



**HEALTH PROFESSIONS COUNCIL OF SOUTH AFRICA**

**PROFESSIONAL BOARD FOR DIETETICS AND NUTRITION**

**SELF-EVALUATION FOR FOREIGN (AND SOUTH AFRICAN) APPLICANTS ATTEMPTING  
TO REGISTER AS NUTRITIONISTS**

**NAME OF THE APPLICANT:** \_\_\_\_\_

**NAME OF THE INSTITUTION WHERE THE QUALIFICATION WAS ACQUIRED:** \_\_\_\_\_

Completion of this form will assist the Professional Board for Dietetics and Nutrition (DNB) with the evaluation of foreign and South African applicants who wish to apply for registration with the Professional Board for registration as a Nutritionist.

**Procedure**

1. Applicant to complete Table 1 of this form on the module outcomes completed as part of the training.
2. Completed form to be attached to the application as per Form F176 NT.
3. Professional Board for Dietetics and Nutrition to evaluate and give a final recommendation.

**Nutrition training**

- 1 Purpose of the Nutrition profession.  
*The Nutritionist will address population-based nutrition related problems and its causes through appropriate programmes and policies.*
- 2 The scope of the Nutritionist profession is:  
*Optimizing the well-being of the population by:*
  - *Utilizing a comprehensive body of knowledge of principles of nutritional sciences.*
  - *Assessing the nutritional situation of groups, communities and populations using relevant methodologies.*
  - *Effectively communicating to inform and change behavior.*
  - *Using evidence-based theory and practice to plan, implement and evaluate programmes.*
  - *Taking responsibility for using/applying appropriate nutrition policies, strategies and guidelines.*

- *Managing human, financial and other resources to ensure optimal and equitable delivery of nutrition services at PHC and population level.*
- *Identifying, implementing and communicating relevant nutrition-related research.*
- *Applying critical and creative thinking in working effectively with the community and stakeholders in contributing to the personal, social and economic development of society in an ethical and professional manner.*

3 The **competencies** of Nutritionist professional:

Optimizing the well-being of the population by:

- *Utilizing a comprehensive body of knowledge of principles of nutritional sciences to supply safe food in an ethical, responsible manner to communities/population groups during the different stages of the life cycle of healthy individuals.*
- *Assessing the nutritional situation of groups, communities and populations using relevant methodologies.*
- *Appropriately applying communication skills to mobilize communities/populations to change their behaviour on foods/nutrition in order to prevent diseases and to improve quality of life.*
- *Using evidence-based theory and practice to plan, implement and evaluate appropriate programmes to address nutrition related problems and associated causes as well as maintain nutritional well-being.*
- *Applying appropriate nutrition policies, strategies and guidelines.*
- *Planning and executing an effective food service system based on specified needs.*
- *Conceptualise, plan, implement, monitor evaluate and document appropriate nutrition policies, strategies and guidelines.*
- *Managing human, financial and other resources to ensure optimal and equitable delivery, of nutrition services at PHC and population level.*
- *Identifying, implementing and communicating relevant nutrition-related research.*
- *Applying critical and creative thinking in working effectively with the community and stakeholders in contributing to the personal, social and economic development of society in an ethical and professional manner.*

**Table 1: Outcomes of Nutrition Training**

REQUIRED OUTCOMES	COMPARISON OF FOREIGN/SA QUALIFICATION						
<b>1. NUTRITION SCIENCES</b>							
<b>Demonstrate</b>							
1.1 A comprehensive understanding of the principles and concepts of nutrition and nutritional sciences as they may apply to human nutrition.							
1.2 A comprehensive understanding of the nutrient requirements of healthy individuals in different stages of the life cycle and those of different groups within a community/population including safety and toxicity of each nutrient and other food components.							
1.3 A comprehensive understanding of the role and concepts in food biotechnology.							
1.4 A comprehensive understanding of ethical issues in food supply and access.							
1.5 A comprehensive understanding of eating habits of different groups and populations in South Africa and factors affecting it.							
1.6 A comprehensive understanding of food safety.							
1.7 A comprehensive understanding of providing food and nutrition support during emergency situations.							
<b>2 Assessment of Nutritional Situation in Groups, Communities and Populations</b>							
<b>Demonstrate</b>							
2.1 Understand factors contributing to nutritional well-being and the multicausality of nutritional problems (causative processes and risk factors)*							
<table border="1"> <thead> <tr> <th data-bbox="190 1545 818 1654">REQUIRED OUTCOMES</th> <th data-bbox="818 1545 1427 1654">COMPARISON OF FOREIGN/SA QUALIFICATION</th> </tr> </thead> <tbody> <tr> <td data-bbox="190 1654 818 1791">2.2 A comprehensive understanding of nutritional status assessment (methods, interpretations, classifications, etc.) on an individual and population basis.</td> <td data-bbox="818 1654 1427 1791"></td> </tr> <tr> <td data-bbox="190 1791 818 1892">2.3 A comprehensive understanding of the assessment of factors contributing to nutritional well-being (methods,</td> <td data-bbox="818 1791 1427 1892"></td> </tr> </tbody> </table>		REQUIRED OUTCOMES	COMPARISON OF FOREIGN/SA QUALIFICATION	2.2 A comprehensive understanding of nutritional status assessment (methods, interpretations, classifications, etc.) on an individual and population basis.		2.3 A comprehensive understanding of the assessment of factors contributing to nutritional well-being (methods,	
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interpretations, classifications, etc.) on an individual and population basis.	
2.4 Assess nutritional status by dietary, anthropometric, and socio-economic methods, as well as applicable biochemical values/tests.	
2.5 Assess factors contributing to food and nutrition security and vulnerability.	
2.6 Identify, characterize and prioritize nutrition-related problems in different communities and populations (socio-economic, occupational, age, cultural and religious groups).	
2.7 Be able to conduct a comprehensive situation analysis (community and/or population diagnosis).	
2.8 Understand nutrition- and other relevant indicators in operation of information systems.	
2.9 Demonstrate the ability to assess the training needs of individuals or groups.	
* The extent of these factors will be spelled out in more detail in the assessment criteria e.g. Socio-economic, human development, policy and programme environment, food systems, community resources, environmental factors, etc.	
<b>REQUIRED OUTCOMES</b>	<b>COMPARISON OF FOREIGN/SA QUALIFICATION</b>
<b>COMMUNICATION (Advocacy, social mobilization, information education communication IEC, Extension)</b>	
<b>Demonstrate</b>	
3.1 Understand the concepts relevant to communication.	
3.2 Plan and implement communication events/intervention/strategy.	
3.3 Perform stakeholder analyses for a communication event/intervention/strategy.	
3.4 Message development and presentation.	
3.5 Evaluation of communication events/intervention/strategy.	

3.6 Be able to translate nutritional knowledge and guidelines into food-based advice within socio-economic-cultural contexts.	
<b>4 NUTRITION PROGRAMMING</b>	
<b>Demonstrate</b>	
4.1 A comprehensive understanding of relevant and appropriate interventions to address nutrition problems and improve wellness.	
4.2 Understand how scientific information is used to develop nutrition programmes.	
4.3 Use scientific information to develop policies.	
4.4 A comprehensive understanding on how to address food and nutrition security problems in a community.	
4.5 A comprehensive understanding of factors for success of nutrition programmes.	
4.6 A comprehensive understanding of principles and concepts in monitoring and evaluation of nutrition programmes.	
4.7 Assess and prioritise nutritional problems in vulnerable and at-risk groups.	
4.8 Formulate nutritional goals, process and outcome objectives	
4.9 Select or suggest appropriate intervention strategies	
4.10 Liaise with relevant stakeholders at various levels and sectors in the development and implementation of nutrition programmes.	
4.11 Develop and implementation of an action plan.	
4.12 Develop a comprehensive monitoring and evaluation framework for nutrition interventions.	
4.13 Understand management (including financial management) of programmes.	

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4.15 Keep comprehensive records report on the process and progress of the programme.	
<b>5 CONTRIBUTION TO NUTRITION POLICY</b>	
<b>Demonstrate</b>	
5.1 Comprehensive understanding of policies* relevant to nutrition and food and nutrition security.	
5.2 Understand how scientific information is used to develop policies.	
5.3 Use scientific information to develop policies.	
5.4 Develop appropriate nutrition policies at various levels.	
5.5 Implement nutrition policy at various levels.	
5.6 Monitor the implementation of policies at various levels.	
5.7 Evaluate outcomes and/or impact of policies at various levels.	
5.8 Advise relevant authorities on inclusion and integration of nutritional considerations in general health development.	
5.9 Lead interdisciplinary groups in planning food and nutrition policy.	
* Policies refer to both legislated and non-legislated policies, strategies and guidelines.	
<b>6 MANAGEMENT</b>	
<b>Demonstrate</b>	
6.1 Operate within a human rights framework (embracing processes that lead to community capacity development).	
6.2 Demonstrate the ability to compile normal menus to comply with group nutritional needs and food preferences.	
6.3 Demonstrate the ability to plan, execute and control food procurement, storage,	

production, distribution, and consumption of the final product.	
6.4 Demonstrate the ability to develop and standardise recipes for specific needs of groups in communities.	
6.5 Demonstrate the ability to apply food quality and safety standards	
6.6 Demonstrate the ability to apply appropriate human, financial, operational procedures, policies, quality assurance and other resources to ensure optimal and equitable delivery of nutrition services at PHC and population level.	
<b>7 RESEARCH AND APPLICATION OF SCIENCE</b>	
<b>Demonstrate</b>	
7.1 Understand and apply the principles of nutrition-related research.	
7.2 Understand and apply epidemiology sciences.	
7.3 Demonstrate the ability to assess, critically review and apply relevant scientific information, in order to identify research needs in the public health sector.	
7.4 Demonstrate the ability to initiate, undertake and participate in all aspects of the research process: <ul style="list-style-type: none"> <li>– the identification of a research problem and formulation of a research question.</li> <li>– the design of an appropriate research project.</li> <li>– the presentation and dissemination of the results.</li> <li>– the writing of a research report.</li> <li>– the identification and formulation of practical applications of the research results.</li> </ul>	

<b>8 CRITICAL CROSS-FIELD OUTCOMES /GRADUATE ATTRIBUTES</b>	
<b>Demonstrate</b>	
8.1 Identifying and solving problems by responsible decisions based on critical and creative thinking.	
8.2 Working effectively with others as a member of a team (composed of the social, behavioural and health science/professions) group, organisation and community.	
8.3 Organising and managing oneself and one's activities demonstrating accountability and responsibility.	
8.4 Collecting, analysing, organising and critically evaluating information.	
8.5 Communicating effectively using visual, mathematical and/or language skills in the modes of oral and/or written persuasion.	
8.6 Using science and technology effectively and critically, showing responsibility towards the environment and health of others.	
8.7 Demonstrating an understanding of the world as a set of related systems by recognising that problem-solving contexts do not exist in isolation.	
8.8 Contributing to the full personal development and the social and economic development of the society at large.	
8.9 Demonstrating ethical and professional behaviour and conduct.	



For use by the Professional Board for Dietetics and Nutrition:

<b>Competency</b>	<b>Percentage completed in the foreign qualification</b>	<b>Comments</b>
1. Nutrition sciences		
2. Assessment of Nutritional Situation in Groups, Communities and Populations		
3. Communication		
4. Nutrition programming		
5. Contribution to nutrition policy		
6. Management		
7. Research and application of science		
8. Critical cross-field outcomes/graduate attributes		