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). The SOP in Nutrition Care and SOPP for RDNs serves as the blueprint for the SOP SOPP in Eating Disorders 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 Eating Disorders Standards updated?

- The article, indicators, and figures were revised with input and consensus of content experts representing diverse eating disorders 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.
Overview

- Eating disorder treatment must include the RDN at all phases of recovery. Throughout the treatment process, an RDN serves as a clinical advocate for the nutritional needs of clients.
- As science advances, continued exploration into the role of nutrition on mental health, psychobiotic neuroregulators, and the gut-microbiome will offer the RDN new educational frameworks to provide medical nutrition therapy for treating ED through the lifespan.
- Best practices for ED include a culturally inclusive view of treatment, inclusion of physical activity/movement, and development of a personal spirituality. The call to action for every RDN is to use an assertive, evidence-based, and clinically relevant approach to treatment for ED.¹

Role Example – Clinical Practitioner (acute care or psychiatric hospital)

“A hospital based RDN responsible for the medical and locked psychiatric units recognizes that some patients have symptoms of an eating disorder (ED). The medical and nutrition history provided insight into a patient’s eating-related behaviors and the duration of the psychopathology. The RDN reviews the SOP SOPP in ED to identify needed competence for recognizing the symptoms that suggest an eating disorder and to best support interprofessional collaboration for development of an appropriate plan of care.”¹

Additional Information and Resources

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

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:

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