



Newsletter 10

July 2011

Dear All,

With summer just ahead of us, we thought that you would be interested in having an update on the work of the DIETS2 work packages and so we have put together a short newsletter to do just that – our 10th DIETS newsletter.

Nine work packages were established for the DIETS2 project and, despite the increasingly busy schedules necessitated by the economic downturn, each work package has worked hard over the months since the first DIETS2 work package meetings in Amsterdam. The work of Anne de Looy, the Network Coordinator and Judith Liddell, the Network Manager, now ably helped by Vanessa Teutschländer, in pulling everyone together on this important project must be acknowledged and admired.

In this Newsletter, we also include information on the 5th DIETS Conference which will be held in Barcelona, Spain on the 21st and 22nd October 2011. This Conference will focus on 'Building a strong evidence-based approach to nutrition and dietetics'. The Conference will be preceded by a series of meetings for work package members on the 20th October, commencing at 11am. So book your flights and hotels now!! We hope that as many of you as possible will attend.

Please distribute this newsletter and keep information and news coming into our two editors Stefan Storcksdieck at stefan.storcksdieck@eufic.org and Clare Corish at clare.corish@dit.ie or send any items you would like included in future newsletters to the Thematic Network Manager, Judith Liddell at network.manager@thematicnetworkdietetics.eu.

Happy networking

Anne de Looy
DIETS2 Network Coordinator
& Professor of Dietetics



Work package 9

Alerting, networking and sharing



21ST & 22ND OCTOBER | BLANQUERNA-RAMON LLULL UNIVERSITY

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What is DIETS2?

An update from the work packages

DIETS2 'Dietitians ensuring Education, Teaching and Professional Quality' is an EU Socrates funded 3-year project (1st October 2010 to 30th September 2013) spread over 31 countries. The European Federation of the Associations of Dietitians (EFAD) is a prime partner representing some 30,000 dietitians across Europe.

Aims of DIETS2

1. Create dietetic specific 2nd and 3rd cycle competence statements and encourage increased offer at postgraduate level;
2. Improve the educational/pedagogic quality and the diversity of dietetic practice placements;
3. Increase the understanding of dietitians of Life Long Learning (LLL) and encourage greater engagement thereby enhancing competence of dietitians;
4. Increase the use and application of Information & Communication Technologies (ICT) in education by dietitians;
5. Embed enquiry based approach to learning at 1st cycle degree;
6. Share innovations, inform other networks and contribute to improved healthcare in Europe.

An update on the work of DIETS2

Nine work packages have been established and are working on the following projects:

WP 1: New and innovative practice placements

WP1 completed data collection from a web-based survey on the 17th June 2011 to determine the diversity and quality of work placements among the partner organisations of DIETS2. The different kinds of placements used by dietetic students, the preparations Higher Education Institutes (HEIs) make to support students on placement and the use of quality standards for practice placement were recorded. Documents currently used to support practice placements are being collated for sharing with all DIETS partners. A 48% response rate from the DIETS partner HEIs was achieved. From the work of WP1, pedagogic standards for dietetic placements and guidance for placement opportunities in non-clinical areas will be produced.

**"Dietitians should and can play a role in all settings because of their skills and knowledge."
(Ellen Govers)**

WP 2: A lifelong learning toolkit; competences at 2nd and 3rd cycle

WP2 has devised a questionnaire that will determine the dietetic competences necessary to practice at an advanced level. This has been disseminated to all partner dietetic associations with a deadline for completion of the 30th August 2011. This WP will define and publish 2nd and 3rd level specific dietetic competences and a framework for their use (including ECTS) and a database of current education provision at 2nd and 3rd cycle. Future needs and a 'toolkit' for LLL will be produced.



What is DIETS2

An update from the work packages

WP3: More lifelong learning opportunities and increasing the transparency of qualifications

This work package will commence in October 2011.

WP4: Innovative ICT-based education

WP4 is currently working on the development and use of social networking and other innovative ICT to engage European dietitians and HEIs in use of e-learning. A Facebook site is now established to enable all DIETS2 partners to interact. By engaging the expertise of the DIETS2 Network partners and through innovative use of ICT, HEIs will enable dietetic students to learn about enquiry based learning, LLL and how to reach new environments to support better nutrition. Then at PG level, dietitians will have improved access to courses, work standards and the means to record their progress towards supporting changes in nutritional health.

WP5: Enquiry based learning

An e-journal to promote an evidenced-based approach for students and for dietitians in Europe is planned as is a survey to determine the current status of teaching research skills and teaching evidence based practice in dietetics.

WP6: Management of the DIETS Network

Regular meetings of the Network Management Group have been held and minutes of these meetings are posted on the DIETS website.

WP7: Assuring project quality

WP7 has collated quality plans and deliverables for each WP and will also produce a Quality Report, which includes how WP7 communicates with other WPs.

WP8/9: Embedding and driving change (WP8) and Alerting, networking and sharing (WP9)

WP8 and WP9 are working to publish, disseminate and exploit the outcomes of the DIETS2 Network to benefit dietitians and other healthcare professionals.



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Register now for the

5th DIETS conference

The 5th DIETS conference will be held as a joint conference with EFAD in Blanquerna-Ramon LLull University, Barcelona on the 21st and 22nd October 2011. The conference theme is 'Building a strong evidence-based approach to nutrition and dietetics'. Over two days of presentations and workshops, the conference will explore the education required to ensure a competent dietetic workforce and areas of specialist dietetic practice such as in diabetes, obesity, paediatrics, oncology, ageing and renal disease. The proceedings and abstracts for the posters presented will be promoted to all 30,000 dietitians in the Network as well as Non-Governmental Organisations (NGOs), HEIs and agencies in individual nation states by dietetic association members of EFAD.

The Conference is primarily aimed at:

- Dietitians and researchers – who have a special interest in specific areas of dietetic practice as well as dietetics overall;
- Key decision makers – within the Dietetic Profession, HEIs and NGOs, industry and charities interested in nutritional health;
- Academics – including researchers, teachers, researchers, information gatherers and analysts;
- Students;
- Others – within the food and pharmaceutical industry.

Lectures will include: 'Using Life Long Learning to build your evidence', 'Building competences; is a masters, doctorate or professional doctorate really necessary?', 'Making the most of electronic resources' and 'Using the International Dietetic and Nutritional Terminology (IDNT) for research and evidence'.

Full details of the conference are available on the DIETS website:

<http://www.dieteticsthematicnetwork.eu>



Erratum - 9th DIETS Newsletter (March 2011)

Presentation of the poster "Probiotics as a Possible Therapy for Irritable Bowel Syndrome" on Friday 3rd December 2010 at the 4th DIETS Conference was made by Mag. Elisabeth Fattinger, Instructor; International Coordinator, Dietetics / Occupational Therapy, FH JOANNEUM, 8344 Bad Gleichenberg, Austria.

We are sorry for this printing error and apologise for any misunderstanding that it might have caused.

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News from the DIETS network

Manual of dietetic standards for treating renal patients

AUSTRIA: New manual of dietetic standards for treating renal patients

Worldwide, the incidence of chronic kidney disease is increasing. The prevalence in Europe lies between 10 and 13 per cent of the population. Diagnosis at an early stage is important and at that point nutritional therapy should start. Therefore, dietetic standards for the treatment of renal patients are essential. The Austrian Association of Dietitians and the Austrian Association for Nephrology published such Standards in March 2011.

The primary goals of this Manual are the protection of quality care for renal patients. It should be a standard Manual for practicing Dietitians and for those who study dietetics. Medical doctors can also consult this book.

Further important aims of the Manual:

1. To provide standards in medical knowledge about nephrology such as relevant parameters, diagnosis, nutrition therapy, alternative kidney therapy and medication;
2. To be used as a standard in the process of treatment such as dietetic assessment, dietetic diagnosis, definition of the aims of treatment, planning of dietetic treatment, dietetic interventions (nutrition therapy and consultation), evaluation, adaptation and documentation;
3. To provide standards in nutrition therapy which are based on guidelines of the National Kidney Foundation (2007), K-DIGO (2007), ESPEN (2006) and EDTNA/ERGA (2002);
4. To provide standards in the practical realisation of nutrition therapy with the following main points: food selection based on reference values; quantity recommendations; special methods of cooking; creating menus;
5. To provide uniform brochures with dietary advice in a modular form and special brochures for renal patients who have kidney stones.



In Austria, we are confident that we have published an interesting and practical Manual which will prove to be a further step in upgrading the quality of treatment of renal patients.

Maria Leopold, Clinical Dietitian

The Austrian Association of Dietitians

Working Group Renal Disease & Nutrition. E-mail: nephro@diaetologen.at

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**Remember to
take the survey**

**“Developing a Specialist
Dietitian title in Europe”**

Questionnaire regarding developing a Specialist Dietitian title in Europe

One of DIETS2's main goals (WP2) is to do a needs analysis and a mapping of LLL patterns of dietitians throughout Europe. This is important to be able to identify LLL requirements and associated competences to practice as a dietitian.

The questionnaire has been sent to the members of all Dietetic Association partners of DIETS2 and EFAD. All DIETS2 partner organisations have signed an agreement to share information with the other DIETS partners.

To be able to get a good picture of the situation around Europe, your reply to this questionnaire is highly valuable. **Please reply by 30 August 2011.**

The aim of this questionnaire is to find out what skills and competences (theory and practice) are needed to be able to work at an advanced level within a specific dietetic field (Administrative / Clinical / Public Health Dietetics).

Results and further goals:

- Results will be published on the DIETS website AND discussed at the Vth conference.
- European Dietetic Benchmark Standards for the second cycle (EDBS-2) and a Competency Framework will be developed. This will provide guidance to HEIs and others on the work of the dietitian as an advanced practitioner in Europe and the education and learning outcomes that can be expected from this group.
- A Specialist Dietitian title within Europe will be developed to improve career progression possibilities and recognition of advanced status of some dietetic roles. This can be used by the individual dietitian in argument for salaries, applying for jobs, etc.
- Workshops at the Vth DIETS conference will be held for specialists – see next page for report!

NOTES on how to fill in questionnaire:

There are three parts. It will take you about 30 minutes to fill in the questionnaire. You can save your answers anytime and continue later. To access the questionnaire, click here:

<http://www.thematicnetworkdietetics.eu/survey/index.php?sid=34157&lang=en>

Thank you for your help!

Best regards,

Agneta Hörnell, lead of WP2

agneta.hornell@kost.umu.se

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Specialist dietetic workshops

“Specialist Dietitians in Europe”

Workshop Reports IVth DIETS Conference Amsterdam December 4th 2010

The following reports reflect the discussion that dietitians interested in particular areas of dietetics had at specialist workshops at the IVth DIETS conference. The reports differ in their presentation for this reason.

Special Theme: Obesity

Theme Leaders:

Ellen Govers

Research Dietitian, Amsterdam, The Netherlands

Maria Hassapidou

Professor Nutrition & Dietetics, Thessaloniki, Greece

➤ **Should there be specialisation?**

Yes, we need specialisation after the bachelor level. Post HEI education on the treatment of obesity is necessary. Specialisation includes:

- lifelong learning
- defining skills that are necessary
- working in a multidisciplinary way
- how to treat co morbidities
- masters and PhD levels in dietetics

➤ **Where should skills be improved?**

- behavioural skills in different settings
- communication skills in different settings
- coaching skills
- nutritional assessment and treatment skills
- advanced skills in physiology and energy expenditure
- dietetic diagnosis, similar to SOAP for physicians (subjective, objective, assessment, plan)
- skills on working in multi disciplinary settings
- skills on treating co morbidities
- skills on sustaining weight maintenance
- skills on evidence based research



Specialist dietetic workshops

“Specialist Dietitians in Europe”

➤ **What should we have to agree on?**

- patient centred treatment
- clinical indicators
- definition of successful treatment
- evaluation of outcomes

There was not yet the momentum for a European network of obesity dietitians. This may occur in the future. A first step could be national networks of obesity dietitians.

NB: In November 2010, the Dutch network of obesity dietitians was formed: Knowledge Centre of Dietitians treating Overweight and Obesity (KDOO; which pronounces as the Dutch word for present: cadeau). <http://www.nvdietist.nl/netwerken/KDOO>.

In the UK, a special interest group is already established, Dietitians in Obesity Management'. They offer meetings and training courses. <http://www.domuk.org>.

Special Theme: Diabetes Mellitus

Theme Leader:

Cathy Breen Research Dietitian, Dublin, Ireland

The diabetes workshop was attended by delegates from a range of both geographical and work areas, including clinical, public health, industry and universities. Cathy and her co-presenter, Ulrich Huhmer from Germany, opened the workshop by presenting an overview of effective treatments and working methods in which specialist diabetes dietitians play key roles in both the prevention and management of diabetes. A lively discussion then followed on the competences, knowledge and skills that delegates felt were important for diabetes specialist dietitians.

There was consensus that a thorough, up-to-date knowledge of the evidence base for effective treatments (including carbohydrate counting and intensive insulin therapy in type 1 and weight management strategies such as meal replacements and bariatric surgery in type 2) was very important. Having good communication and facilitation skills for delivering education for effective diabetes self management was identified as another key competence. The group also felt that a specialist diabetes dietitian needed advanced skills in encouraging and motivating lifelong behaviour change in clients. The workshop concluded with delegates completing the proforma, and a significant number reported being interested in taking part in a network of specialist diabetes dietitians in Europe.



Specialist dietetic workshops

“Specialist Dietitians in Europe”

Special Theme: Administrative Dietetics

Theme Leader:

Ylva Mattsson Sydner, *Associate Professor*

Department of Food, Nutrition and Dietetics, Uppsala University, Sweden

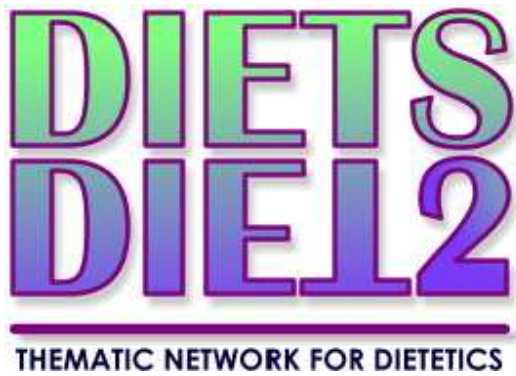
ICDA and EFAD administrative dietitians are defined as working in one of three main areas of dietetic practice. The administrative dietitian is described by EFAD as "a dietitian who focuses and works primarily within foodservice management with responsibility for providing nutritionally adequate, quality food to individuals or groups in health and disease in an institution or a community setting". For this kind of work, Griffin *et al.* (JADA 2001) have stated that management of resources needs to be combined with knowledge and skills in different areas, for example: foodservice science and safety, foodservice systems and nutrition in health and disease. Moreover, they identified six Standards of Professional Practice to describe expectations in management and foodservice. One of these standards is the application of research.

However, to develop the profession of administrative dietitians and the area of foodservice management, it is necessary that the administrative dietitians also identify the research questions themselves and as well as accomplish the research.

During the workshop nine administrative dietitians from six countries agreed on the necessity to discuss and develop the area of the administrative dietetics profession. Questions to be discussed and developed were:

- leadership and management
- communication and marketing
- the need for research and specific research questions for administrative dietitians
- best practice - how to plan, produce and serve meals based on nutritional needs and the wishes of different target groups

We also agree on the need to write a position paper about the competence of administrative dietitians. A small network was established and, hopefully, it will develop during DIETS2.



Specialist dietetic workshops

“Specialist Dietitians in Europe”

Special Theme: Public Health Dietetics (PHD)

Theme Leaders:

Clare Pettinger

Lecturer Public Health Nutrition, Plymouth, UK

Jolein Iestra

Utrecht University, The Netherlands

This workshop had 20 individuals from 12 countries (Belgium, Spain, Italy, Slovenia, UK, Netherlands, Germany, Austria, Portugal, Lithuania, France, and Denmark).

The discussion took place around these questions:

➤ **What is PHD?**

- No country has a protected title
- No clear definition of what PHD is
- No clear distinction between PHD and PHN (Public Health Nutrition)
- Other health workers assume this role (e.g. nurses, paediatricians, food technologists, etc.)
- In some countries PHN = Masters; PHD = Bachelor

➤ **Are there specific competences?**

- Evaluation methods
- Epidemiology/Evidence-based practice
- Theory of behavioural change
- Communication
- Empowerment
- Marketing
- Lifecycle stage (target groups)
- Global health
- Applied nutrition
- Multi-disciplinary/partnership
- Synthesis of ideas/proposals for funding
- Knowledge of food system/sustainability

➤ **Are there any specific criteria?**

- Not explicit in any group
- Lack of clarity across countries



Specialist dietetic workshops

“Specialist Dietitians in Europe”

➤ Professional development needs?

- Evidence database/library of the effectiveness of interventions
- Need for a clear profile/definition of PHN vs PHD
- Monitoring/evaluation of interventions
- What do you need to specialise? Standards? Training? LLL?
- Consultation with industry
- Advocacy of the profession within political circles?

➤ Research priorities

- Effective interventions at different levels and in different settings (behavioural and environmental)
- Link with industry, e.g. product design, reformulation
- Cross-country/cultural collaborations across Europe (and beyond)
- Methodological items, evaluation, validation, etc.

Summary

There should be a formation of a new European Public Health Dietetic Network

- Potential for sharing best practice
- Collaborating for professional and research development
- Advocacy and lobbying in political circles
- Representation within other professional groups
- New innovations and creative ideas e.g. how to work better with industry



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Specialist dietetic workshops

“Specialist Dietitians in Europe”

Special Theme: Renal

Theme Leader:

Barbara Gillman

Clinical Specialist Renal Dietitian, Mater Misericordiae University Hospital, Dublin, Ireland

The prevalence of risk factors for Chronic Kidney Disease (CKD) is increasing. Risk factors include increasing age, hypertension, obesity and diabetes mellitus. It is well documented that the risk of cardiovascular death far outweighs the risk of renal disease progression. Numbers of people with end stage renal disease requiring dialysis are just the tip of the iceberg. Whilst there are multiple guidelines available on the different aspects of nutritional management of CKD, many of these recommendations are based on a relatively poor evidence base or are opinion based.

Numbers at this workshop were small and mostly were from an academic background.

Key Points discussed:

- Currently in most European countries, dietitians are competent to see all patient types on completion of undergraduate theory and practical training. However, there are different scopes of practice and also some countries require further education and mentorship to work within specialised areas.
- It was generally agreed that there is a lifelong requirement for education and training to increase skill base and overall competence within practice. This can be achieved by active participation in continuous professional development activities such as national teaching courses, self directed learning (reading journals, attending education meetings, reflective practice) and mentoring. A set of disease specific competences would provide a framework for this ongoing learning.
- It was agreed that as a profession we need to actively seek to have specialised dietitians. A framework for post graduate education and specialist competences is required. It was suggested that liaison with the American Dietetic Association where this grade is established would provide a valuable insight into what is required.
- As there are gaps in research for evidence-based practice, it was felt that a collaborative approach would facilitate ability to collectively address specific questions.

Find all the names and contact details of the Theme (workshop) leaders in the address book on the DIETS website <http://www.thematicnetworkdietetics.eu>

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Specialist dietetic workshops

“Specialist Dietitians in Europe”

STOP PRESS

At the Vth DIETS conference, specialist workshops will be held and these have been expanded now to include oncology/feeding and ageing. Join us to move this European approach forward!

See the conference programme for more details available on the DIETS website:

<http://www.dieteticsthematicnetwork.eu>

“DIETS and DIETS2 has been funded with support from the European Commission. This publication [communication] reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein”.



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Have you ever asked these questions?

How can we increase the worth of diet therapy; measure our outcomes and show we improve nutritional health?

How can I increase my knowledge of a specialist area of dietetics? How can I find out the latest information in a special area of dietetics and become more evidence-based?

Well now you can.....on the 22nd of October the next DIETS/EFAD conference includes two 'hot' topics of direct relevance to you and your association members.

As dietitians, we know we make a difference to the people we work with and help those to change their eating habits or provide them with improved nutrition. But what all of us face is how to prove we do this AND show our colleagues and those who decide policy.

In Europe we have an opportunity to test the use of the **International Dietetic and Nutrition Terminology (IDNT) and the Nutritional Care Process**. EFAD is discussing whether we should formally pilot these two important tools with dietitians in Europe. And DIETS has already started discussing how these two important tools can be used in education and practice placements.

- 1) During Saturday the 22nd of October, the afternoon session of the conference will focus on the topic of International Nutrition and Dietetic Terminology (IDNT) and Nutritional Care Plans (NCP) will be presented.

If there is sufficient demand we can extend this to include workshops on this topic.

In Europe, we have expert dietitians who are developing specialist areas of practice such as in diabetes, oncology, renal, obesity, administrative dietetics and public health dietetics.

- 2) On Saturday the 22nd of October 2011, most of the morning session is dedicated to getting dietitians together to share their expertise and establish European expert/specialist dietitian groups. We are sure that within associations there is much expertise and dietitians who will want to share their enthusiasm for their specialist area (see reports from last year in this 10th Newsletter).

Finally we want to get our students across Europe to share and learn with us. Will you help to sponsor a student?

See our Facebook page for more information.



Please let us know:

1. If anyone from your Association or HEI will attend the conference
2. If you plan to send any experts to help establish the European specialist dietitian groups
3. If you would like us to include workshops on IDNT so that expert representatives from EFAD member associations can debate the topic
4. If you plan to sponsor a student to attend the conference

Full details of the conference are available on <http://www.thematicnetworkdietetics.eu>
Conference registration is now open!

Correspondence with network.manager@thematicnetworkdietetics.eu
Or Secretariat@efad.org

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