

Registered Dietitian

Department: Health Services	Effective Date:	July 2011
Grade:	Reports to:	Medical Director, Health Services

General Accountability

The Registered Dietitian works both independently and within the Health Services team consisting of physicians, psychiatrists, registered nurses, registered practical nurses, psychologists, counsellors, Manager of Health Promotion, Health Services Supervisor and Medical Director.

The Registered Dietitian provides nutrition services, including individual counselling, health promotion and educational programs, and consultation with other departments including Food Services and Athletics, as determined by the needs of the University of Waterloo community. The dietitian maintains a high ratio of clients with mental health diagnoses and co-morbidities and is an integral part of the clinical and mental health circle of care.

The dietitian is accountable to her/his student clients and is responsible for maintaining Health Services policies and standards. The dietitian is responsible for ensuring that her/his practice meets legislative requirements and Standards of Practice of the College of Dietitians of Ontario.

Nature and Scope

Accountable for identifying and managing food and nutrition issues relevant to the University of Waterloo student population and for providing programming, monitoring and evaluation of interventions which respond to identified needs.

Applies evidence-informed strategies and theories of behaviour change to enhance and facilitate student awareness, attitudes, knowledge, motivation and behaviour change relating to nutrition and other overlapping lifestyle issues such as sleep and physical activity.

Provides individual nutrition counselling for University of Waterloo students; this may include nutritional assessments, development of client-focused nutritional plans, health education, lifestyle counseling and referrals.

Develops and presents nutrition seminars for students on a broad spectrum of topics, including general nutrition, healthy weights, food selection and preparation, and sports nutrition.

Assesses nutrition education and support needs of the University of Waterloo student population and identifies target groups and gaps in service. Develops, implements, and evaluates plans to meet identified needs.

Coordinates and facilitates psycho-educational groups for University of Waterloo relating to nutrition and eating disorders.

Has expertise in identifying mental health issues and provides referral to, support for and collaboration with medical and mental health teams.

Monitors and updates nutrition knowledge of Health Services professional staff, identifies ongoing learning needs and provides continuing education and expert technical assistance as needed.

Develops and maintains a liaison with key University partners, including Food Services, Athletics, Counselling Services, Federation of Students, Residence Life, the University Colleges.

Acts as a resource person to the University of Waterloo Food Services department and the Food Advisory Board and advocates for student nutritional needs.

Develops and maintains a liaison with community agencies, including Trellis, Canadian Mental Health Association Grand River Branch (Eating Disorders Support and Education) and the Waterloo Regional Health Unit.

Accountable to regulated health care system (College of Dietitians of Ontario) and for meeting all legal, professional standards for safe, ethical and competent health care.

Specific Accountabilities

Monitors and updates nutrition knowledge, counselling strategies and resource needs of Nutrition Nurses team.

Identifies and develops resources and teaching materials required for all aspects of nutrition program.

Provides consultation and leadership skills to motivate and guide students and student volunteers to interact effectively as part of Peer Health Education teams; advises the Mission Nutrition team on program content and delivery.

Assists Manager of Health Promotion with recruitment of student peer health volunteers, particularly the nutrition team, as well as team training.

Collaborates in planning and participates in delivery of nutrition and healthy lifestyle programming by Health Services for special events including Student Life 101, Frosh orientation and Dons orientation.

Statistical Data

The dietitian will provide nutrition education programming and nutrition counselling for 27,000 UW students.

She/he will provide individual counselling for clients referred by physicians, psychiatrists, psychologists and nurses. She/he collaborates with and provides nutrition resources and inservice education as needed for Health Services' clinical services staff of approximately 20.

Qualifications

- Degree in Food & Nutrition or Human Nutrition or equivalent and completion of an accredited dietetic internship or masters degree
- Registered and in good standing with the College of Dietitians of Ontario and meets College requirements for quality assurance and continuing competency
- Has a minimum of three to five years of broad experience in individual clinical nutrition counselling and group teaching
- Has experience working with young adults and adults with psychological and psychiatric diagnoses, including eating disorders
- Has experience working with culturally diverse populations
- Demonstrates a commitment to best practice and client-focused care
- Reviews and appropriately interprets medical history, diagnosis, medications and laboratory data relating to nutrition
- Demonstrates an understanding of the impact of social determinants of health on an individual's educational needs and ability to maintain dietary recommendations
- Maintains a high level of professional competence through continuing education and critical evaluation of professional practice that enables implementation of best practices
- Keeps accurate and up to date professional records in accordance with Health Services policies, College of Dietitians of Ontario requirements and the Ontario Personal Health Information Protection Act
- Able to work with a high degree of autonomy, as the sole Registered Dietitian, as well as collaboratively with other Health Services team members and key university and community partners
- Supervises dietetic interns as requested for Community Nutrition rotation
- Demonstrates excellent computer proficiency and interpersonal, organizational and communication skills

Note: Maintaining a clear Police Vulnerable Sector Check is a requirement of this position.