Integrative and functional medical nutrition therapy radial. (Reprinted with permission from Kathie M. Swift, MS, RDN, LDN, FAND; Diana Noland, MPH, RD; and Elizabeth Redmond, PhD, MMSc, RD, LD.)