



**Scope of Practice  
Of  
the Hong Kong Academy of Accredited Dietitians**

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## **1.0 Introduction**

### **1.1 Objectives**

This document outlines the occupational role of registrants (dietitians). The activities directed, performed and provided by registrants are described and take into account registrant's education and training, necessity to comply with Code of Ethics and practice competency standards. Reference has also been made to the Scope of Practice as outlined by international dietetic associations (6.0.1-11). Registrants may work in multiple practice areas and settings and/or may focus in some particular areas or with specific populations.

### **1.2 Scope**

This document outlines the procedures, actions, processes and services undertaken and offered by registrants. The occupational role of registrants may vary and its boundaries may evolve over time as new knowledge and evidence becomes available.

## **2.0 Education, training and work of dietitians**

- 2.0.1 Registrants (dietitians) must hold a university degree (baccalaureate, master, post-graduate diploma or doctoral) in dietetics which includes supervised dietetics training (i.e. dietetic placement) in various settings including but not limited to hospital, community and food service.
- 2.0.2 Dietitians are clinically trained to provide individualized medical nutrition therapy which includes nutritional diagnosis, designing individualized meals plans, providing nutritional counselling and recommending nutritional supplements when appropriate. Dietitians are qualified to provide nutrition services to both the healthy as well as those with chronic illnesses.
- 2.0.3 Dietitians work in areas including public and private hospitals, private practice, community health centers, food industry and catering services, elderly homes, educational and training institutes and nutrition research etc.

## **3.0 Dietetic Practice**

### **3.1 Nutrition Care Process (NCP)**

The services provided by registrants will be guided by the Nutrition Care Process (NCP) developed by the Academy of Nutrition and Dietetics (AND 2017). The Nutrition Care Process is a systematic and standard process for patient/client/population nutrition care and involve distinct and interrelated implementation of workflow practices (namely, nutrition assessment, nutrition diagnosis, nutrition intervention and nutrition monitoring and evaluation) and utilizes a standardized language.

### **3.2 Medical Nutrition Therapy (MNT)**

- 3.2.1 Medical nutrition therapy (MNT) is the evidence-based application of the Nutrition Care Process to provide cost-effective comprehensive nutrition care for the prevention, delay or management of diseases and/or condition, in individuals/groups. MNT is the standard

and systematic nutrition care process that utilizes all domains of nutrition intervention, including food and/or nutrient delivery, nutrition education, nutrition counselling and coordination of nutrition care as defined in the Nutrition Terminology Reference Manual (AND Academy of Nutrition and Dietetics 2014).

3.2.2 Registrants utilize the NCP workflow in the initiation, adjustment and monitoring of MNT. It may include: in-depth assessment of nutritional status, nutrition-focused physical examination, recommend/perform/interpret nutrition-related test results (such as anthropometric findings, laboratory tests), order nutrition-related laboratory tests (with granted or delegated order from referring physician), order and monitor nutrition interventions (such as prescribed diets and/or meal plan, medical foods, dietary supplements, over-the-counter medications, and enteral/parenteral feeds).

## **4.0 Practice Areas, Services and Activities**

Traditionally, registrants are employed in health care settings however, registrants may practice in diverse areas such as food production, food safety, food systems management, public health, community nutrition, information and communication technology, or research.

### **4.1 Healthcare**

Registrants may provide services and /or work in hospitals, clinics community/rehabilitation centers, long-term and post-acute or assisted-living facilities. Services and activities include nutrition education, MNT, counseling, discharge planning, care coordination, prevention and nutrition management of diseases and medical conditions.

### **4.2 Business and Nutrition Informatics**

Registrants possess the skill for effective retrieval and use of nutrition-related information for problem solving and decision making in business and nutrition-information technology. Registrants may be employed as consultants, managers, designers and official bearers for the participation, management and direction of nutrition-related business. This includes the media industry, culinary and retail, corporate or agribusiness; through in-person or via telehealth nutrition practices, such as nutrient analysis, menu/recipes design, journal writing, etc.

### **4.3 Health and Wellness**

Registrants possess the knowledge and counseling skills needed to empower individuals or groups to implement lifestyle and behavior changes to achieve and maintain wellness Registrants may work as health and wellness coaches in health-care/fitness facilities.

### **4.4 Community and Public Health**

Registrants are able to monitor, educate, advice and advocate on nutrition-related population health/programs/issues. Registrants may act as leaders, educators, consultants and researchers, in various organizations and schools.

### **4.5 Entrepreneurial and Private Practice**

Registrants may work in private practice as entrepreneurs and innovators for the provision of nutrition products/services. They may act as professional speakers, consultants, spokespersons,

writers, journalist, chefs, wellness coaches etc. for profit- or non-profit organizations and businesses.

#### **4.6 Food Service**

Registrants may manage and direct foodservice operations in health care and other settings.

#### **4.7 Research and Universities**

Registrants are able to interpret, apply and instruct research findings related to food technology, nutrition science and dietetic practice. Registrants may be employed in general and clinical research, in academic/commercial/non-profit organizations. Registrants work and responsibilities may include the application/management of grants/nutrition-related research, teaching, the developments of policy and recommendations,

#### **4.8 School Nutrition**

Registrants may be employed in profit/non-profit organizations, including catering/food service companies, to act as educators, operators, managers, or consultants. They promote, implement, interpret and manage school nutrition programmes based on updated and relevant dietary guidelines.

#### **4.9 Sports Nutrition**

Registrants are able to promote/guide optimal physical performance through nutrition intervention, the prevention and management of nutrition-related sport injury, and the management of food provision for the active. Registrants may be employed as consultants/coaches for individual/group athletes, including sports institute, school/college/professional/private sport organization, military and rehabilitation centers.

### **5.0 Extended Scope of Service**

Through additional training to improve outcome and efficient management of care, some registrants may provide additional services.

#### **5.1 Examples of Extended Services**

Order writing privileges, inserting/replacing nasogastric feeding tubes, taking blood glucose levels, adjusting insulin dosages, advising on appropriate exercise regimens and other procedures pertinent to the dietetic area of practice. The implementation of such practice, have resulted in improved outcome, for timely and appropriate nutrition intervention (Roberts 2013).

#### **5.2 Education and Training for Extended Services**

Registrants offering extended scope of services should possess relevant experience, credentials, additional training for the extended scope of service; and where appropriate, the formal permission through regulatory agencies at hospital/organization.

### **6.0 Review**

The Scope of Practice as outlined in this document will be updated and reviewed by the Education and Training Committee and changes if any approved by the Council every 3 years

after taking into consideration stakeholder feedback, relevant research and evidence as well as development of the dietetics profession in Hong Kong. Updates will be disseminated to registrants by e-mail within 2-4 weeks and made available on the HKAAD website within 3 months of effective date.

## 7.0 References

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## 8.0 Management Endorsement

This document has been endorsed by the Council of HKAAD.