

Chapter 1 - Role of the Registered Dietitian Nutritionist

1. Conducting a nutrition assessment and identifying a nutrition diagnosis falls within Standard 1: Demonstrating Ethics and Competence in Practice.

- a. True
- b. False

ANSWER: False

2. Rehabilitation facilities focus on integrated, multidisciplinary assistance for recovery from acute or chronic illness and/or surgical procedures.

- a. True
- b. False

ANSWER: True

3. Working with a speech pathologist to determine the most appropriate diet consistency for a patient is an example of interdisciplinary collaboration.

- a. True
- b. False

ANSWER: True

4. To provide optimal nutritional care, all aspects of a patient's life must be considered.

- a. True
- b. False

ANSWER: True

5. Evidence-based practice can best be defined as purposeful, self-regulatory judgment and opinion that results in interpretation, analysis, evaluation, and inference upon which decisions are based.

- a. True
- b. False

ANSWER: False

6. Laylah has been a practicing RDN for 12 years. She tries to attend at least one national or regional nutrition-focused conference each year and at least one webinar in her specialty area each month. What professional standard of practice is Laylah demonstrating by taking part in continuing education opportunities?

- a. Standard 6: Providing Effective Communications and Advocacy
- b. Standard 5: Applying Research and Guidelines
- c. Standard 1: Demonstrating Ethics and Competence in Practice
- d. Standard 6: Providing Effective Communications and Advocacy

ANSWER: c

7. What standard of practice is demonstrated by developing a nutrition intervention?

- a. Standard 6: Providing Effective Communications and Advocacy
- b. Standard 3: Illustrating Quality in Practice
- c. Standard 5: Applying Research and Guidelines
- d. Standard 7: Providing Person/Population Centered Care

ANSWER: d

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8. Ethan is an RDN at a long-term care facility. He notices that one of the residents seems to have trouble chewing and swallowing food, so he makes a referral to the speech-language pathologist on staff. What standard of practice if Ethan demonstrating by making this referral?

- a. Standard 1: Demonstrating Ethics and Competence in Practice
- b. Standard 4: Demonstrating Leadership, Interprofessional Collaboration, Management of Programs, Services, and Resources
- c. Standard 5: Applying Research and Guidelines
- d. Standard 7: Providing Person/Population Centered Care

ANSWER: b

9. Which of the following is an example of Standard 2: Striving for Health Equity?

- a. adhering to a code of conduct
- b. participating in advocacy and public policy research
- c. identifying a nutrition diagnosis
- d. promoting sustainable food practices

ANSWER: d

10. Alana is a clinical dietitian for a hospital that is owned by a religious organization. At what type of facility does she work?

- a. private for profit
- b. public for profit
- c. private not for profit
- d. public not for profit

ANSWER: d

11. Jada is an RDN whose primary responsibilities are reviewing productivity reports, hiring, and training employees, and developing. What is her role within a clinical nutrition team?

- a. clinical nutrition manager
- b. dietetic assistant
- c. community dietitian
- d. dietetic technician

ANSWER: a

12. Hanna manages a clinical nutrition team at a local hospital. She is hiring for a new position within the department. The key tasks for that position are processing diet orders, checking menus against standards, and setting up standard nourishment. What type of nutrition professional is Hanna seeking to hire?

- a. dietetic technician
- b. registered dietitian nutritionist
- c. clinical dietitian
- d. diet clerk

ANSWER: d

13. Which of the following is an advantage of working as a registered dietitian nutritionist in a post-acute facility?

- a. greater autonomy and can set flexible schedules

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- b. more leadership positions available among health professionals at the same facility
- c. flexibility to take paid holidays and time off on weekends
- d. the outcomes of each nutrition intervention do not have to be monitored

ANSWER:

a

14. Kaliah is a pediatric RDN. What is her primary role in this position?

- a. provide information about community resources for nutrition services
- b. educate children about maintaining an appropriate diet for their age
- c. assist pediatric patients with performing activities of daily living
- d. optimize nutrient intake in children while promoting growth and development

ANSWER:

d

15. Chloe is an RDN at a hospital. During a nutrition assessment, a patient reports that it is challenging to eat because she cannot pick up a fork or knife. What member of member of the interdisciplinary team should Chloe consult with regarding this patient's issue?

- a. physical therapist
- b. occupational therapist
- c. nurse
- d. social worker

ANSWER:

b

16. Rashad is an RDN at a post-acute rehabilitation facility where swallowing disorders are common. What member of the interdisciplinary team should Rashad work closely with for these disorders?

- a. pharmacist
- b. physical therapist
- c. speech-language pathologist
- d. nurse

ANSWER:

c

17. Naima is an RDN who works in a critical care facility where some patients require parenteral nutrition. When changes are made to a parenteral nutrition order, who is typically responsible for making the changes to the solution?

- a. nurse
- b. occupational therapist
- c. pharmacist
- d. speech-language pathologist

ANSWER:

c

18. A patient needs assistance with buying food after he is discharged from the hospital. Which professional should be consulted?

- a. pharmacist
- b. social worker
- c. physician
- d. occupational therapist

ANSWER:

b

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19. A patient needs a prescription for total parenteral nutrition to ensure adequate electrolyte balance. Who is responsible for prescribing parenteral nutrition?

- a. physician
- b. registered dietitian nutritionist
- c. pharmacist
- d. nurse

ANSWER: a

20. A patient reports to a hospital that he has difficulty breathing. Which of the following professionals should be consulted?

- a. nurse
- b. physical therapist
- c. social worker
- d. respiratory therapist

ANSWER: d

21. A local radiology and imaging clinic is owned by investors. What type of facility is it?

- a. private not for profit
- b. public for profit
- c. private for profit
- d. public not for profit

ANSWER: c

22. Prior to the Affordable Care Act (ACA), what diagnosis was covered for nutrition services of those listed below?

- a. hyperlipidemia
- b. obesity
- c. hypertension
- d. diabetes

ANSWER: d

23. Which of the following is a correct statement or assessment about the evolution of a dietitian's knowledge base?

- a. It is fulfilled upon graduation from an accredited school.
- b. It remains at a level of minimum standards based on the 2024 Scope and Standards of Practice.
- c. It constantly expands and evolves in order to apply to new practice developments.
- d. It is diminishing because of current evidence-based practices.

ANSWER: c

24. Kennedy works as part of a clinical nutrition team at an acute-care facility. Her primary tasks are nutritional screening of patients to determine the risk of developing a nutrition-related problem, nutrition intervention, and evaluation of the nutrition care plan. What is Kennedy's role on the clinical nutrition team?

- a. dietetic technician (NDTR)
- b. clinical nutrition manager
- c. registered dietitian nutritionist (RDN)

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- d. diet clerk

ANSWER:

c

25. Sabrina's grandfather has congestive heart failure and has been given a life expectancy of 6 months or less. What type of facility is designed to provide support and relieve symptoms for an individual such as her grandfather?

- a. hospice
- b. residential living
- c. skilled nursing
- d. long-term acute care

ANSWER:

a

26. Which of the following is a correct statement about health insurance coverage in the United States?

- a. Less than 2 percent of the population is uninsured, thanks to the Affordable Care Act.
- b. Most of the population is covered by a public insurance program, such as Medicare.
- c. Only 55 percent of the population has health insurance.
- d. Of those who are insured, most have coverage through their employer.

ANSWER:

d

27. Which of the following is NOT a type of private health insurance?

- a. Medicare
- b. TRICARE
- c. direct purchase
- d. employment based

ANSWER:

a

28. Which of the following was NOT an effect of the Affordable Care Act (ACA)?

- a. greater ability for more individuals to receive health insurance
- b. increased coverage for some preventive nutrition services
- c. increased ability for individuals to purchase insurance plans similar to those provided by large companies
- d. increased cost of healthcare programs for middle- and low-income families

ANSWER:

d

29. Mark is an RDN who had to complete paperwork to obtain a provider identification number in order to get reimbursement for nutrition services. What type of insurance usually requires a RDN to do this?

- a. public insurance
- b. managed care organization
- c. Medicare
- d. Medicaid

ANSWER:

b

30. All of the following diagnoses may be billed for medical nutrition therapy services by an RDN enrolled as a provider in the Medicare program EXCEPT:

- a. intensive behavioral therapy for obesity
- b. non-dialysis kidney disease

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- c. gestational diabetes education
- d. nutrition therapy for an autoimmune disease

ANSWER: d

31. Which of the following is a correct statement about medical nutrition therapy (MNT)?

- a. It is designed to prevent nutrition issues rather than treat them.
- b. It improves recovery from illness.
- c. It increases length of stay in healthcare facilities.
- d. It is most effective in acute care settings.

ANSWER: a

32. Ciara works is an RDN in a long-term care facility and attends a continuing education presentation that discusses new research findings related to optimal protein intake for older adults. What component of critical thinking is this enhancing or building upon?

- a. specific knowledge base
- b. experience
- c. competence
- d. attitudes

ANSWER: a

33. In terms of critical thinking, all of the following are examples of activities that build experience EXCEPT:

- a. observing a physician's interaction with a patient
- b. listening to a patient's concerns
- c. working collaboratively with nurses to monitor a patient's food intake
- d. proposing a change to specific diet based on new research findings

ANSWER: d

34. An RDN reviews a patient's lab values, which suggest that the patient is anemic. These findings are further supported by symptoms like fatigue and a pale appearance. Which component of critical thinking is the RDN demonstrating by collecting nutrition-related information to find "clues" that point to a nutrition diagnosis and solution?

- a. specific knowledge base
- b. medical problem solving
- c. experience
- d. diagnostic reasoning

ANSWER: b

35. Which of the following is a part of the decision-making process?

- a. identifying a phenomenon
- b. formulating a hypothesis
- c. weighing each option against a set of criteria
- d. testing a hypothesis through experimentation

ANSWER: c

36. A dietitian has completed an assessment of a patient and determined that the patient's daily intake needs are not being

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met. Based on a research article, the dietitian replaces one of the nutrition supplements in her diet. A few days later, the dietitian observes improvement in the patient's health. Which component of critical thinking best describes the given scenario?

- a. evidence-based dietetics practice and implementation
- b. experience
- c. specific knowledge base practice
- d. decision making

ANSWER: a

37. In Maria's medical nutrition therapy class, the teacher discussed the usage of systematically developed statements based on scientific evidence that assists practitioner and patient decisions about appropriate health care for specific clinical circumstances. What are the statements the teacher discussed known as?

- a. guidelines
- b. diagnostics
- c. evidence-based practices
- d. scopes of practice

ANSWER: a

38. What component of critical thinking requires an RDN to make a series of clinical judgments that result in an informal judgment or a formal diagnosis?

- a. problem solving
- b. decision making
- c. diagnostic reasoning
- d. evidence-based practice

ANSWER: c

39. A patient has cirrhosis of the liver. The dietitian plans specific nutrition interventions for her and continues to monitor observe for clinical and laboratory values that are consistent with cirrhosis. What type of critical thinking is this scenario most reflective of?

- a. risk taking
- b. diagnostic reasoning
- c. problem solving
- d. decision making

ANSWER: b

40. A clinical dietitian attends a nutrition conference, and another dietitian presents her research in a specific area of nutrition science. The clinical dietitian then implements what she has learned into practice at her facility. What does this example demonstrate?

- a. evidence-based practice
- b. outcomes research
- c. nutritional diagnosis
- d. the decision-making process

ANSWER: a

41. Travis approaches each new patient situation with fairness and integrity. What component of critical thinking is he

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exhibiting by doing this?

- a. specific knowledge base
- b. attitudes
- c. experience
- d. competence

ANSWER:

b

42. Amira has just accepted her first job as an RDN and will be working at community hospital as a clinical dietitian. What will Amira likely rely more heavily on to make decisions in her practice compared a clinical dietitian who has numerous years of experience?

- a. facts, principles, and established guidelines
- b. ethical standards and criteria-based outcomes
- c. decision-making that is informed and based on supported by evidence and reasoning
- d. analysis of a patient's illness, as well as the patient's lifestyle, support system, social influences, and physical environment

ANSWER:

a

43. Ms. Koscinski is a widowed 68-year-old woman. She lives on the second floor of a walk-up apartment with her daughter and son-in-law and their four children. Ms. Koscinski is admitted to the hospital, is diagnosed with a stroke, and has weakness in her left side. She complains of coughing when she drinks and feels that food sometimes gets caught in her throat. She has diabetes and high blood pressure and is on several oral medications. She does not regularly check her blood sugar levels regularly because she does not feel comfortable pricking her finger. Her body mass index (BMI) is 33.

Which member of the interdisciplinary team should be consulted to assess whether Ms. Koscinski's left-sided weakness is affecting her ability to perform activities of daily living?

- a. occupational therapist
- b. nurse
- c. social worker
- d. speech-language pathologist

ANSWER:

a

44. Ms. Koscinski is a widowed 68-year-old woman. She lives on the second floor of a walk-up apartment with her daughter and son-in-law and their four children. Ms. Koscinski is admitted to the hospital, is diagnosed with a stroke, and has weakness in her left side. She complains of coughing when she drinks and feels that food sometimes gets caught in her throat. She has diabetes and high blood pressure and is on several oral medications. She does not regularly check her blood sugar levels regularly because she does not feel comfortable pricking her finger. Her body mass index (BMI) is 33.

Which member of the interdisciplinary team should be consulted to assess whether Ms. Koscinski has any difficulty in swallowing?

- a. physician
- b. nurse
- c. social worker
- d. speech-language pathologist

ANSWER:

a

45. Ms. Koscinski is a widowed 68-year-old woman. She lives on the second floor of a walk-up apartment with her

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daughter and son-in-law and their four children. Ms. Koscinski is admitted to the hospital, is diagnosed with a stroke, and has weakness in her left side. She complains of coughing when she drinks and feels that food sometimes gets caught in her throat. She has diabetes and high blood pressure and is on several oral medications. She does not regularly check her blood sugar levels regularly because she does not feel comfortable pricking her finger. Her body mass index (BMI) is 33.

The dietitian assessed Ms. Koscinski and identified a potential problem with her food and fluid intake. Which of the following components of critical thinking best describes how the dietitian determined a potential problem?

- a. specific knowledge base
- b. experience
- c. medical problem solving
- d. standards

ANSWER:

a

46. Ms. Koscinski is a widowed 68-year-old woman. She lives on the second floor of a walk-up apartment with her daughter and son-in-law and their four children. Ms. Koscinski is admitted to the hospital, is diagnosed with a stroke, and has weakness in her left side. She complains of coughing when she drinks and feels that food sometimes gets caught in her throat. She has diabetes and high blood pressure and is on several oral medications. She does not regularly check her blood sugar levels regularly because she does not feel comfortable pricking her finger. Her body mass index (BMI) is 33.

The dietitian recommends a soft food diet and requests the physician to order a swallowing study for Ms. Koscinski. After 24 hours of the diet, the dietitian checks with the staff to determine if Ms. Koscinski has been finishing her food and contacts the physician to determine the outcome of the swallowing study. What is best illustrated through the process of monitoring and following up?

- a. evidence-based practice
- b. outcomes research
- c. medical problem solving
- d. diagnostic reasoning

ANSWER:

c

47. In regard to attitude, what action best illustrates thinking independently?

- a. listening to both sides of a discussion
- b. basing decisions on your own conclusions
- c. asking for help when needed
- d. not settling for quick solutions

ANSWER:

b

48. What will the clinical practice of a dietitian at the highest level most likely involve?

- a. avoiding the use of critical thinking for decision making
- b. following rules set forth by authorities
- c. anticipating possible outcomes and identifying a broader range of options
- d. assumptions that the judgments of more seasoned dietitians are correct

ANSWER:

c

49. What is a requirement in both the AND's Code of Ethics and the Standards of Professional Performance?

- a. measurable, evidence-based evaluation of outcomes

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- b. utilization of personal beliefs to make decisions
- c. strict adherence to established guidelines
- d. unconditional acceptance of other's values and beliefs

ANSWER:

a

50. Kalene works as a dietitian at a large college. Her job involves gathering and analyzing data at the college's medical center to assess the effectiveness of treatments and interventions. What is this type of assessment and evaluation of care known as?

- a. Clinical diagnosis
- b. Quality assurance
- c. Outcomes research
- d. Intervention application

ANSWER:

c

51. Over the past five decades, the dietitian's role has evolved to include all of the following EXCEPT:

- a. primary and secondary disease prevention
- b. screening patients for nutritional risks
- c. Preparing enteral and parenteral solutions
- d. writing nutrition orders

ANSWER:

c

52. Hannah is an RDN at the Sumter County Health Department which is managed and overseen by the State of Alabama Health Department. What type of facility does she work at?

- a. private for profit
- b. public for profit
- c. private not for profit
- d. public not for profit

ANSWER:

d

53. Russell is creating a 4-week cycle menu for a facility that provides supervision, social and recreational activities, and meals and snacks to adults to provide daily respite for family members. What type of facility is Russell creating menus for?

- a. hospice
- b. residential/assisted living
- c. adult day care
- d. rehabilitation/restorative

ANSWER:

c

54. Mr. Alvaro has type 2 diabetes. Every three months, he has labs drawn to assess his blood glucose management over the past few months, and then he meets with a dietitian. What type of healthcare facility is designed to provide this type of care?

- a. urgent care clinic
- b. rehabilitation/restorative facility
- c. long-term acute care hospital

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- d. outpatient clinic

ANSWER:

d

55. Alana loves her job because of the variety of diverse conditions she encounters each week. For example, last week she saw a patient with the metabolic disorder phenylketonuria and provided nutrition orders for another who had the genetic disorder cystic fibrosis. This week she has one patient who is newly diagnosed with type 1 diabetes and another who is recovering from surgery to repair a cleft palate. Based on these patient encounters, what certification would you expect Alana to have?

- a. Board-Certified Specialist in Pediatric Nutrition
- b. Board-Certified Specialist in Gerontological Nutrition
- c. Certified Nutrition Support Clinician
- d. Board-Certified Specialist in Renal Nutrition

ANSWER:

a

56. Davis is a licensed pharmacist. What dietetics practice certification is he eligible to pursue?

- a. Board-Certified Specialist in Oncology Nutrition
- b. Board-Certified Specialist in Obesity and Weight Management
- c. Certified Diabetes Educator
- d. Advanced Practitioner Certification in Clinical Nutrition

ANSWER:

b

57. Which of the following is NOT a requirement to become a Board Certified Specialist in Oncology Nutrition?

- a. current RDN
- b. 2,000 hours of work experience in oncology nutrition within the past 5 years
- c. successful completion of the Board Certification as a Specialist in Dietetics examination
- d. RDN status for at least 4 years

ANSWER:

d

58. Jasmine is a lactation consultant. Which of the following is NOT a requirement that she had to meet to obtain this specialty designation?

- a. minimum of 2,000 hours of lactation-specific clinical practice within the past 5 years
- b. minimum of 95 hours of lactation specific education with 5 hours focused on communication skills
- c. successful completion of certification examination
- d. successful completion of required health science coursework

ANSWER:

a

59. Jasmine is part of the largest group of healthcare workers in the United States. What is Jasmine's profession?

- a. physician
- b. pharmacist
- c. physical therapist
- d. nurse

ANSWER:

d

60. What organization published the first guidelines that created educational and treatment pathways for interprofessional

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learning?

- a. World Health Organization
- b. National Collaborative for Improving the Clinical Learning Environment
- c. Academy of Nutrition and Dietetics
- d. American Medical Association

ANSWER:

b

61. Jessica is working with a health professional who had to complete a 4-year post-bachelor's degree, an internship, and a residency in order to receive licensing to practice. What type of health professional is she collaborating with?

- a. nurse
- b. physical therapist
- c. physician
- d. speech-language pathologist

ANSWER:

c

62. What is the health care system in the United States currently structured around?

- a. quality care
- b. health insurance
- c. preventive care
- d. medical nutrition therapy

ANSWER:

b

63. What insurance programs in some states have expanded to serve lower-income Americans?

- a. group contracts
- b. Medicare
- c. employer provided
- d. Medicaid

ANSWER:

d

64. What should a dietitian's practice be based upon?

- a. evidence-based research
- b. tradition
- c. code of ethics
- d. health insurance reimbursement

ANSWER:

a

65. What term refers to the act of thinking and using the mind to organize and integrate information, make inferences, identify relationships, form conclusions, and make decisions?

- a. interprofessional collaboration
- b. ethical reasoning
- c. problem solving
- d. critical thinking

ANSWER:

d

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66. What is a correct statement about a dietitian's knowledge base?
- a. It is continually changing and expanding.
 - b. Most is determined by education and coursework.
 - c. It begins to form through experience in real clinical situations.
 - d. It is primarily determined by established guidelines.

ANSWER: a

67. Serafina has been a practicing RDN for 3 years and works in an outpatient diabetes clinic. She is considering becoming a certified diabetes educator (CDE). All of the following are requirements to become a CDE if she applied today EXCEPT:
- a. minimum of 1,000 hours of practice experience in diabetes care and education
 - b. minimum of 200 of total practice hours accrued within the last year
 - c. certified diabetes educator examination
 - d. minimum of 30 hours of diabetes-focused continuing education within the two years

ANSWER: d

68. The dietitian's values, fairness, and responsibility in reaching solutions are most indicative of which component of critical thinking?
- a. specific knowledge base
 - b. attitudes
 - c. experience
 - d. competence

ANSWER: b

69. Nadia is a member of the clinical nutrition team at a hospital. She is responsible for gathering nutrition assessment data, assigning a level of risk for malnutrition according to predetermined criteria, administering nourishment and dietary supplements, and providing patients with information to help patients to select menus and simple diet instructions. What is her position on the team?
- a. dietetic technician (NDTR)
 - b. registered dietitian nutritionist
 - c. clinical dietitian
 - d. diet clerk

ANSWER: a

70. What percent of those in the United States has health insurance?
- a. 8 percent
 - b. 38 percent
 - c. 55 percent
 - d. 92 percent

ANSWER: d

71. A dietitian recommends a soft food diet following the results of a swallowing study for a patient. After 24 hours on the diet, the dietitian finds that the patient is not eating the diet because she says the soft texture makes the foods look "bland and tasteless." At the next few meals, the dietitian works with the kitchen staff to arrange the foods so they appear more appetizing on the plate and includes some additional seasonings on the tray. The dietitian checks in 2 days later with the nursing staff to ask about the patient's intake. They report that her intake has increased since the plating and seasoning

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changes and has responded positively to it. The response of the dietitian best describes which attitude?

- a. creativity
- b. confidence
- c. perseverance
- d. risk taking

ANSWER:

a

72. A dietitian works with the pharmacist to determine possible nutrient-drug interactions that may increase a patient's susceptibility to a nutrient deficiency. What term best describes what is occurring in this scenario?

- a. diagnostic reasoning
- b. interprofessional collaboration
- c. problem solving
- d. adherence to standards of care

ANSWER:

b

73. What is the evaluation of care that focuses on the status of participants after receiving care known as?

- a. medical problem solving
- b. outcomes research
- c. nutritional diagnosis
- d. nutrition care process

ANSWER:

b

74. Angel successfully completed the requirements to become a RDN and has been practicing for a few months. She recently learned that she must obtain a certain amount of continuing education hours every 5 years in order to maintain her licensure. Angel doesn't understand why she must pursue continuing education to maintain licensure since she has already successfully completed the requirements to become a licensed dietitian. What would you tell her?

ANSWER: Responses will vary slightly among students but should point out that nutrition is a developing science, and as new information becomes available, dietitians must apply it to practice. Because of this, a dietitian's knowledge base should continually be changing and explaining. Obtaining continuing education opportunities is an important way for dietitians to stay on top of new developments in science and research and then apply relevant evidence-based findings to their practice. In addition, the AND's Standards of Practice in Nutrition Care and Professional Performance require the dietitian to reflect on his or her practice to anticipate and react appropriately to change and thus to remain effective as practitioners.

75. Describe a scenario in which a patient is admitted to a hospital for dehydration and pneumonia. List the members of the interdisciplinary health care team and describe the potential roles of each member in this patient's care.

ANSWER: Answers will vary among students depending on the scenario provided, but responses should highlight how imperative it is in a health care setting for individuals from different disciplines to communicate with each other regularly in order to best care for their patients. Dietitians are integral members of the patient's health care team and collaborate with physicians, pharmacists, nurses, speech pathologists, occupational therapists, social workers, and many others when providing nutritional treatment. Dietitians must know the roles of the other team members in order to be effective and to ensure optimal patient care.

76. Discuss four of the eight components of critical thinking.

ANSWER: The components of critical thinking include specific knowledge base, experience, medical problem solving, evidence-based dietetics practice, problem solving, diagnostic reasoning, attitudes, and standards. Responses

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will vary depending on the four components students choose to discuss.

- **Specific knowledge base:** The dietitian's knowledge base includes information and theories related to communications, physical and biological sciences, social sciences, integration of information, research, food science, nutrition, counseling, management, healthcare systems, informatics, and governance of the dietetics practice. The dietitian's knowledge base is continually changing and expanding.
- **Experience:** A dietitian's experience begins when they start to apply textbook and classroom information to "real" clinical settings. This can occur through observation, listening, interacting with colleagues and other health professionals, reading a patient's medical charts, and reflecting on situations that arise.
- **Medical problem solving:** This refers to the ability to identify nutrition-related problems and make decisions regarding the most appropriate nutrition-related interventions.
- **Evidence-based dietetics practice:** This involves the process of asking questions, systematically finding research evidence, and assessing its validity, applicability, and importance to food and nutrition practice decisions, and includes applying relevant evidence in the context of the practice situation and the values of the clients, customers, and communities to achieve positive outcomes.
- **Problem solving:** This process involves obtaining information about the problem and then using information to effectively solve the problem. The dietitian should gather the patient's nutrition-related information to find "clues" that point to the nutrition diagnosis and solution.
- **Diagnostic reasoning:** This refers to a series of clinical judgements that result in an informal judgement or formal diagnosis. Dietitians continually use diagnostic reasoning to determine the nutrition diagnosis and then monitor a patient's progress in response to nutrition therapy.
- **Attitudes:** Attitudes reflect the dietitian's values and should ensure that clinical judgement is made fairly and responsibly. These include integrity, thinking independently, and risk taking.
- **Standards:** Professional standards include ethical standards, criteria-based evaluation of outcomes, and Standards of Professional Performance.

77. Describe a situation in which a dietitian would use evidence-based practice to update a facility's policy regarding a guideline, nutrition therapy, or meal plan.

ANSWER: Answers will vary greatly depending on the situation provided. However, answers should highlight that the dietitian must be able to critically review research findings by utilizing the research methodology skills learned during dietetics education in order to do this.

78. Compare and contrast the responsibilities and tasks of two members found on a clinical nutrition team.

ANSWER: Responses will vary depending on the types of team members that are chosen to be discussed. These may include the following.

- **Clinical nutrition manager:** A clinical nutrition manager directs the activities of RDN, NDTR, and dietetic assistants. Major tasks include hiring, evaluating, and training employees, reviewing productivity reports, writing job descriptions, scheduling employees, developing policies and procedures, designing performance standards, and developing and implementing goals and objectives of the department.
- **Registered dietitian nutritionist (RDN):** An RDN provides nutritional care for patients. Major tasks include nutritional screening/assessment of patients to determine the presence or risks of developing a nutrition-related problem, development of nutritional diagnosis, nutrition intervention, and monitoring and evaluation of the nutrition care plan.
- **Dietetic technician (NDTR):** An NDTR assists the clinical dietitian. Tasks include gathering data for nutritional screening; assigning a level of risk for malnutrition according to predetermined

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criteria; administering nourishment and dietary supplements for patients and monitoring tolerance; and providing information to help patients select menus and giving simple diet instructions.

- **Dietetic assistant/diet clerk:** A dietetic assistant or diet clerk assists the clinical dietitian and/or dietetic technician in some routine aspects of nutritional care. Tasks include processing diet orders, checking menus against standards, setting up standard nourishment, tallying special food requests; distributing and collecting patient menus and trays; may be involved in evaluating patient food satisfaction and helping to gather food records used to evaluate nutrient intake.