



# Continuing Competence Program

Examples of SMART Learning Goals

## SMART Learning Goal #1

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By the end of 2017, I will have made a comprehensive review of recent guidelines for screening, preventing and managing malnutrition for hospitalized patients by doing a literature review and doing a Dietitians of Canada "Learning on Demand", in order to develop and apply an appropriate program in my workplace.

## SMART Learning Goal #2

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In the next year I will to deepen my knowledge, skills and judgement on recommending supplements by engaging in education activities such as the Dietitians of Canada Learning on Demand "Dietary Supplements and Mineral Supplements". The outcome of this goal will be that I will function independently and provide high quality client care when advising patients on supplements.

## SMART Learning Goal #3

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This year, I will increase my knowledge, skills and judgement on the current evidence-based research on celiac disease and gluten sensitivity by reading Shelley Case's *Gluten Free – The Definitive Resource Guide* book to positively impact my practice. I will measure the outcome of this goal by preparing a summary article for my colleagues on the subject.

## SMART Learning Goal #4

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By the end of the year, I will review the Right to Information and Protection of Privacy Act (RTIPPA) and reflect on my dietetic practice sufficiently, to develop and implement an annual audit, appropriate documents and best practices to ensure the privacy of my clients in my private practice.

## SMART Learning Goal #5

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By the end of the year, I will have updated my knowledge and improved my skills in using the Nutrition Care Process and Terminology (NCPT) by reviewing the most recent edition of the Manual and in participating in a working group on the subject in order to elaborate a nutritional diagnostic in patients' charts.

## SMART Learning Goal #6

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By the end of the year, I will have improved my knowledge and competencies in the area of dysphagia by researching recent literature and observing patient meal intakes in order to screen dysphagia problems and recommend appropriate nutritional plans for patients with dysphagia.

## SMART Learning Goal #7

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By the end of the year, I will have furthered my competencies in the development and application of an appropriate marketing plan, in order to effectively promote the Healthy Eating Environment Policy in my organization. I will do this by speaking to upper management and learning new techniques through online resources. While developing the marketing strategies, I will also develop a tool to measure the effectiveness of marketing the policy.

## SMART Learning Goal #8

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By the end of the year, I will effectively use LEAN principles in order to optimize menu management procedures. I will do this by reading literature to better understand LEAN principles and discuss with peers who practice this way in order to understand the best approach to applying these principles in practice.

## SMART Learning Goal #9

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By the end of the year, I will efficiently apply collaboration and negotiation principles in team work. I will achieve this goal by reading journal articles on negotiation and collaboration principles and by applying my learnings in team work. By continually improving my collaboration and negotiation skills, I will be better able to influence decisions pertaining to the nutritional care plan.

## SMART Learning Goal #10

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By the end of the year, I will increase my understanding and utilization of low FODMAP diet guidelines to better counsel my clients by reading the latest literature on the subject. This goal will be met when I can confidently apply the FODMAP regime in appropriate clinical situations and counsel clients accordingly.

## SMART Learning Goal #11

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By the end of the year, I will increase my knowledge of diabetes using the Canadian Diabetes Educator resources sufficiently to prepare to complete the CDE exam in May of the following year.

## SMART Learning Goal #12

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By the end of the year, I will do a literature review to research clinical resources in order to identify a variety of indicators to evaluate the quality of clinical nutrition services offered. Based on the appropriate indicators, I will be able to recommend improvements to clinical nutrition services.