

Examples of MyCCP Learning Activities

Continuing Education Domain

Purpose

- Undertake professional development relevant to the position you are working in
- To keep dietetic knowledge up to date through the provision of timely and appropriate education and training.
- To retain up to date knowledge of core nutritional science and its application

Examples of Learning Activities

- Courses taken or taught
- Independent study into a specific topic
- Lectures or seminars (attended or provided)
- Journal clubs
- Study groups
- Grand round
- Special interest group activities
- Readings
- Visits to Centres of Excellence
- Writing for publication
- Teaching, examining and supervising students
- Community service relevant to your area of practice
- Courses such as public speaking
- Working parties, steering or advisory groups
- Reviewing high level documents, preparing submissions
- Professional or Registration Board roles
- Business Planning
- Practice 'self-review'/development

Aim to get a mix of activities.

Peer/Practice Review Domain

Purpose

- To have independent review of aspects of your dietetic practice by a professional colleague or supervisor with the aim of improving the level of your performance.
- Reviews might include:
 - Clinical issues
 - Communication
 - Systems and processes for the delivery of services
 - Audits

Examples of Reviews

- Clinical audit
- Peer review with suggestions
- Practice (business) review
- Practice systems review
- Evaluating service performance
- Presentation with feedback
- Performance review
- Review of prescribing practice by Prescribing Supervisor
- Documentation audit
- Evaluation of cultural responsiveness
- Establishing new policy, procedures, guidelines
- Feedback from multi-disciplinary team
- Mentoring/supervision from peers
- Report writing/essays (reviewed or marked)
- Observation
- Live supervision (See template Appendix)
- Professional or Registration Board roles
- Practice 'self-review'/development
- Reviewing high level documents, preparing submissions
- Publication in peer reviewed journals

Cultural Development Domain

Purpose

- Cultural development refers to the acquisition of skills to better understand members of other cultures in order to achieve the best health outcome.
- It is important to recognise that culture includes, but is not restricted to age, gender, sexual orientation, occupation, socioeconomic status, ethnic origin or migrant experience, religious or spiritual belief and disability.
- It is expected that a Registered Dietitian will:
 - Appreciate and acknowledge New Zealand's culturally diverse population
 - Demonstrate the ability to communicate with people from different cultural backgrounds.
 - Acknowledge the status of Maori and the Treaty of Waitangi in the New Zealand health sector.
 - Have a working knowledge of the principles of the Treaty of Waitangi.
 - Demonstrate an awareness of ethical and cultural implications of dietetic research
 - Be able to conduct practice acknowledging one's own limits of cultural safety and respecting other cultures' customs.
 - Acknowledge that a dietitians culture and belief systems influence his or her professional practice.

Examples of Learning Activities

- Active reflection of practice and your ability to effectively support people of other cultures.
- Attending lectures, workshops, courses and applying these to dietetic practice e.g. customs and culture of: Māori, Pasifika, older/younger people, gender, refugees, Asian and marginalised minority groups etc.
- Working with interpreters
- CALD courses
- Discussion of cultural management issues and cultural Competence and Māori health with Māori colleagues or colleagues of other cultures
- Treaty of Waitangi' activities and other activities that may support improving cultural Competence and Māori health, may include:
 - Addressing health literacy in your community
 - Dietitians Board online course
 - Mauri Ora 'Healthcare and the Treaty of Waitangi' online modular course (contact info@mauriora.co.nz)
 - University courses, lectures or workshops
 - Reading and reflecting on information from a 'Treaty of Waitangi' website or other sources
 - Mentoring/practice review from local Māori dietitians or local Māori health professionals or the local Māori Department at the local tertiary institution.
 - Completing a Tikanga Māori or Te Reo Māori course
 - Networking with Māori Dietitians and working collaboratively on a project(s)
 - Voluntary work for a Kohanga Reo/ Marae/ Māori Health/ Social Services
 - Assisting in literacy programmes at the local Kura Kaupapa or bilingual unit
 - Obtaining recipes for Māori (and other cultures) dishes, collecting, preparing, cooking and tasting.
- Learning local waiata/local history and the original names and stories behind them and taking a guided tour of the area.