

The Profession *of* Dietetics

SIXTH
EDITION

A TEAM APPROACH

June R. Payne-Palacio, PhD

Professor Emeritus
Pepperdine University

Deborah D. Canter, PhD, RD, LD, FAND

Professor Emeritus
Kansas State University



JONES & BARTLETT
LEARNING

World Headquarters
Jones & Bartlett Learning
5 Wall Street
Burlington, MA 01803
978-443-5000
info@jblearning.com
www.jblearning.com

Jones & Bartlett Learning books and products are available through most bookstores and online booksellers. To contact Jones & Bartlett Learning directly, call 800-832-0034, fax 978-443-8000, or visit our website, www.jblearning.com.

Substantial discounts on bulk quantities of Jones & Bartlett Learning publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones & Bartlett Learning via the above contact information or send an email to specialsales@jblearning.com.

Copyright © 2017 by Jones & Bartlett Learning, LLC, an Ascend Learning Company

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

The content, statements, views, and opinions herein are the sole expression of the respective authors and not that of Jones & Bartlett Learning, LLC. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not constitute or imply its endorsement or recommendation by Jones & Bartlett Learning, LLC and such reference shall not be used for advertising or product endorsement purposes. All trademarks displayed are the trademarks of the parties noted herein. *The Profession of Dietetics: A Team Approach, Sixth Edition* is an independent publication and has not been authorized, sponsored, or otherwise approved by the owners of the trademarks or service marks referenced in this product.

There may be images in this book that feature models; these models do not necessarily endorse, represent, or participate in the activities represented in the images. Any screenshots in this product are for educational and instructive purposes only. Any individuals and scenarios featured in the case studies throughout this product may be real or fictitious, but are used for instructional purposes only.

The authors, editor, and publisher have made every effort to provide accurate information. However, they are not responsible for errors, omissions, or for any outcomes related to the use of the contents of this book and take no responsibility for the use of the products and procedures described. Treatments and side effects described in this book may not be applicable to all people; likewise, some people may require a dose or experience a side effect that is not described herein. Drugs and medical devices are discussed that may have limited availability controlled by the Food and Drug Administration (FDA) for use only in a research study or clinical trial. Research, clinical practice, and government regulations often change the accepted standard in this field. When consideration is being given to use of any drug in the clinical setting, the health care provider or reader is responsible for determining FDA status of the drug, reading the package insert, and reviewing prescribing information for the most up-to-date recommendations on dose, precautions, and contraindications, and determining the appropriate usage for the product. This is especially important in the case of drugs that are new or seldom used.

Production Credits

VP, Executive Publisher: David D. Cella
Publisher: Cathy L. Esperti
Acquisitions Editor: Sean Fabrey
Vendor Manager: Sara Kelly
Director of Marketing: Andrea DeFronzo
VP, Manufacturing and Inventory Control: Therese
Connell

Composition and Project Management: Cenveo Publisher
Services
Cover Design: Kristin E. Parker
Rights & Media Specialist: Jamey O'Quinn
Media Development Editor: Troy Liston
Cover Image: © XiXinXing/Shutterstock
Printing and Binding: Edwards Brothers Malloy
Cover Printing: Edwards Brothers Malloy

Library of Congress Cataloging-in-Publication Data

Names: Payne-Palacio, June, author. | Canter, Deborah D., author.
Title: The profession of dietetics : a team approach / June R. Payne-Palacio,
Deborah D. Canter.
Description: 6th edition. | Burlington, MA : Jones & Bartlett Learning,
[2017] | Includes bibliographical references and index.
Identifiers: LCCN 2016018645 | ISBN 9781284101850 (pbk. : alk. paper)
Subjects: | MESH: Dietetics | Patient Care Team | Vocational Guidance |
United States
Classification: LCC RM218.5 | NLM WB 400 | DDC 613.2023—dc23
LC record available at <https://lccn.loc.gov/2016018645>

6048

Printed in the United States of America

20 19 18 17 16 10 9 8 7 6 5 4 3 2 1

BRIEF CONTENTS

Part I	The Past	1
CHAPTER 1	The Profession Is Born	3
Part II	The Present	25
CHAPTER 2	The Dietetics Profession	27
CHAPTER 3	Joining Together: The Team Approach	53
CHAPTER 4	Beginning Your Path to Success in Dietetics	81
Part III	Preparing for Practice	107
CHAPTER 5	Dietetics Education and Training	109
CHAPTER 6	The Supervised Practice Experience	133
CHAPTER 7	Credentialing	151
Part IV	Professional Organizations	173
CHAPTER 8	Why Join a Professional Association?	175
Part V	The Future	199
CHAPTER 9	Trends, Predictions, and Your Future	201
CHAPTER 10	Crossing the Bridge: From Student to Professional	211

CONTENTS

Preface ix

New to this Edition xi

Acknowledgments xv

Reviewers xvi

Part I The Past 1

CHAPTER 1 The Profession Is Born 3

- The Very Beginning 3
- The Middle Ages 4
- Progress (?) in the Eighteenth and Nineteenth Centuries 5
- The Young Profession in the Twentieth Century 10
- Entering the Twenty-First Century 16
- Summary 18
- Suggested Activities 21
- Selected Websites 22
- Suggested Readings 22
- References 22

Part II The Present 25

CHAPTER 2 The Dietetics Profession 27

- What Is Dietetics? 28
- What Is a Profession? 28
- How Is Dietetics a Profession? 29
- What Is a Registered Dietitian Nutritionist? 29
- Who Are Dietitians? 31
- Where Do Dietitians Work, and What Do They Do? 32
- What Is the Salary Range for RDNs and NDTRs? 37
- Specialty Areas and New Employment Opportunities 39
- What Are Some of the Issues Facing Dietetic Practice? 41
- A Brief Introduction to the Professional Association 42
- Summary 43
- Suggested Activities 48
- Selected Websites 50
- Suggested Readings 50
- References 51

CHAPTER 3 Joining Together: The Team Approach 53

- The History of the Healthcare Team Concept 54
- What Makes a Group a Team? 54
- Teamwork 55
- Fundamentals of Team Dynamics 56
- Team Development 59

	Communicating for Team Success	59
	Members of Healthcare Teams	63
	Summary	72
	Suggested Activities	76
	Selected Websites	77
	Suggested Readings	77
	References	78
CHAPTER 4	Beginning Your Path to Success in Dietetics	81
	Who Are You?	81
	The Portfolio	81
	What Are the Purposes of a Portfolio?	82
	The Résumé	89
	The Interview	94
	Summary	97
	Suggested Activities	102
	Selected Websites	103
	Suggested Readings	103
Part III	Preparing for Practice	107
CHAPTER 5	Dietetics Education and Training	109
	Have I Got a Plan for You!	109
	The Accreditation Council for Education in Nutrition and Dietetics	110
	The Steps to Becoming a Registered Dietitian Nutritionist or Nutrition and Dietetics Technician, Registered	112
	The Academic Experience	116
	Distance Education in Dietetics	117
	Service Learning in Dietetics	119
	Verification of Academic Requirements	120
	Building a Career Portfolio	120
	Graduate Education	121
	Summary	124
	Suggested Activities	124
	Selected Websites	125
	References	130
CHAPTER 6	The Supervised Practice Experience	133
	Trying Your Wings	133
	Competencies for the Supervised Practice Component	133
	When Does Supervised Practice Occur?	134
	The Dietetic Internship Shortage	135
	Making the Decision: Coordinated Program versus Dietetic Internship	135
	Distance Internships	137
	Individualized Supervised Practice Pathways (ISPPs)	138
	Applying for the Supervised Practice Experience	138
	The Interview as Part of the Admission Process	141
	Suggested Activities	147
	Selected Websites	148
	References	148

CHAPTER 7	Credentialing	151
	Protecting the Public 151	
	Commission on Dietetic Registration 151	
	Dietetic Registration 152	
	The Registration Examination 152	
	Computer-Adaptive Testing 154	
	Getting Ready for the Credentialing Examination 155	
	Maintaining Registered Status 156	
	Steps in Professional Portfolio Development 157	
	Specialty Credentials 157	
	Fellow of the American Dietetic Association/Fellow of the Academy of Nutrition and Dietetics 160	
	Licensure 160	
	Other Tools Supporting Professional Competence 161	
	Summary 167	
	Suggested Activities 170	
	Selected Websites 171	
	References 171	
Part IV	Professional Organizations	173
CHAPTER 8	Why Join a Professional Association?	175
	The Academy of Nutrition and Dietetics 175	
	Mission, Vision, Philosophy, and Values 177	
	Academy of Nutrition and Dietetics Headquarters 179	
	The Volunteer Element of the Academy of Nutrition and Dietetics 180	
	Honors and Awards Bestowed by the Academy of Nutrition and Dietetics 187	
	Why Should I Become a Member of the Academy of Nutrition and Dietetics? 190	
	Other Professional Associations 190	
	Summary 190	
	Suggested Activities 196	
	Selected Websites 196	
	References 197	
Part V	The Future	199
CHAPTER 9	Trends, Predictions, and Your Future	201
	Implications for Dietetics Practice 204	
	The Future for Dietetics Professionals 205	
	Summary 205	
	Suggested Activities 207	
	Selected Websites 208	
	References 208	
CHAPTER 10	Crossing the Bridge: From Student to Professional	211
	Professional Advice 212	
	You Are Entering a Helping Profession 214	
	Lifelong Learning and Professional Development 214	
	Standards of Professional Practice 215	

viii Contents

Professional Ethics 216
Commitment to the Profession 216
Finally, Some Tips for Career Success 218
Summary 220
Suggested Activities 224
Selected Websites 225
Suggested Readings 225
References 226

APPENDIX Commonly Used Acronyms in the Dietetics Profession 229

Index 233

P R E F A C E

The Profession of Dietetics: A Team Approach is written for students interested in finding out more about the profession of dietetics. Understanding who dietetics professionals are, what dietetics professionals do, and how to become a certified dietary manager; a nutrition and dietetics technician, registered; or a registered dietitian nutritionist is a complex task. Few other professions offer so many educational routes for entry or so many ways to practice one's trade. While this diversity is a strength, it often confuses those who wish to enter the profession, as well as prospective customers who are trying to understand who dietetics professionals are or why they should consult one.

It is the goal of this book to present a clear and up-to-date picture of the profession of dietetics and to try to answer some basic questions:

- What is a profession and how does dietetics qualify as a profession?
- How has the history of the profession shaped dietetics practice today?
- Who are members of the dietetics team and how do they work together?
- What is the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and why should one become a member?
- What is involved in the credentialing of dietetics professionals and why is it important?
- What kinds of positions do dietetics professionals fill?
- Why are communication and teamwork so important in the dietetics profession?
- How can a person develop effective communication skills and become a good team player?
- What are some ways to successfully make the transition from student to professional?
- What does the future hold for dietetics practice?

Features throughout the text are designed to help students connect with the material presented. Suggested Activities at the end of each chapter allow students to explore topics further and offer opportunities for thought-provoking research outside the classroom. Selected websites direct students to view related content online and to peruse a variety of Web pages pertaining to the field of dietetics. The ever-popular Profile of a Professional feature includes real interviews with individuals who work in various positions as dietetics professionals. Each professional who is profiled offers advice and words of wisdom for students entering the field.

Qualified instructors can also receive access to instructor resources including a test bank, slides in PowerPoint format, and an instructor's manual.

The profession of dietetics is dynamic, exciting, and in need of enthusiastic, energetic, and visionary men and women who wish to join the team. It is our hope that this book enlightens, informs, and inspires those who read it. If this occurs, then our dream for this book will have been achieved.

NEW TO THIS EDITION

This edition of *The Profession of Dietetics: A Team Approach* reflects the latest standards, developments, and data in the dynamic and constantly evolving field of dietetics. Key changes for this edition include the following:

- Seventeen all-new *Profile of a Professional* features, spotlighting the experiences and accomplishments of both dietitians and dietetic technicians
- The latest numbers relating to the growth of the profession, including employment outlook, median salary expectations, and new program accreditation
- The highlighting of digital portfolios and the utility of LinkedIn and other digital career resources
- Updated information regarding education requirements, reflecting the most recent changes announced by the Academy of Nutrition and Dietetics

Major chapter-specific updates are listed below.

Part I: The Past

Chapter 1: The Profession Is Born

- Adds references to the recently introduced RDN and NDTR credential
- Updates timeline of selected milestones in dietetic history
- Includes discussion of Marjorie Hulsizer Copher's contributions during World War I

Part II: The Present

Chapter 2: The Dietetics Profession

- Updates the discussion surrounding the various titles and credentials a dietitian may use
- Features the latest statistics on
 - RDN and NDTR median salaries
 - Top-paying states and metropolitan areas for professionals
 - Projected growth in employment through 2022
- Integrates today's understanding of food's role in preventing and treating diseases
- Discusses the Academy's development of Board Certification in some specialty areas of dietetic practice

Chapter 3: Join Together: The Team Approach

- Incorporates current titles and credentials for all team members

Chapter 4: Beginning Your Path to Success in Dietetics

- Updates portfolio (now profile) information to emphasize digital career resources like LinkedIn and other social media platforms
- Adds a section on digital portfolios (e-portfolios)
- Incorporates new formatting and stylistic tips for résumés
- Adds and updates interviewing tips
- Supplies a variety of online resources for assistance with online self-marketing, job searching, e-portfolios, and interviews

Part III: Preparing for Practice

Chapter 5: Dietetics Education and Training

- Describes the two current options for becoming a dietetic technician
- Details ACEND's recommendation that the master's degree become the standard for all entry-level dietitians and the controversy surrounding this move
- Incorporates information regarding the differences in salaries between RDNs with a master's degree and those with a bachelor's degree

Chapter 6: The Supervised Practice Experience

- Addresses the dietetic internship shortage in a new section, providing the latest statistics and explanations for why the shortage is occurring
- Delves into reasons why students are increasingly taking more than 4 years to graduate with a bachelor's degree
- Provides more detail regarding distance internships and their admission criteria

Chapter 7: Credentialing

- Provides the latest statistics for the number of dietitians, dietetic technicians, and various specialty credentials
- Addresses the Academy's new Fellow of the Academy of Nutrition and Dietetics program
- Provides advisory information on researching and preparing for state licensure

Part IV: Professional Organizations

Chapter 8: Why Join a Professional Association?

- Updates the distinction between active members, retired members, and academy associates of the Academy of Nutrition and Dietetics
- Updates the presentation of the Academy's vision, mission, and values

- Adds the Academy's Governing Structure Infographic to outline the membership, functions, management responsibilities, and frequency of meetings for both the Board of Directors and the House of Delegates
- Updates the listing of Dietetic Practice Groups (DPGs) and Member Interest Groups (MIGs)
- Expands the list of awards and grants offered by the Academy
- Lists and describes affiliate award programs

Part V: The Future

Chapter 9: Trends, Predictions, and Your Future

- Describes the change drivers and trends for the dietetics profession that have been identified by the Council on Future Practice
- Delves into the implications of these change drivers and trends on dietetic practice

Chapter 10: Crossing the Bridge: From Student to Professional

- Distinguishes Standards of Practice (SOP) from Standards of Professional Performance (SOPP) and describes by whom and how they are used

A C K N O W L E D G M E N T S

We owe a debt of gratitude to Karen Lechowich at the Academy of Nutrition and Dietetics who, because of her love of this profession and its history, went “above and beyond the call of duty” in her efforts to help us with this project. We would also like to express special thanks to our editorial and production staff at Jones & Bartlett Learning for their patience while working with us and for their support and encouragement for the completion of this revision, especially Sean Fabery, who pushed and prodded us at the right times, always with tact and diplomacy, to make sure this book was published on time. His guidance and wise suggestions made this a better book.

We wish to acknowledge the special people in our lives who helped us through the production of this edition. Appreciation is expressed to Deb’s “adopted family,” Rebecca and Jeff Daniels and children Hope (along with her husband Sam and new daughter Sophia), Ian, Grace, Nigel, and Gavin in Overland Park, Kansas. Many thanks also are expressed to friends Sharon and Medo Morcos in Manhattan, who share so much love and support. Special love and appreciation are also expressed to June’s husband, Cliff Duboff, for his emotional support and untiring help. And, finally, we thank the dietetics students at Pepperdine University, Kansas State University, and across the country who daily confirm our belief in the secure future of the profession of dietetics.

REVIEWERS

Judith Anglin, PhD, RDN
Director of Dietetics
Associate Professor
Texas Southern University
Houston, TX

Carol Beier, MS, RD/LD
Director, Didactic Program in
Dietetics
Oklahoma State University
Stillwater, OK

Elise Cowie, MEd, RD, LD
Director, Coordinated Program in
Dietetics
Assistant Professor
University of Cincinnati
Cincinnati, OH

Amy A. Drescher, PhD, RD
Instructor
Central Arizona College
Coolidge, AZ

Andrea Hutchins, PhD, RD
Associate Professor
University of Colorado Springs
Colorado Springs, CO

Dorothy Chen Maynard, PhD, RD,
FAND
Director, Directed Program in
Dietetics
Associate Professor
California State University, San
Bernardino
San Bernardino, CA

Lisa Sheehan-Smith, EdD, RD, LDN
Director, Didactic Program in
Dietetics
Professor
Middle Tennessee University
Murfreesboro, TN

Margaret Tate, RDN, MS
Adjunct Faculty
Paradise Valley Community College
Phoenix, AZ

Jennifer L. Warren, MS, RD, LD
Instructor
The University of Akron
Akron, OH