



**CDBC Update  
Volume 4 Number 5  
August 2009**

This CDBC Monthly Update includes information about:

- ***Congratulations to New Graduate Dietitians!***
- ***Success on the Canadian Dietetic Registration Examination (CDRE)***
- ***Do you need Restricted Activity "C" if you advise a LPN on the administration of enteral nutrition?***
- ***You Asked About...***

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***Congratulations to New Graduate Dietitians!***

Twenty-nine new graduates have recently registered with the CDBC as Temporary Registrants: 25 are UBC grads, 1 is a Langara College graduate from one of three programs for international and returning-to-practice applicants, 2 are new grads from Manitoba and 1 is a new grad from Ontario. Welcome to the CDBC!

Temporary Registrants have 2 limitations on practice:

- they may not supervise Registered Dietitians, and
- they must use the title "dietitian with temporary registration" and the initials "RD(t)".

Temporary Registration is administratively converted to Full Registration once the national exam is passed. The [Public Register](#) contains the names of all Temporary and Full Registrants and their registered Restricted Activities.

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***Success on the Canadian Dietetic Registration Examination (CDRE)***

Eight Temporary Registrants were recently granted Full Registration when the CDBC received notice of their success on the CDRE. Congratulations! The exam is based on

entry-to-practice competencies and offered in French and English across Canada twice a year, in May and November. It is managed and updated by the Alliance of Canadian Dietetic Regulators, the 10 dietetic regulatory organizations in Canada. Learn more about the Alliance at [www.dieteticregulation.ca](http://www.dieteticregulation.ca).

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***Do you need Restricted Activity "C" if you advise a LPN on the administration of enteral nutrition?***

This question came to the CDBC after the June 2009 Monthly Update article on Do you Need Restricted Activity "C"? In that article, we advised RDs that they need Restricted Activity "C" if a substance is being administered by instillation through enteral means and the RD:

- physically manipulates or adjusts the enteral delivery device or system, and/or
- physically changes an enteral feeding bag to provide a nutritional or non-nutritional substance to a client, and/or
- instructs clients, caregivers, RDs or other health care professionals to do so.

After checking with the College of Licensed Practical Nurses, the CDBC learned that the administration of enteral nutrition is within the Licensed Practical Nurses' (LPNs') scope of practice. LPN students are taught to administer enteral tube feeds during their education program. As registered health professionals, LPNs are legally responsible for their practice, including the administration of enteral feeds on a doctor's order.

If an LPN was not competent with administering enteral feeds, they would ask a Registered Nurse or Registered Nurse Practitioner for assistance, guidance or further education.

The only time a Registered Dietitian would become involved is if the LPN (or another health care professional) questioned the enteral design or contents of the enteral feed. If the RD advises the health care professional, they require Restricted Activity "A" which applies to designing therapeutic diets administered through enteral means.

In rare cases where a Registered Nurse or Registered Nurse Practitioner is unavailable, the RD who is competent and registered with Restricted Activity "C" may instruct a health care professional who is not competent on the administration of enteral nutrition.

Read the complete ["Interpretive Guideline: Restricted Activities"](#). Restricted Activities may be added to your registration at any time by providing Appendix A or B and paying the \$25 fee.

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***You Asked about***

Q: New regulations come into force this Fall and I'm not sure how they apply to a Dietitian's ability to write an order for a therapeutic diet. I've included the sections below. Would you mind explaining them? Thanks!

*Adult Care Regulations* (in force September 30, 2009) Section 7.3 (1) A licensee must ensure that meals and snacks (e) fulfill the requirements of any therapeutic diet ordered by the person in care's primary health care provider.

*Residential Care Regulation* (in force October 1, 2009) Section 81 (3) A care plan must include all of the following (c) a nutrition plan that (ii) specifies the nutrition to be provided to the person in care, including the requirements of any therapeutic diets.

A: A Dietitian is a primary health care provider along with a physician, nurse, etc, and can currently determine the therapeutic diet required by an adult. In the Dietitians Regulation, the definition of "dietetics" includes reference to "therapeutic diets." To the CDBC, therapeutic diets refer to diets designed for any preventive or corrective medical reason and clearly differentiate the scope of practice of a Registered Dietitians from a non-regulated nutritionist.

After the two new regulations come into effect, the same reasoning applies. "Writing an order" for a therapeutic diet is a common term for Dietitians although the College prefers to use terms such as "designing" a therapeutic diet (as used in the Dietitians Regulation) or "selecting ingredients for" a therapeutic diet. This Fall you may continue to design or select ingredients for therapeutic diets. Here's the link to the [Dietitians Regulation](#) - check the "dietetics" definition on the 1st page.

The only limitation for a Registered Dietitian applies to enteral/parenteral therapeutic diets that include vitamins, minerals, insulin or oral hypoglycemic agents that are re-classified in a hospital setting as Schedule 1 drugs requiring a prescription. You may still legally design the diet but currently need a physician or nurse practitioner ("authorized practitioners") to relay the order to the pharmacist so the pharmacist can legally accept the diet order from an authorized practitioner, even though it was designed by the Dietitian. The pharmacist can then compound and dispense the enteral or parenteral therapeutic diet.

This delay caused by the pharmacists' legislation is the focus of the CDBC/College of Pharmacists of BC Inter-professional Agreement that's in progress. Stay tuned!

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### **Questions or comments?**

Do you have questions or comments about items in this Monthly Update? Would you like CDBC staff to provide an update on regulatory matters, College initiatives, and boundaries with clients, the Continuing Competence Program (CCP) or any other

topics? Please contact the office at (604) 736-2016, through our BC toll-free number at 1 (877) 736-2016 or by email at: [info@collegeofdietitiansbc.org](mailto:info@collegeofdietitiansbc.org). Fern Hubbard, Registrar, and/or Mélanie Journoud, Practice Advisor, would be pleased to meet with your local RD group!

email: [info@collegeofdietitiansbc.org](mailto:info@collegeofdietitiansbc.org)

web: <http://www.collegeofdietitiansbc.org>

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The College of Dietitians of BC | Suite 103 – 1765 West 8th Avenue | Vancouver | BC | V6J 5C6 | Canada