



# Dietitians Board

## Examination

### RECOMMENDED READING LIST

This recommended reading list is for people who are planning to sit the Board Examination (written and oral components). Its primary purpose is to help orientate overseas-trained applicants to the New Zealand context.

This list is not exclusive. For example, applicants are expected to access recent textbooks (or equivalent) for core dietetic knowledge. In preparation for the written exam, applicants are advised to access 'Additional information (DAA website)' via the Board's website.

### Relevant New Zealand Legislation

Legislation (and amendments) are available online: [www.legislation.govt.nz](http://www.legislation.govt.nz)

- Te Tiriti o Waitangi - Treaty of Waitangi (refer Cultural Competence)
- Public Health and Disability Act 2000
- Code of Health and Disability Services Consumers' Rights <https://www.hdc.org.nz/your-rights/about-the-code/code-of-health-and-disability-services-consumers-rights/>
- Privacy Act 1993 and the Health Information Privacy Code 1994
- Food Act 2014
- Employment Relations Act 2000
- Health and Safety at Work Act 2015

### Dietitians Board (general)

- Health Practitioners Competency Assurance Act 2003
- Dietitians Board (2009) *Registration Competency Requirements* (**relevant for 2018 Examination**)
- Dietitians Board (2017) *Professional Standards & Competencies for Dietitians*.
- Dietitians Board (2017) *Code of Ethics & Conduct for Dietitians*.

### Cultural Competence

- Te Tiriti o Waitangi - Treaty of Waitangi
  - <http://www.teara.govt.nz/en/treaty-of-waitangi/page-1>
  - <http://www.treaty2u.govt.nz/>
  - <https://mch.govt.nz/treatyofwaitangi>
- Māori Ora Associates (for the Medical Council of New Zealand). *Best Health Outcomes for Māori: Practice Implications* - <https://www.mcnz.org.nz/assets/News-and-Publications/Statements/Best-health-outcomes-for-Maori.pdf>
- Medical Council of New Zealand. (2006). *Statement on Cultural Competence* - <https://www.mcnz.org.nz/assets/News-and-Publications/Statements/Statement-on-cultural-competence.pdf>
- Medical Council of New Zealand. (2006). *Statement on Best Practices when Providing Care to Māori Patients and Their Whānau* - <https://www.mcnz.org.nz/assets/News-and-Publications/Statements/Statement-on-best-practices-when-providing-care-to-Maori-patients-and-their-whanau.pdf>
- Dietitians Board of New Zealand. (last updated 2016) *Cultural Development Guidelines*.

- Health Promotion Forum of New Zealand/Runanga Whakapiki ake i te Hauora o Aotearoa. (2002). *TUHA-NZ, a Treaty understanding of hauora in Aotearoa-New Zealand*. Wellington: Health Promotion Forum - <http://www.hauora.co.nz/resources/Tuhanzpdf.pdf>
- Wepa, D. (ed). *Cultural Safety in Aotearoa New Zealand*. Cambridge University Press, 2015
- Durie, M.H. (1989). The Treaty of Waitangi and health care. *New Zealand Medical Journal*, 102, 283-285
- Hirini Moko Mead (2006). *Tikanga Māori Living by Māori Values*. Huia Publishers
- Ropiha, D. (1994). *Kai Whai te Maramatanga*- The effectiveness of health messages for Māori. Wellington: Ministry of Health.
- Ministry of Health. (2012). *Rauemi atawhai. A guide to developing health education resources in New Zealand*. Wellington: Ministry of Health.

## New Zealand Food and Nutrition Policies

### Ministry of Health

Publications are available online (<http://www.health.govt.nz>), including:

- *Food and Nutrition Guidelines* (Infants, Children, Adults and Older People) - <http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-adultsbackground-paper>
- Australian Government Department of Health and Aging and New Zealand Ministry of Health. (2006). *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes* – available from:  
<http://www.nhmrc.gov.au/publications/synopses/n35syn.htm> and  
<http://www.moh.govt.nz>
- *Nutrition surveys* - <https://www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/surveys/past-surveys/nutrition-survey>
- *New Zealand Health Survey* - <https://www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/surveys/new-zealand-health-survey>
- *He Korowai Oranga – Māori Health Strategy* - <http://www.health.govt.nz/publication/guide-he-korowai-oranga-maori-health-strategy>
- *'Ala Mo'ui: Pathways to Pacific Health and Wellbeing 2014–2018* - <https://www.health.govt.nz/publication/ala-moui-pathways-pacific-health-and-wellbeing-2014-2018>

### Ministry for Primary Industries

Publications are available online ([www.mpi.govt.nz](http://www.mpi.govt.nz)), including:

- *Food safety* - <https://www.mpi.govt.nz/law-and-policy/legal-overviews/food-safety/>

### Food Standards Australia New Zealand (FSANZ)

- *Australia New Zealand Food Standards Code* - <http://www.foodstandards.govt.nz>

### Public Health Nutrition

- World Health Organization- The Ottawa Charter for Health Promotion
- *The Health Equity Assessment Tool: A User's Guide* - <https://www.health.govt.nz/publication/health-equity-assessment-tool-users-guide>
- Hawe, P., Degeling, D., Hall, J. Brierley, A. (1990). *Evaluating Health Promotion: A Health Worker's Guide*. Sydney, Australia: MacLennan & Petty
- Parnell, W.R., Reid, J., Wilson, N.C., McKenzie, J., Russell, D. G. (2001). Food security: is

- New Zealand a land of plenty? *New Zealand Medical Journal*, 114, 141-145
- Health Promotion Agency – [www.hpa.org.nz](http://www.hpa.org.nz); [www.alcohol.org.nz](http://www.alcohol.org.nz)
- Baby Friendly Aotearoa New Zealand - <https://www.babyfriendly.org.nz>

## Clinical and Community Nutrition

- Mann, J., Truswell, S. (2015). *Essentials of Human Nutrition*. 5th Ed. Oxford: Oxford University Press.
- Dietitians NZ (2016). *Dietitians NZ Clinical Handbook*. 11th Ed. Wellington: Dietitians NZ
- International Dysphagia Diet Standardisation Initiative - [iddsi.org](http://iddsi.org)
- New Zealand Guidelines Group. *New Zealand Primary Care Handbook 2012*. 3<sup>rd</sup> ed. Wellington- <http://www.health.govt.nz/publication/new-zealand-primary-carehandbook-2012>
- *Cardiovascular Disease Risk Assessment and Management for Primary Care* (2018) - <https://www.health.govt.nz/system/files/documents/publications/cvd-risk-assessment-and-management-for-primary-care-v2.pdf>
- Heart Foundation of New Zealand – [www.nhf.org.nz](http://www.nhf.org.nz)
- Diabetes New Zealand - <https://www.diabetes.org.nz>
- Coeliac New Zealand - [www.coeliac.org.nz](http://www.coeliac.org.nz)
- Martins, R.K., McNeil D.W. (2009). Review of motivational interviewing in promoting health behaviours. *Clinical Psychology Review* (29) 283-293.
- Miller, W.R., Rose G.S. (2009). Toward a theory of motivational interviewing. *American Psychologist* (64) 527-537.
- Miller, W.R., Rollnick, S. (2009). Ten Things that Motivational Interviewing Is Not Behavioural and Cognitive Psychotherapy, (37) 129–140.

## Foodservice Management

- Duncan, P., Jensen, J. (2011). *Professional Foodservice*. 2nd Ed. New Zealand: Pearson Educational
- Duncan, P., Fitchett, L. (2005). *Safe Food: A food hygiene course for the food worker*. 3rd Ed. New Zealand: Pearson Educational
- National Heart Foundation of New Zealand. (2003). *The Heartbeat Catering Guidelines for Adolescents; The Heartbeat Catering Guidelines for Adults; The Heartbeat Catering Guidelines for Older People*
- Ministry of Health. (2012). *NZ Meals on Wheels Service Specifications* - Nationwide Service Framework Library - <https://nsfl.health.govt.nz/system/files/measlonwheelst2nov2012.docx>

## Service Management

- Van Looy, B., Gemmel, P., Van Dierdonck, R. (Eds). (2003). *Services Management: An Integrated Approach*. 2nd Ed. Great Britain: Prentice Hall. Chapters 1, 2, 4, 5, 6, 7, 8.
- Harris, M.J. (2006). *Managing Health Services: Concepts and Practice*. 2nd ed: Australia: Elsevier. Chapter 16 Managing Quality
- Health Quality & Safety Commission New Zealand. *Health Quality & Safety Indicators* - <https://www.hqsc.govt.nz/our-programmes/health-quality-evaluation/projects/health-quality-and-safety-indicators/>