

## CONTINUING COMPETENCE PROGRAM

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### GOAL 1

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\* This continuing competence goal relates to:

2: Communication and Collaboration

\* Competency

Competency 2.4

Applies counselling principles.

\* Performance indicator

2.4.4

### LEARNING GOAL

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\* Specific to the noted performance indicator, my SMART learning goal is:

By the end of the year, I will have improved my motivational interviewing (MI) skills by taking a MI course, taking part in practice sessions, attending webinars and reading literature. I will successfully achieve this goal when I can apply MI with my clients and counsel them to sustainable behaviour change.

### ACTIVITY LOG

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\* Date

2018-04-27

\* Description of learning activity

Reading "Motivational Interviewing in Nutrition and Fitness" - Dawn Clifford and Laura Curtis

\* Supporting Documentation (certificates, receipts, references, etc.)

Book cover and table of content

\* Date

2018-08-24

\* Description of learning activity

Reading "Weight Neutral Diabetes Counselling and Education Activities" - Megrette Fletcher

\* Supporting Documentation (certificates, receipts, references, etc.)

Book cover and table of content

\* Date

2018-03-30

\* Description of learning activity

Online course "Motivational Interviewing with Mindful Eating"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copy of certificate

\* Date

2018-02-27

\* Description of learning activity

Webinar "Weight neutral Diabetes Counselling"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copy of certificate

## SELF-REFLECTION

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To what extent has your learning affected your professional growth?

- Enhanced critical thinking /
- decision making Increased  
knowledge / skill / competence
- Improved communication skills
- Identified further need for information or action

Reflect on how your practice and competence has been enhanced or will be enhanced through completion of this learning goal:

Enhancing my MI interviewing skills has been fundamental to my practice and how I can relate and counsel my clients and the way I provide health care. Learning and applying MI skills has shifted the way I practice dietetics. I feel like I can now offer a partnership to my clients versus being the nutrition educator. Being a partner in counselling offers my clients autonomy over their health which can be difficult when just being the educator or the expert. With clients having more control over their health and health behaviours, I am able to create a long-lasting counselling relationship where I can offer support for many sessions and many months and help them adopt lifestyle behaviours that suit them and that are sustainable. Learning and applying MI has made me a more compassionate Dietitian. I feel that as Dietitians we require much more training in interviewing and counselling skills. I recall having to take only one course in interviewing/counselling in University and having little exposure or supervised training in counselling during my internship.

## GOAL 2

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\* This continuing competence goal relates to:

1: Professional Practice

\* Competency

Competency 1.11

\* Performance indicator

1.11.1 Identifies and participate in advocacy opportunities and activities in dietetic practice.

## LEARNING GOAL

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\* Specific to the noted performance indicator, my SMART learning goal is:

By the end of the year, I will research the topic of 'the effects of weight bias in healthcare' by reviewing literature and attending webinars. This goal will be achieved when my research is presented to a group of health professionals in order to advocate for a more weight neutral provision of healthcare.

## ACTIVITY LOG

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\* Date

2018-11-23

\* Description of learning activity

Webinar "Exploring Food Literacy and Resilience in Youth"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copy of slides

\* Date

2018-03-30

\* Description of learning activity

Literature review of "Weight Bias in Healthcare"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copies of abstracts

\* Date

2018-05-25

\* Description of learning activity

Online course "Unpacking Weight Science"

\* Supporting Documentation (certificates, receipts, references, etc.)

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\* Date

2018-04-27

\* Description of learning activity

Online course "Non-diet approach for Dietitians"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copy of certificate

\* Date

2018-04-27

\* Description of learning activity

Presentation of "Weight Bias in Healthcare"

\* Supporting Documentation (certificates, receipts, references, etc.)

Copy of slides

## SELF-REFLECTION

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To what extent has your learning affected your professional growth?

- Enhanced critical thinking / decision making Review, reinforcement or update of knowledge
- Change in perception, understanding, awareness, insight or philosophy Identified further need for information or action

Reflect on how your practice and competence has been enhanced or will be enhanced through completion of this learning goal:

Over the past few years, I have been questioning the way we practice dietetics or what expectations lie upon us as a group of health professionals. I was never able to counsel patients/clients to successful, sustainable weight loss. This was frustrating to me as I felt like I couldn't help my clients. I struggled understanding the obsession behind this societal push for weight loss at all costs and how this relates in pursuing health? Adopting a weight neutral approach to care has been freeing and empowering, as the focus lies on offering health care not weight loss counselling. Doing a literature review to explore how weight bias and weight stigma affects the way health care is provided has been so eye opening and has opened many opportunities to advocate and educate. It is quite clear that weight bias is damaging to physical and mental health and does not help people to make healthier lifestyle choices. I have grown a passion for this subject which has prompted me to explore graduate studies in public health to learn more about determinants of health and learning how we can address public health nutrition issues without pushing weight loss that is not sustainable long term.